

Ignore the circled answers here.

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Name: [REDACTED]

I.D. # [REDACTED]

Please encircle your section

[REDACTED] MWF 11-12 D JAALOUK  
 MWF 8-9 G MAALOUF  
 MWF 9-10 G MAALOUF  
 MWF 2-3 G NOUN

[REDACTED] TTH 1:30-3 C KABRITA BOU SERHAL  
 MWF 1-2 G NOUN  
 TTH 11-12:30 D JAALOUK

**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.

The use of cellular phones is strictly prohibited.

Multiple-Choice Questions (52 questions, 2 pts each). Choose One Correct Answer.

- Concerning eating disorders, which of the following is true?
  - Only anorexics develop health consequences
  - ☒ Both bulimics and anorexics develop health consequences
  - Both bulimics and anorexics are underweight
  - None of the above
- Factors which influence body weight include
  - Eating habits
  - Genes
  - Lifestyle
  - ☒ All of the above
  - Two of the above
- Rima is 58 kg and is 164 cm tall. Her BMI is
  - 18.4
  - 20.5
  - ☒ 21.6
  - 35.4

 $\frac{kg}{m^2}$ 

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4. Accordingly, Rima (from previous question)
  - a. is overweight
  - b. is underweight
  - ☒ c. has a normal body weight
  - d. has to loose weight
5. A very-low-calorie diet is one that supplies
  - ☒ a. Less than 800 calories per day
  - b. Less than 1500 calories per day
  - c. Less than 2000 calories day
  - d. None of the above
6. Liquid diets
  - a. May pose health risks
  - b. Should be medically supervised
  - c. Are recommended for all people with a higher than normal BMI
  - ☒ d. All of the above
  - e. a and b
7. Which of the following methods is used to determine percent fat content in the body?
  - a. Bioelectrical Impedance
  - ☒ b. Underwater weighing
  - c. BMI
  - d. All of the above
  - e. Two of the above
8. Women generally have \_\_\_\_\_ body fat.
  - a. Upper
  - b. Waist
  - c. Lower
  - d. Abdominal
  - ☒ e. b and c
9. Waist-to-hip ratio
  - a. is used to determine body fat percent
  - b. is generally higher for females than males
  - ☒ c. is used as a health risk indicator
  - d. a and c
10. Which of the following is a healthy body fat percentage for a 20 year-old adult male?
  - a. Between 19 and 25
  - ☒ b. Below 20
  - c. Below 25
  - d. Below 30
11. Unhealthy eating behaviors
  - a. are more common among men than women
  - b. include compulsive eating and extreme dieting
  - c. can cause severe vitamin and mineral deficiencies
  - d. all of the above
  - ☒ e. b and c

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12. Which of the following is an eating disorder?
- a. bulimia nervosa
  - b. extreme dieting
  - c. food craving
  - d. compulsive overeating
  - ☒ e. all of the above
13. Binge eating refers to
- a. an intense desire for a specific food
  - ☒ b. consuming very large amounts of food in a short time
  - c. eating very-low calorie diets
  - d. dieting using liquid diets
  - e. none of the above
14. Which of the following statements concerning abdominal fat is false?
- a. it is easier to loose than lower-body fat
  - b. it is more common in males
  - c. it is more closely associated with cardiovascular diseases and diabetes than lower-body fat
  - ☒ d. none of the above
15. Basal metabolic rate is the:
- a. Amount of energy derived from food
  - b. Ratio between height and weight
  - c. Number of calories needed to sustain body functions
  - d. Percentage of fat in the body
  - ☒ e. Percentage of water in the body
16. Factors that increase the risk for eating disorders include:
- a. Social pressure
  - b. Unrealistic perception of body image
  - c. Preoccupation with thin body
  - d. All of the above
  - ☒ e. Two of the above
17. A distorted body image that causes the person to feel fat, even if normal or below normal weight, intense fear of gaining weight, and the absence of three or more menstrual cycles describes:
- a. Extreme dieters
  - b. Anorexia nervosa
  - c. Binge eating
  - ☒ d. Bulimia nervosa
  - e. Compulsive eating
18. Excess body fat:
- a. Increases your metabolism
  - ☒ b. Increases the risk for diabetes type 2, heart disease, and colon cancer
  - c. Is not a problem until you reach 50 years of age
  - d. None of the above

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19. Which of the following statements is true?
- a. Very low-calorie diets may cause menstrual disturbances
  - b. Yo-yo dieting works best for long-term weight loss
  - c. An individual eating low-calorie or fat-free foods can increase the serving sizes
  - d. Very low-calorie diets increase metabolism, which helps burn calories more quickly
20. Which of the following are effective weight management strategies?
- a. Increasing your activity level
  - b. Asking friends for recommendations for methods that helped them lose weight quickly
  - c. Practicing good eating habits
  - d. Trying a number of weight-loss diets to find the one that works best for you
  - e. Two of the above
21. All of the following are secondary sex characteristics that develop during puberty in females except
- a. menstruation begins
  - b. uterus and ovaries form
  - c. breasts develop
  - d. hips become more rounded
22. Discomfort during menstruation is known as
- a. amenorrhea
  - b. premenstrual syndrome (PMS)
  - c. dysmenorrhea
  - d. none of the above
23. Cessation of menstruation at a young age could be caused by:
- a. drastic weight loss
  - b. environmental change
  - c. hormonal disorders
  - d. all of the above
  - e. two of the above
24. All the following statements concerning sex addicts are true except
- a. sex addicts can be heterosexuals or homosexuals
  - b. a sex addict has control over his sexual behavior
  - c. behaviors of sex addicts include having phone sex or sex with strangers
  - d. sex addicts can be males or females
25. Prostatitis:
- a. Causes symptoms such as fever, pain and pus in urine
  - b. Refers to an enlargement of the prostate
  - c. is generally treated by surgery
  - d. All of the above
  - e. a and b

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26. Symptoms of midlife changes in men include:
- a. a decrease in muscle mass
  - b. a loss in bone density
  - c. an increase in body fat
  - ☒ d. all of the above
  - e. two of the above
27. Sexual orientation is determined by \_\_\_\_\_ factors.
- a. physiological
  - b. psychological
  - c. social
  - ☒ d. all of the above
28. All the following atypical sexual behaviors are primarily male behaviors except:
- a. sexual addiction
  - ☒ b. voyeurism
  - c. fetishism
  - d. pedophilia
29. Which of the following statements concerning menopause is false?
- a. it follows perimenopause
  - b. it is associated with an increased risk of osteoporosis
  - ☒ c. its symptoms can be alleviated by adequate hormone replacement therapy
  - d. none of the above
30. Impotence is best defined as:
- a. Reduced testosterone level
  - ☒ b. Reduced fertility
  - c. Erectile dysfunction
  - d. Premature ejaculation
31. At what point in the menstrual cycle does ovulation usually occur?
- a. Beginning of the cycle
  - b. Middle of cycle
  - ☒ c. Second half of the cycle
  - d. End of cycle
  - e. Just after menstruation
32. Which of the following is false about premenstrual syndrome (PMS)?
- a. It is a physiological disorder
  - b. It can be caused by brain chemical imbalance
  - c. It can be caused by hormonal imbalance
  - d. It can be affected by stress
  - ☒ e. None of the above
33. Which of the following statements is false about sex hormones?
- a. Are released by the ovaries in the female and the testes in the male
  - b. Begin to work during the embryo's development
  - c. Stimulate the development of secondary male and female sex characteristics at puberty
  - ☒ d. None of the above

34. Which of the following methods of birth control should not be used by childless women who may want to have a child someday?

- a. pills
- ☒ b. IUD
- c. female condom
- d. both a and b

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35. The correct route sperms follow in female reproductive tract during intercourse is

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

36. The mature released egg can live in the female reproductive tract about

- ☒ a. 36 hours
- b. 96 hours
- ☒ c. 5 days
- d. 10 days

37. Sterilization in males is called

- ☒ a. testectomy
- b. vasectomy
- c. hysterectomy
- d. prostatectomy

38. Disadvantages of IUD use in comparison with condoms include all the following except

- a. risk of scarring & permanent infertility
- ☒ b. need for a physician intervention
- c. low efficiency
- d. no protection from STDs

39. Which of the following contraceptive methods requires medical prescription/follow up?

- a. condoms
- b. spermicides
- c. fertility awareness method
- ☒ d. none of the above

40. The age of a pregnant woman could be a concern mainly because of an increased risk of

- a. birth defects due to chromosome abnormalities
- ☒ b. ectopic pregnancy
- c. malnutrition
- d. exposure to environmental toxins

41. In most cases, fertilization occurs in the:

- a. Ovary
- ☒ b. Fallopian tube
- c. Cervix
- d. Uterus
- e. Vagina

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42. Which of the following is true?
- ☒ a. Production of female sex cells starts at puberty, and continues throughout life
  - b. Female sex cells are produced in the ovaries, and stored in the fallopian tubes
  - c. During intercourse, female sex cells are released from the ovaries for fertilization to take place
  - d. None of the above
43. The attachment of the embryo to the lining of the uterus is called:
- a. Fertilization
  - b. Conception
  - ☒ c. Implantation
  - d. Ovulation
44. Causes of infertility in women include:
- a. Genetic factors
  - b. Hormonal factors
  - c. Anatomical factors
  - d. Immune factors
  - ☒ e. All of the above
45. The structure that develops to surround and protect the fetus while it is in the uterus is termed the:
- a. Umbilical cord
  - ☒ b. Amniotic sac
  - c. Placenta
  - d. Cervical membrane
  - e. None of the above
46. The enhancement of a woman's health and well-being prior to pregnancy is known as
- ☒ a. Prenatal care
  - b. Maternal care
  - c. Preconception care
  - d. Postnatal care
47. Which birth control method is 100% effective and risk-free?
- a. Condom and spermicide
  - b. Maintained abstinence
  - ☒ c. Withdrawal
  - d. Oral contraceptive
48. Which of the following is incorrect about oral contraceptives?
- a. Require prior medical examination
  - b. Have medical side-effects
  - c. Not easy to reverse for fertility
  - ☒ d. Are reliable

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49. Which birth control method prevents pregnancy by delivering continuous levels of progestin under the skin into the blood?
- a. Oral contraceptives
  - ☒ b. Implant
  - c. Intrauterine device
  - d. Diaphragm used with spermicide
50. Which birth control method can help protect against sexually transmitted diseases?
- ☒ a. Oral contraceptive
  - b. Intrauterine device
  - c. Male condom use
  - ☒ d. Diaphragm used with spermicide
  - e. c and d
51. Which of the following best describes ultrasonography?
- ☒ a. Using sound waves to produce an image of the fetus
  - b. Using X-ray to produce an image of the fetus
  - c. Removal of amniotic fluid for testing
  - d. Removal of fetal placental tissue for testing
52. Factors to consider when choosing a contraceptive method include all of the following except:
- a. Cost
  - ☒ b. Preferred sexual position
  - c. Failure rate
  - d. Effectiveness in preventing sexually transmitted diseases
  - e. Age of the female

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