

Notre Dame University
Faculty of Natural & Applied Sciences
Department of Sciences
HEA 201- Health Awareness
Sample – Exam II – Fall 2003 – 2004
Good Luck!

Previous Exam
HEA 201
29/6/07
01-500
Jaslowk

Instructor's Name: _____

Name: _____

Section: _____

I.D. #: _____

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, 2 pts each). Choose One Correct Answer.

- 1- An individual with BMI = 28
 - a- is definitely obese
 - b- has definitely excess fat
 - c- should lose weight
 - d- all of the above
 - e- none of the above
- 2- Birth control methods that could lead to permanent infertility
 - a- oral contraceptive pills
 - b- intra uterine device
 - c- sterilization
 - d- all of the above
 - e- b and c
- 3- Dany (30) and Maya (21) have been married for 6 months and have been using no contraceptive methods, yet they were unable to conceive despite having intercourse during the fertile periods. Based on what you learned in this course you can advise them to
 - a- both see a doctor as soon as possible to undergo fertility tests
 - b- continue trying for another 6 months before checking with a doctor
 - c- let only Maya see a doctor because females usually have more infertility problems than males
 - d- none of the above

First 3 Questions
are missing

Exam II

- 4- Ruba is a 37 year old pregnant woman who does not have strong background knowledge regarding basic health issues. What would be your best advice to her? ?
- ☒ a- undergo amniocentesis
 - b- avoid regular physical workouts
 - c- take advil (a pain killer) whenever she feels a headache
 - d- all of the above
- 5- ^{male}XY genotype is
- a- a normal male
 - b- a normal female
 - ☒ c- an abnormal male
 - d- an abnormal female
- 6- Which of the following definitions is correct?
- ☒ a- dysmenorrhea = menstrual cramps
 - b- amenorrhea = cessation of menses after the age of 50
 - c- menopause = cessation of menses for more than 3 consecutive months
 - d- all of the above
 - e- none of the above
- 7- Impotence
- a- is always associated with premature ejaculation
 - ☒ b- can be related to the psychological state of the person
 - c- means infertility
 - d- occurs only in the elderly
 - e- all of the above
- 8- Secondary sex characteristics include
- a- testis
 - b- vagina
 - c- hip fat
 - ☒ d- all of the above
 - e- b and c
- 9- Sana and Samir are planning to get married. Rubella and toxoplasma tests should better be done for
- a- both
 - ☒ b- only Sana
 - c- only Samir
 - d- none of the above since those tests are not mandatory
- 10- Body weight is influenced by all the following factors except
- a- eating behavior
 - b- level of physical activity
 - c- genetic factors
 - d- food selection
 - ☒ e- none of the above

11- What is the BMI of a 180 cm-tall man who weighs 75 kg?

- ☒ a- 23
- b- 2.3×10^3
- c- 41.6
- d- 0.4

12- Which of the following methods is used to determine percent fat content in the body?

- ☒ a- Underwater weighing
- b- Hip-to-waist ratio
- c- IBW
- d- BMI
- e- None of the above

13- What is the total energy expenditure (TEE) of a highly active man weighing 80 kg (consider the energy expended in his physical activity 90% as big as his Resting Energy Expenditure)?

- a- 2423
- ☒ b- 4013
- c- 3648
- d- 4203

14- A sandwich containing 50 g of starch, 5g of fibers, 10 g of fat and 20 g of protein provides

- a- 450 kcal
- ☒ b- 370 kcal
- c- 410 kcal
- d- 390 kcal

15- Which of the following is an eating disorder?

- a- extreme dieting
- b- food craving
- c- compulsive overeating
- ☒ d- bulimia nervosa
- e- none of the above

16- Binge eating refers to

- a- an intense desire for a specific food
- b- eating very-low calorie diets
- c- dieting using liquid diets
- ☒ d- consuming very large amounts of food in a short time
- e- none of the above

17- Anorexic people

- a- lose weight by dieting/fasting/exercising
- b- are generally females
- ☒ c- perceive food as a threat to their identity and autonomy
- ☒ d- all of the above

18- Treating obesity includes all of the following except

- a- Developing healthy eating habits
- b- Following a certain dietary regimen
- c- More physical activity
- ☒ d- Stop eating food and drink only water because it is non-fattening and it increases metabolism

19- Weight control or management involves the following strategies

- a- watching or being aware of where the excess calories are coming from
- b- restricting daily calorie intake to 800
- c- replacing nuts for chips at social gatherings
- d- learning to eat slowly
- e- All of the above
- ☒ f- a and d

20- During embryonic life, testosterone

- a- causes development of ovaries
- b- generates male reproductive organs
- c- plays a role in development of male secondary sex characteristics
- d- All of the above
- ☒ e- b and c

21- Which of the following hormones cannot be found in a 25 year old female?

- a- Estrogen
- b- Testosterone
- c- Progesterone
- ☒ d- all the above can be found in a 25 year old female

22- Sexual interest peaks during

- a- old age
- ☒ b- adulthood
- c- adolescence
- d- childhood
- e- infancy

23- Which of the following statements concerning toxic shock syndrome is false?

- a- it is a bacterial infection
- b- it can be deadly
- c- it is most frequent among young women who use tampons
- ☒ d- none of the above

24- What are the two major health hazards associated with menopause?

- a- diabetes and hypertension
- ☒ b- atherosclerosis and osteoporosis
- c- cancer and kidney problems
- d- none of the above

- 25- Which of the following health problems accompany aging in men?
- a- Decreased testosterone level
 - b- Loss of bone density
 - c- Decreased muscle mass and accumulation of fat around the abdomen
 - d- All of the above
- 26- Prostate hypertrophy is
- a- prostate enlargement
 - b- prostate infection
 - c- prostate cancer
 - d- prostate removal
- 27- Sexual attraction to the opposite sex is referred to as
- a- homosexuality
 - b- heterosexuality
 - c- bisexuality
 - d- lesbian/gay
- 28- Which of the following sexual behaviors is classified as atypical?
- a- monogamy (having one sexual partner)
 - b- heterosexuality
 - c- bisexuality
 - d- pedophilia
 - e- all of the above
- 29- A feticist is an individual who
- a- obtains sexual pleasure from an object or an asexual body part
 - b- exposes his genitals to an unwilling observer
 - c- obtains pleasure by observing people undressing
 - d- obtains pleasure by inflicting physical or psychological pain
- 30- Exhibitionism means
- a- sex with a dead body
 - b- sex between adult and child
 - c- wearing clothing of opposite sex
 - d- exposing one's genitals to an unwilling observer
- 31- In males, the tube which carries sperm from the testes to the outside is called
- a- prostate tube
 - b- vas deferens
 - c- seminal tube
 - d- uterine tube
- 32- Which of the following is not part of the male reproductive system?
- a- cervix
 - b- vas deferens
 - c- testis
 - d- prostate

33- During ovulation, the egg (ovum) is released from ovary into

- a- seminal tube
- b- vas deferens
- ☒ c- fallopian tube
- d- uterus
- e- vagina

34- Normally, fertilization should occur in

- a- ovary
- ☒ b- fallopian tube
- c- uterus
- d- cervix
- e- vagina

35- In males, a single ejaculate normally contains up to _____ sperm cells.

- a- 500
- b- 50,000
- c- 500,000
- d- 5,000,000
- ☒ e- 500,000,000

36- Normally, implantation should occur in

- a- fallopian tube
- ☒ b- uterus wall
- c- vagina
- d- abdomen

37- What is the approximate life span of an unfertilized egg?

- ☒ a- 36 hours
- b- one week
- c- few minutes
- d- 14 days

38- Birth control methods can prevent pregnancy by interfering with

- a- ovulation
- b- meeting of sperm and egg
- c- implantation
- d- cervical mucus consistency
- ☒ e- all of the above

39- Which of the following birth control methods is permanent?

- a- outercourse
- b- contraceptive pills
- c- condoms
- d- intra uterine device (IUD)
- ☒ e- sterilization

40- Which of the following contraceptive methods is the least reliable (i.e. least efficient)?

- ☒ a- withdrawal method
- b- pills
- c- sterilization
- d- condoms

41- Which of the following contraceptive methods can help prevent transmission of sexually transmitted diseases (STDs)?

- ☒ a- condoms
- b- calendar (rhythm) method
- c- withdrawal
- d- IUD

42- Preconception health risks include

- a- weight problems
- b- drug abuse
- c- smoking
- d- environmental pollutants
- ☒ e- all of the above

43- The tube ("rope") which attaches the fetus to its mother's uterus wall is called

- a- placenta
- ☒ b- umbilical cord
- c- amnion
- d- amniotic tube

44- Which of the following tests/procedures cannot be used to detect birth defects prenatally?

- a- Ultrasonography
- b- amniocentesis
- ☒ c- vasectomy
- d- none of the above

45- A sperm travels through the different parts of the female reproductive tract in which of the following orders?

- a- fallopian tube - uterus - vagina
- ☒ b- vagina - uterus - fallopian tube
- c- uterus - vagina - fallopian tube
- d- vagina - fallopian tube - uterus

46- Sperm generally live in the female reproductive tract for up to

- a- one day
- ☒ b- 5 days
- c- 2 weeks
- d- 4 weeks
- e- 36 hours

- 47- Ten weeks following implantation the developing fertilized egg is referred to as
- a- zygote
 - b- embryo
 - ☒ c- fetus
 - d- baby
- 48- Some body who **cannot** but perform regular sex with prostitutes is best described as a
- a- Fetishist
 - ☒ b- Sex addict
 - c- Voyeur
 - d- Exhibitionist
- 49- Which of the following statements concerning premenstrual syndrome is **false**?
- a- it can be caused by hormonal imbalances
 - b- it includes emotional and physical symptoms
 - c- it occurs in women around age 50
 - ☒ d- none of the above
- 50- A very-low-calorie diet is one that supplies
- a- Less than 1500 Kcal per day
 - ☒ b- Less than 800 Kcal per day
 - c- Less than 2000 Kcal day
 - d- None of the above
- 51- Liquid diets
- a- Pose health risks because they don't supply enough proteins
 - ☒ b- Should be medically supervised
 - c- Are recommended for all people with a higher than normal BMI
 - d- All of the above
- 52- Waist-to-hip ratio
- a- is used to determine body fat distribution
 - b- is generally higher for females than males
 - ☒ c- is used as a health risk indicator
 - ☒ d- all of the above
 - ☒ e- a and c