

Notre Dame University
Faculty of Natural & Applied Sciences
Department of Sciences
HEA 201 – Health Awareness
Exam I – Spring 2004
Good Luck!

Section: _____

Please take note of the following exam regulations:

Talking, improper seating, borrowing items (calculators, pens, correctors, etc.) are not permitted. Questions are not allowed during the exam. The exam sheets will be collected by the end of the period assigned in the official schedule. No extra time will be granted. The student has to leave the exam hall once he/she hands on the exam sheets. If caught cheating the exam sheets will be confiscated immediately and the student will have to leave the exam hall.

Every proctor in the exam hall will exercise the right to keep and apply the regulations mentioned above.

N.B.: Make sure that your cellular phones are turned off.

Multiple Choice Questions (52 questions, 1 pt each). Choose One Correct Answer.

- 1- All of the following factors may influence our flexibility except
 - a- age
 - ☒ b- blond type
 - c- gender
 - d- muscularity
- 2- In order to get the most from your workout, the minimum target heart rate you should work at is _____ of the maximum heart rate
 - a- 30%
 - ☒ b- 60%
 - ☒ c- 80%
 - d- 100%
- 3- A single performance of a movement is called a
 - a- set
 - b- lift
 - ☒ c- rep
 - d- max
- 4- All of the following might be good strategies to follow when starting a weight training program except
 - a- include all major muscle groups in the workout
 - b- allow recovery time between workouts
 - ☒ c- wear impermeable clothes to sweat more
 - d- include multiple sets and reps

- 5- Mr. Deeb is a 45-year old male who never performed any exercise. His father died at his age of a heart attack. If he wants to start an exercise program aiming at weight loss he
- a- Should go ahead and start
 - ☒ b- Should check up with his doctor at first
 - c- Can simply loose weight by decreasing his calorie intake to 800 kilocalories per day
 - d- None of the above
- 6- When performing body building
- a- It is necessary to take amino acid supplements to help you build more muscle mass
 - b- You should aim at isotonic muscular exercises
 - c- You should rest up one week between sessions
 - d- You will still maintain muscle strength and endurance long after you stop
 - ☒ e- You should double your protein intake instead of taking amino acid supplements
- 7- The main goal of aerobic exercises is to
- ☒ a- improve the blood-pumping efficiency of the heart
 - b- build strong enduring muscles
 - c- increase flexibility around joints
 - d- toughen the connective tissue sheaths of the muscles
- 8- Moderate exercise is defined as an activity which
- a- increases O₂ consumption less than 3x the level used at rest
 - b- decreases O₂ consumption 3x to 6x the level used at rest
 - c- increases O₂ consumption more than 6x the level used at rest
 - ☒ d- none of the above
- 9- Benefits of physical exercise on bones include
- a- increased fragility
 - ☒ b- lower risk of osteoporosis
 - c- increased alertness and concentration
 - d- b and c
- 10- Exercise injuries related to overuse include
- a- bruises
 - b- stress fractures
 - ☒ c- tendinitis
 - d- all of the above
 - ☒ e- b and c
- 11- Which of the following statements concerning water consumption by physically active people is true?
- a- water should be consumed in small amounts at regular intervals during long exercises
 - b- water should be consumed in adequate amounts after an exercise to restore lost body water
 - c- water should be consumed in large amounts before an exercise to have adequate stores during the effort
 - ☒ d- both a and b
 - e- all of the above

12- Which of the following best describes eustress?

- a- chronic stress
- ☒ b- positive stress
- c- a nonspecific response
- d- negative stress

13- During which stage of the General Adaptation Syndrome does the body mobilize internal resources to try to sustain homeostasis?

- a- adaptive
- b- alarm
- ☒ c- resistance
- d- exhaustion

14- A major contributing factor in the early development of heart disease is

- ☒ a- type A personality
- ☒ b- oversleep
- c- exercise
- d- decrease in appetite

15- All of the following are recommended strategies for defusing test stress except

- a- map out a study schedule ahead of time
- b- remain positive, focused and confident
- ☒ c- take caffeine pills to stay alert and awake
- d- take regular stretch breaks

16- To overcome procrastination, all the following might be useful techniques except

- a- make a "to do" list ranked by priorities
- ☒ b- skip the task you have to do if you don't like it
- c- divide large tasks into smaller ones
- d- build time into your schedule for interruption

17- All of the following are situations that might cause an individual to experience a posttraumatic stress disorder except

- a- having a bomb explode in your university
- b- witnessing a murder
- ☒ c- losing everything to a hurricane
- ☒ d- undergoing minor but frequent stressors

18- Beirut city has high incidence rates of daily car robberies and pick pocketing. This is an example of _____ type of stressor.

- a- Sequential
- b- Intermittent
- ☒ c- Chronic
- d- Acute

19- The body is more likely to suffer breakdown (illness and death) from a stressor if the person

- ☒ a- is strongly optimistic
- ☒ b- experiences additional and more frequent stressors at the same time
- c- is quite young and have a group of supportive friends
- d- is highly educated

20- Burnout

- a- results from overwork and repeated emotional pressure
- b- means obsession by one's work and career
- c- can lead to anxiety and concentration problems
- ☒ d- a and c

21- The effect of stress on the human body includes all the following except

- ☒ a- digestive problems
- ☒ b- heart problems
- ☒ c- impaired immunity
- d- sexual disturbances
- ☒ e- None of the above ✓

22- One should counter stress with positive coping mechanisms such as and avoid negative addictions like .

- a- humor / depression
- b- sublimation / meditation
- ☒ c- humor / smoking
- d- none of the above

23- Reframing refers to

- a- better time management
- b- drawing a line between personal & professional life
- ☒ c- putting things in perspective by evaluating and interpreting them properly ✓
- d- re-experiencing painful experiences again and again

24- Which of the following statements concerning sleep is false?

- a- the amount of sleep needed may vary from person to person
- ☒ b- the more sleep one gets, the better
- c- the average sleeping time is about 7-8 hours
- d- keeping regular hours for going to bed and getting up is a good way to improve sleep

25- Work training can help a student

- a- find suitable work when graduate
- b- gain experience and make contacts
- c- defuse stress for lifetime
- d- only when paid
- ☒ e- a and b

26- Which of the following statements concerning depression is false?

- ☒ a- depressed people experience a deep and endless feeling of sadness
- ☒ b- it is the most widespread mental disorder
- c- depressed people often have suicidal thoughts
- ☒ d- it generally heals spontaneously with time
- e- none of the above

27- Social health refers to

- ☒ a- having critical thinking skills
- b- protecting oneself from dangers in the environment
- c- being able to carry out responsibilities
- ☒ d- developing and sustaining satisfying relationships ✓
- e- all of the above

28- All of the following are essential steps toward maintaining optimal physical health except

- ☒ a- taking an aspirin everyday
- b- exercising regularly
- c- eating a well-balanced diet
- d- watching out for early signs of sickness

- 29- You have a problem with intestinal elimination of food waste (e.g. constipation). Which of the following can help?
- a- increasing your intake of vegetables and fruits
 - b- performing regular exercise
 - c- taking a cup of tea early in the morning
 - ☒ d- a and b
- 30- When you go out to a Lebanese restaurant, you should be aware when eating
- a- cottage cheese (جبنه شدة) for fear of Taenia infection
 - b- raw meat for fear of Taenia infection
 - c- Caesar salad (prepared with raw eggs) for fear of Salmonella infection
 - d- all of the above
 - ☒ e- b and c
- 31- The pro-vitamin that is mainly important in vision is
- a- fat soluble
 - ☒ b- found in orange-colored fruits and vegetables
 - c- an antioxidant
 - ☒ d- all of the above
- 32- Which of the following statements concerning MSG is true?
- ☒ a- it is commonly found in Chinese food
 - b- it is caused by bacterial contamination of food
 - c- it can be treated by antibiotics
 - ☒ d- all of the above
- 33- Proteins that provide all essential amino acids are called
- a- simple
 - ☒ b- complete
 - c- incomplete
 - d- complex
- 34- Nutrients that provide our brains with their basic fuel are called
- ☒ a- carbohydrates
 - b- vitamins
 - c- minerals
 - d- fibers
- 35- Which of the following vitamins promotes blood clotting?
- a- C
 - ☒ b- K
 - c- A
 - d- E
- 36- Dark green leafy vegetables are a good source of all the following except
- a- calcium (Ca)
 - ☒ b- provitamin A
 - c- magnesium (Mg)
 - ☒ d- none of the above
- 37- The healthy fats you can consume include
- ☒ a- Fat in red meat
 - ☒ b- Coconut or palm oil
 - ☒ c- Olive or sunflower oil
 - d- Goods baked with margarine
 - e- None of the above

38- A healthy diet should have which of the following calorie distributions?

- a- 50% protein / 50% carbohydrates / 0% fat
- b- 60% protein / 30% carbohydrates / 10% fat
- ☒ c- 20% protein / 60% carbohydrates / 20% fat
- d- any of the above is healthy since all have less than 30% fat

39- In terms of energy yield (kcal/gram) how do carbohydrates, proteins and lipids compare?

- a- lipids > proteins > carbohydrates
- b- proteins = carbohydrates > lipids
- c- lipids = carbohydrates > proteins
- ☒ d- lipids > carbohydrates = proteins
- e- carbohydrates > lipids > proteins

40- According to the dietary guidelines

- ☒ a- one should concentrate on eating more plant products (grains, vegetables and fruits) and less saturated fat
- b- sodium (salt) consumption should not be altered so as to enhance the quality of food
- c- sugar intake should be increased because it is a main source of fuel to our cells
- d- all of the above

41- Which of the following statements concerning phytochemicals is false?

- a- they are chemicals found in plants
- ☒ b- they can be found in cabbage and broccoli
- c- they prevent cancer
- ☒ d- none of the above

42- Which of the following is an example of useless/harmful supplement consumption?

- a- post-menopausal woman taking calcium supplements
- ☒ b- strict vegetarian taking vitamin B12 supplements
- c- pregnant women taking iron supplements
- ☒ d- body builder taking amino acid

43- Honey contains all the following sugars except

- a- sucrose
- ☒ b- lactose
- c- fructose
- d- glucose
- e- both a and b

44- Which of the following is a good source of starch?

- a- wheat
- b- potatoes
- c- beans
- d- both a and b
- ☒ e- all of the above

45- Which of the following foods contain the highest amount of trans fatty acids?

- ☒ a- margarine
- b- butter
- c- palm oil
- d- mayonnaise

46- Essential fatty acids are

- ☒ a- polyunsaturated fatty acids (PUFA)
- b- monounsaturated fatty acids (MUFA)
- c- saturated fatty acids (SFA)
- ☒ d- there are no essential fatty acids

47- Which of the following vitamins pose a significant risk of hypervitaminosis?

- ☒ a- A and D
- b- A and E
- c- D and K
- d- A and K

48- Which of the following is the correct classification of animal flesh in terms of % fat content?

- a- fish > poultry > meat
- ☒ b- meat > poultry > fish
content than)
- c- poultry > meat > fish
- d- poultry > fish > meat

(> : higher fat

49- If you are aiming at total physical fitness you should

- a- let the largest proportion of your calorie intake be from proteins
- b- only jog for 20-60 minutes at least 3 times a week
- ☒ c- alternate jogging (20-60 minutes) with stretching and building major muscle groups 3 times a week
- ☒ d- a and c

50- If you aim at a bulky chest you should exercise your

- a- deltoids
- ☒ b- pectorals
- c- quadriceps and hamstrings
- d- biceps
- e- none of the above

51- The ability to perform repeated muscular effort describes

- a- strength
- b- energy
- ☒ c- endurance
- d- flexibility

52- Lean tissue in the body consists of all the following except

- a- water
- ☒ b- fat
- c- bone
- d- muscle

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