Review Sheet for Exam 1

Chapter 1

1. What is average life expectancy and what can we do to increase healthy life expectancy?
2. What are the leading causes of death and what contributes to their cause?
3. What do the Federal Guidelines recommend for levels of activity?
   a. How many people are meeting the guidelines?
   b. What diseases does inactivity lead to?
   c. Should the activity be low, moderate, or high intensity?
4. What are the two classes of physical fitness?
   a. How does physical fitness compare to health related fitness?
   b. How would you assess health related fitness?
5. What are some of the health benefits of a comprehensive health and wellness program
   (physical and economical)?
6. Review the health objectives for achieving Healthy People 2020.
7. Know and summarize the seven dimensions of Wellness.
8. What is normal resting BP and HR? What do the numbers mean?

Chapter 2

1. Know 4 to 5 environmental influences on diet and nutrition
2. Be able to list some barriers to change and describe a little bit about each.
3. What contributes to self-efficacy? Explain how it can be improved.
4. Define confidence, competence, and motivation and how each affects change.
5. Review the transtheoretical model of change (fig. 2.2, Table 2.1)
6. Review the techniques for change in Table 2.2
7. Know all components of SMART goal setting (fig. 2.3 for goal setting and stages of change)
   a. Why set objectives and conduct regular evaluations?