

Notre Dame University
Faculty of Natural & Applied Sciences
Department of Sciences
HEA 201- Health Awareness
Samples – Spring 2002

HEA 201
29/6/07
01-250
Joolauk

- 1- Having to pay off your monthly cellular bills is a (n) _____ stressor to you.
 - a- Acute
 - b- intermittent
 - c- sequential
 - d- chronic
- 2- How one handles stress may depend on
 - a- his previous experiences
 - b- the time & setting in which the stressor occurs
 - c- his age
 - d- his general outlook on life
 - e- all of the above
- 3- Cardiovascular problems associated with chronic exposure to stressors include
 - a- reduced blood supply to the heart
 - b- irregular heart rhythms
 - c- acne (skin problems)
 - d- all of the above
 - e- a and b
- 4- Health benefits of exercise include all of the following except
 - a- lower good cholesterol levels and reduced risk of atherosclerosis
 - b- improvement of digestion
 - c- increased metabolism
 - d- mood enhancement
 - e- none of the above
- 5- Which type of activity is believed to extend an individual's lifespan?
 - a- Stationary cycling (low pedaling, low resistance)
 - b- cycling for up to 15 km/hr
 - c- fast cycling or racing (more than 15km/hr) for 1 hour, 5 times/week
 - d- walking slowly
 - e- all of the above
- 6- A 20 year old sedentary male is willing to begin a cardiovascular training. At what target heart rate should he be starting?
 - a- 120 beats per minute
 - b- 200 beats per minute
 - c- 205 beats per minute
 - d- 170 beats per minute
 - e- 60 beats per minute
- 7- To be healthy, a 2000 Kcal diet should include
 - a- at most 1100 kcal from carbohydrates and at least 600 kcal from fats
 - b- at least 1100 kcal from carbohydrates and at most 600 kcal from fats
 - c- 1000 kcal from carbohydrates and 1000 kcal from fats
 - d- at most 600 kcal from carbohydrates and 600 kcal from fats

8- Which of the following oils contain unhealthy fatty acids?

- a- palm oil
- b- olive oil
- c- sunflower oil
- d- none of the above

9- Which of the following foods would be the healthiest choice in terms of fat content?

a)

b)

c)

| Amounts per serving | |
|---------------------|----------------------|
| Calories 200 | Calories from Fat 90 |
| % Daily Value | |
| Total Fat 10g | 15% |
| Saturated Fat 5g | 22% |

| Amounts per serving | |
|---------------------|----------------------|
| Calories 200 | Calories from Fat 54 |
| % Daily Value | |
| Total Fat 6g | 9% |
| Saturated Fat 1.5g | 7% |

| Amounts per serving | |
|---------------------|----------------------|
| Calories 200 | Calories from Fat 45 |
| % Daily Value | |
| Total Fat 5g | 7% |
| Saturated Fat 4g | 18% |

10- Which of the following is destroyed by proper heating?

- a- bacteria
- b- viruses
- c- parasites
- d- all of the above