

Health: The Basics, 10e (Donatelle)

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Chapter 1: Accessing Your Health

1) A healthy person has all of the following characteristics EXCEPT

- A) being free of illness.
- B) being physically fit.
- C) being mentally and emotionally stable.
- D) being addicted to drugs and alcohol.

Answer: D

Diff: 1 Page Ref: 5

Skill: Understanding

2) Which of the following were cited by college students in a national survey as major impediments to performing well academically?

- A) Pressure from parents and family members
- B) Stress, anxiety, and sleep difficulties
- C) Repeated strep infections
- D) Carrying a too-heavy course load

Answer: B

Diff: 1 Page Ref: 2

Skill: Remembering

3) Life expectancy in the early 1900s was largely determined by a person's

- A) hygiene habits.
- B) susceptibility to infectious disease.
- C) occupation and location.
- D) family history.

Answer: B

Diff: 1 Page Ref: 3

Skill: Understanding

4) Which of the following did NOT contribute to increased life expectancy in the early 20th century?

- A) Improved sanitation
- B) Antibiotics
- C) Vaccinations
- D) More doctors in metropolitan areas

Answer: D

Diff: 1 Page Ref: 3

Skill: Remembering

Health Basics Donatelle 10th Edition

Ian Pickup



Health Basics Donatelle 10th Edition:

Reviewing **Health Basics Donatelle 10th Edition**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Health Basics Donatelle 10th Edition**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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