

HPE 104 Health & Personal Living Exam #3 Study Guide

1. Differentiate between a habit and an addiction.
2. List several signs and symptoms of addiction.
3. Define the social learning theory.
4. List steps for an addict to recover.
5. Define binge drinking.
6. Identify the organs responsible for alcohol digestion, absorption, and metabolism.
7. Differentiate between wine, beer, and liquor in terms of the intoxicating substance ethanol.
8. Understand the concept of proof value and percent alcohol when looking at a label.
9. Define Blood Alcohol Concentration.
10. Understand a “hangover” and myths associated with it.
11. Define cirrhosis and explain how it occurs in an alcoholic.
12. List detrimental behaviors of a pregnant mother that could lead to fetal alcohol syndrome.
13. Define carbon monoxide, nicotine, mainstream smoke, sidestream smoke, and second-hand smoke.
14. Explain why women who smoke and take oral contraceptives are at a higher risk for stroke and heart disease.
15. Differentiate between a schedule I and V drug.
16. List several methods of drug administration.
17. Know the highlights of marijuana, cocaine, opiates, ecstasy, heroin, special K, GHB, alcohol, and caffeine. Know which of these are stimulants and which are depressants.
18. Find how many states have legalized marijuana use. What is the claim for the legalization of marijuana for medical purposes? Why would a state legalize it?
19. List examples of inhalants.
20. Know that any drug that makes an individual alter his/her sense of reality is called a deliriant, hallucinogen or psychedelic.
21. List the top 4 leading causes of death among Americans.
22. Differentiate between arteries and veins.
23. Differentiate between heart rate and blood pressure. What are average readings for both?
24. Define hypertension, atherosclerosis, stroke, angina, and cardiovascular disease.
25. List the signs and symptoms of a stroke and heart attack.
26. List controllable and uncontrollable risk factors for heart disease.
27. Explain the relationship of cholesterol to heart disease. What is normal cholesterol?
28. Differentiate between systolic and diastolic blood pressure.

5 short answers:

- a. smoking
- b. heart disease
- c. alcohol
- d. alcoholics
- e. marijuana

Exam covers chapters 11, 12, 13, 14, & 15 from *Access to Health* textbook.
Bring a pencil!!