Study Guide for HPE 102

Health and Wellness, **EXAM # 1**

**Areas to review**

* Models of Behavior Change
* Dimensions of Wellness
* Definitions of Health and Wellness
* Leading causes of death in the USA
* Models of Health
* Homeostasis
* Autonomic Nervous System
* Placebo
* Psychosomatic Illness
* General Adaptation Syndrome
* Causes of Mental Illness