

## Unit One Worksheet

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- \_\_\_ 1. Which of the following does not describe "wellness"?
  - a. purposeful, enjoyable living
  - b. the integration of body, mind, and spirit
  - c. the absence of disease or infirmity
  - d. a deliberate lifestyle choice
  
- \_\_\_ 2. Looking at health and the individual as a whole rather than part by part describes:
  - a. physical health.
  - b. wellness.
  - c. holistic health.
  - d. total well-being.
  
- \_\_\_ 3. Psychological health gives individuals the ability to do all the following EXCEPT:
  - a. express emotions.
  - b. function independently.
  - c. diagnose emotional problems.
  - d. cope with daily stressors.
  
- \_\_\_ 4. All of the following are essential components of spiritual health EXCEPT:
  - a. attending a religious service on a weekly basis.
  - b. helping others achieve their full potential.
  - c. finding purpose in life.
  - d. experiencing love, joy, peace, and fulfillment.
  
- \_\_\_ 5. All of the following are associated with intellectual health EXCEPT:
  - a. your openness to new ideas.
  - b. your ability to think and learn from life's experiences.
  - c. your mental stability.
  - d. your capacity to question and evaluate information.
  
- \_\_\_ 6. The ability to develop satisfying interpersonal relationships is an example of which component of health?
  - a. behavioral
  - b. social
  - c. sexual
  - d. intellectual
  
- \_\_\_ 7. Health literacy:
  - a. teaches one how to be smart.
  - b. is the ability to understand health information to make good decisions.
  - c. involves consumer advocacy for health.
  - d. teaches medical jargon to you.
  
- \_\_\_ 8. All of the following are types of influences that shape our behaviors EXCEPT:
  - a. enabling factors.
  - b. predisposing factors.
  - c. preventive factors.
  - d. reinforcing factors.