**CHAPTER 1**

**Definitions:**

**Health (WHO)-**

**( ) - A dynamic state of personal interaction**

**Wellness**

**Models of Health**

**1.**

**2.**

**Dimensions of Wellness**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**Healthy People 2020**

# Chapter #2

# Mind/Body Link

**Connection between thoughts, feelings, and physical and mental health**

**Homeostasis:**

**Autonomic Nervous System:**

**Sympathetic**

**Parasympathetic**

**Signals altered through thoughts and feelings**

**Examples:**

**Hormones:**

**Psychosomatic Illness:**

**Placebo effect:**

**Examples-**

**Image visualization:**

**Eg—sports, pain management**

## Chapter 3

## STRESS

**Definitions:**

**Stress-**

**Types of Stress**

**1.**

**2.**

**Pioneer in Stress Research - Hans Selye**

**Major Theory of Selye-**

**General Adaptation Syndrome**

**1.**

**2.**

**3.**

**Inverted-U Theory of Stress**

**Stress Management Techniques**

**Chapter 4-Mental/Emotional**

**Health**

Statistics on:

Evidence of state of mental/emotional health:

Emotional and mental health development - most important time of life:

Key factors influencing your mental health

Causes of mental health problems:

Shapiro's eight characteristics of an emotionally healthy person:

Maslow's Hierarchy of Human Needs

Defense Mechanisms-  
Repression

Displacement

Reaction Formation

Projection

Rationalization

Identification

Isolation/Disassociation

Denial

Physical fitness 3X week for 20-30 minutes

Mental fitness 24 hrs/day , 7days/week

**Chapter 5**

**Nutrition**

**Nutrition Defined-**

**Six Basic Nutrients**

**Carbohydrates**

**Proteins**

**Fats**

**Vitamins**

**Minerals**

**Water**

**Details**

**Proteins-amino acids**

**Essential**

**Non-essential**

**High Glycemic index**

**"Wet Carbs"**

**Preferred energy source**

**In the absence of**

**Used as glucose**

**Stored as glycogen**

**Glycogen stored in the Liver and \_\_\_\_\_\_\_\_\_\_\_**

**Fats**

**Saturated**

**Unsaturated**

**Poly**

**Mono**

**Examples of different fats**

**Cholesterol**

**HDL**

**LDL**

**Triglycerides**

**Vitamins**

**Fat-soluble**

**Water-soluble**

**Transfatty Acids**

**B Vitamins**

**Anti-oxidants**

**RDA- Food and Nutrition Board of the National Academy of Sciences**

**Minerals**

**Major**

**Trace**

**Water**

**US Pharmacopoeia**

**Food Labeling Laws**

**Herbs and Supplements**

**Chapter 6**

**Weight management**

**Caloric balance**

**Calories In**

**Calories Out - basal metabolic rate (BMR) and physical activity**

**Exercise's effect on BMR**

**Caloric restriction's (Dieting's) effect on BMR**

**Yo-Yo dieting**

**Overfat vs. overweight**

**Methods to detemine one's healthy weight**

**Waist to hip ratio**

**Height and weight charts**

**Body Compostion - a very accurate assessment of a healthy weight.**

**Methods of assessing body composition**

**Hydrostatic weighing**

**Bioelectrical impedance**

**Skinfold Calipers**

**Avg body fat males-18%**

**Avg. body fat females- 22%**

**Body Mass Index**

**Normal 19 - 24.9**

**Supplements**

**USP**

**RDA**

**Food Labeling Laws**

**Transfatty Acids**

**Dietary Guidelines for effective weight management:**

**15-20% protein 20-30% fat 40-60% carbohydrates (mostly "wet" carbs, ie. Fruits and vegetables!)**

**Consume your calories before 8:00 pm. The earlier the better.**

**Chapter 7 *Study Guide* - Type the correct answers.**

**DEFINE** the following terms:

Frequency

Intensity

Duration

Training effect

Maximum heart rate

Target heart rate or heart training zone

Fitness (include the 5 components)

Aerobic training

Anaerobic training

Warm-up

Cool-down

Progression or Progressive overload

List seven health benefits of physical activity

List the guidelines for effective aerobic training

Time -

Intensity -

Frequency -

List the guidelines for effective strength training

Time -

Intensity -

Frequency -

List the guidelines for effective flexibility training

Time -

Intensity -

Frequency -

List some of the psychological benefits of physical activity

**Chapter 11**

**STDs**

**Pervasiveness of sexually transmitted diseases**

**Incurables**

**-**

**-**

**Disease Cause Symptoms**

**Genital Warts**

**Chlamydia**

**Genital Herpes**

**Syphilis**

**Ghonorrhea**

**Scabies**

**Pubic Lice**

**Hepatitis**

**A**

**B**

**C**

**Human Immunodeficiency Virus Disease**

**Nature**

**Origin**

**Stages**

1. **Primary**
2. **Secondary or Asymptomatice**
3. **Symptomatic or Aids Related Complex (ARC)**

**4. Full-blown AIDS**

**Spread of the disease**

**Discordant couples studies**

**Chapter 13**

**Cancer**

**TERMS:**

**Mutation-**

**Cancer-**

**Tumor-**

**Benign tumor-**

**Metastasis-**

**Malignant tumor-**

**Oncologist-**

**Biopsy-**

**Carcinoma- cancer originating from epithelial tissues such as the skin, membranes, and linings of the GI tract and respiratory tract.**

**Most Common Cancers**

**Male**

**Females**

**Deadliest Cancer**

**Skin Cancer**

**Three types**

**Cause**

**Treatment**

**Prevention**

**A**

**B**

**C**

**D**

**Causes of Cancer**

1. **Radiation**
2. **Viruses**
3. **Chemicals**
4. **Nutrition**
5. **Genetics?**

**Warning Signs-**

**C**

**A**

**U**

**T**

**I**

**O**

**N**

**Self-exams**

**Testicular cancer**

**Breast cancer**

**Chapter 14**

**Cardiovascular/Heart Disease**

**Number one killer of adults in America (37%)**

**In other countries**…

**Heart Anatomy**

**Four chambers**

**Circulatory System**

***Systemic circuit***

**02 blood- Lungs, left-side of the heart, arteries, arterioles, capillaries**

***Pulmonary circuit***

**De 02 blood- Venules, veins, right side of the** **heart, lungs**

**Myocardial Infarction**

**Stroke**

**Framingham Heart Study**

**Risk Factors for Heart Disease**

**Smoking**

**Diet (High Fat)**

**Obesity**

**Cholesterol**

**Age**

**Gender**

**Race**

**Diabetes**

**Stress**

**Inactivity**

**Family History**

**Others**

**Treatments for Heart Disease**

**By-pass surgery**

**Balloon Angioplasty**

**Chapter 16**

**Drugs**

**Statistics**

**Terminology**

**Physical addiction**

**Psychological addiction**

**Drug abuse-persistent or excessive use of a drug without medical or health reasons**

**Tolerance**

**Withdrawal symptoms**

**Cocaine**

**effects**

**dangers**

**addictive quality**

**Marijuana-**

**Effects**

**addictive quality**

**lungs**

**reproduction**

**immune system**

**amotivation**

**short-term memory loss**

**Heroin**

**narcotic-derivative of opium**

**addictive quality**

**Ecstasy (MDMA)-**

**addictive quality**

**effects**

**overheat**

**serotonin waste**

**Anabolic steroids**

**Effects**

**Masculinization/Feminization**

**Liver damage**

**Cancer**

**Joint pain**

**Acne**

**Roid Rage**

**Addictive qualities**

**Chapter 17**

**Tobacco Use**

**20 diseases**

**Effects of Nicotine**

**Addictive qualities**

**Social addiction**

**Effects of Cigarette Smoke**

**Tar and chemicals**

**Emphysema**

**Small and Large Cell Carcinomas**

**Effects on New Borns**

**Second-hand Smoke**

**Quitting**

**Smokeless Tobacco**

**Mouth cancer**

**Tongue cancer**

**Lip cancer**

**Throat cancer**

**Chapter 18**

**Alcohol**

**Statistics**

**News Items**

**Effects**

**Emotional state**

**Decrease in autonomic body functions (breathing, heart rate, body temp., etc.)**

**Impairs learning**

**Memory loss**

**CHANGE IN JUDGEMENT**

**Physiological effects**

**Diruetic**

**Decrease in HR, Respiration, Body temp., dehydration, etc.**

**Dangers**

**Alcohol poisoning**

**Changes in judgement**

**Drunk Driving**

**Addiction**

**Alcoholism**

**Warning Phase**

**Crucial Phase**

**Chronic Phase**

**Genetic????**

**Addicitive Personality**

**Blood Alcohol Content**

**Generally 5 drinks in one hour = legally drunk for a 150lb male.**

**Wine 9-12% alcohol**

**Beer 4-9% alcohol**

**Liquor 40-50% alcohol**

**80 proof = 40% alcohol**

**Factors affecting the effects of alcohol**

**Rate of consumption**

**Body size**

**Mood and Setting**

**Stomach contents**

**Expectations**

**Concentration of Alcohol in the beverage**

**Fetal Alcohol Syndrome**

**Third most common cause of birth defects in the USA**

**As little as 3 ounces of alcohol over the term of the pregnancy can cause FAS.**

**Defects include mental retardation, small head, flat bridge of the nose, various defects of the organs and limbs, etc.**

**Alcohol is also carried in the breast milk of mothers.**

**Alcohol early on will effect physical development, later in the term it will affect the nervous system and brain.**

**Chapter 22**

**Aging and Dying**

**Introduction:**

**Life Spans:**

**Predictors of healthy old age:**

**Financial concerns:**

**Aging defined:**

**Gerontology defined;**

**THEORIES of Aging:**

**Genetics:**

**Twins-**

**Specific Metabolic Rate-**

**Environmental:**

**Free radicals--**

**Error catastrophe-**

**Weight and Aging:**

**Euthanasia:**

**Palliative Care:**

**Hospice:**

**Elizabeth Kubler-Ross:**

**Stages of Dying-**

**Living Wills:**

**Chapter 23 Violence in Society**

Awareness

Personal Self-Defense

Goals

Weapons