

# Western Governors University (WGU) HLTH1010 C458 Health, Fitness, and Wellness Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

## Questions

SAMPLE

1. Which of the following demonstrates the practice of empathy?
  - A. Respecting others' opinions
  - B. Controlling one's emotions in public
  - C. Setting personal growth targets
  - D. Avoiding conflicts in social settings
2. How does protein support bodily functions?
  - A. Regulates sleep patterns
  - B. Provides energy for workouts
  - C. Builds and maintains various tissues
  - D. Aids long-term weight loss
3. What is one effect of regular physical activity on immune function?
  - A. It decreases muscle strength
  - B. It can enhance immune response
  - C. It increases fatigue
  - D. It has no effect on health
4. What is the primary function of the kidneys in the urinary system?
  - A. To store urine
  - B. To filter waste from the blood
  - C. To transport urine to the bladder
  - D. To release hormones
5. What effect does better body composition have on metabolism?
  - A. Decreases calorie expenditure
  - B. Increases functional ability
  - C. Has no effect on metabolism
  - D. Only affects muscle growth

6. Which trait is essential for effective communication and leadership?
- A. Independence
  - B. Empathy
  - C. Competitiveness
  - D. Perfectionism
7. What impact does smoking have on health?
- A. It improves lung function
  - B. It reduces the risk of chronic diseases
  - C. It increases the risk of cancer and heart disease
  - D. It has no significant health impact
8. Why might a dietician recommend whole-grain products over refined products?
- A. They are less expensive
  - B. They have a longer shelf life
  - C. More fiber, vitamins, and minerals
  - D. They are lower in calories
9. Which of the following is a characteristic associated with emotional wellness?
- A. Isolation from others
  - B. Self-awareness
  - C. Perfectionism
  - D. Indifference
10. What effect does methamphetamine have on physical activity levels?
- A. It decreases physical activity
  - B. It has no impact on activity
  - C. It increases wakefulness and physical activity
  - D. It only affects mental activity

## Answers

SAMPLE

1. A
2. C
3. B
4. B
5. B
6. B
7. C
8. C
9. B
10. C

SAMPLE

## Explanations

SAMPLE



1. Which of the following demonstrates the practice of empathy?

- A. Respecting others' opinions
- B. Controlling one's emotions in public
- C. Setting personal growth targets
- D. Avoiding conflicts in social settings

The practice of empathy involves understanding and sharing the feelings of others. Respecting others' opinions is a key demonstration of empathy, as it showcases an acknowledgment of diverse perspectives and an appreciation for individual experiences. By validating others' viewpoints, one creates a supportive environment conducive to open dialogue, which is essential for empathetic interactions. In contrast, controlling one's emotions in public, while important for emotional regulation, does not inherently involve an understanding of or connection to others' feelings. Setting personal growth targets focuses on individual self-improvement and does not engage with the emotions or experiences of others. Likewise, avoiding conflicts in social settings can stem from various motivations and does not reflect the active effort to understand and empathize with others' emotions or perspectives. Therefore, the option emphasizing respect for different opinions aligns most closely with the fundamental concept of empathy.

2. How does protein support bodily functions?

- A. Regulates sleep patterns
- B. Provides energy for workouts
- C. Builds and maintains various tissues
- D. Aids long-term weight loss

Proteins play a crucial role in building and maintaining various tissues in the body. This includes muscles, skin, organs, and bones, making protein essential for growth, repair, and overall maintenance of body structures. When the body requires repair due to injury or stress, protein is vital for helping cells to regenerate and heal effectively. Additionally, proteins serve as the building blocks for enzymes and hormones, which are critical for numerous biochemical processes that facilitate bodily functions. This comprehensive role in tissue synthesis underscores why protein is fundamental to overall health, fitness, and wellness.

### 3. What is one effect of regular physical activity on immune function?

- A. It decreases muscle strength
- B. It can enhance immune response
- C. It increases fatigue
- D. It has no effect on health

Regular physical activity can significantly enhance immune response, which is a critical component of overall health and wellness. Engaging in consistent, moderate exercise has been shown to promote the circulation of immune cells in the body, improve the body's ability to fend off infections, and reduce the risk of chronic diseases. Exercise can also influence the levels of various immune system hormones, leading to a more responsive immune system. Moderate activity results in temporary increases in the circulation of immune cells, allowing them to perform their functions more effectively. Over time, this consistent engagement in physical activities helps build a stronger immune system, making the body more resilient against diseases and infections. Additionally, regular exercise is associated with reduced inflammation, which plays a role in various health issues. Other options, such as decreased muscle strength or increased fatigue, suggest adverse effects, which are contrary to the benefits typically associated with regular physical activity. Moreover, the assertion that there is no effect on health overlooks the significant positive impacts regular exercise has on both physical and mental well-being, specifically related to enhanced immune function.

### 4. What is the primary function of the kidneys in the urinary system?

- A. To store urine
- B. To filter waste from the blood
- C. To transport urine to the bladder
- D. To release hormones

The primary function of the kidneys in the urinary system is to filter waste from the blood. This process of filtration is essential for maintaining homeostasis in the body, as it removes metabolic waste products, toxins, and excess substances from the bloodstream. The kidneys are crucial in regulating electrolyte balance, blood pressure, and fluid balance. Through the formation of urine, they ensure that waste materials are expelled from the body while conserving necessary nutrients and maintaining the body's overall chemical balance. While other functions are important, such as storing urine, transporting urine, or releasing hormones, they do not represent the primary role of the kidneys. The bladder is responsible for storing urine, the ureters transport urine to the bladder, and hormones such as erythropoietin and renin are released as part of the kidneys' regulatory functions but are secondary to their main role in waste filtration. Thus, the kidneys' ability to filter waste is the cornerstone of their function in the urinary system.

5. What effect does better body composition have on metabolism?

- A. Decreases calorie expenditure
- B. Increases functional ability
- C. Has no effect on metabolism
- D. Only affects muscle growth

Improving body composition positively influences metabolism primarily through increasing functional ability. When body composition is favorable, typically characterized by a higher proportion of lean muscle mass to body fat, individuals experience an enhancement in overall metabolic rate. This is because muscle tissue is metabolically more active than fat tissue; therefore, individuals with better body composition often burn more calories at rest. Increased functional ability relates to improved strength, endurance, and overall physical performance, which are all enhanced by maintaining or increasing lean muscle mass. Better body composition can lead to more effective movement patterns and greater physical activity levels, which further contribute to a more efficient metabolism. Thus, a direct link exists between having a healthier body composition and the ability to perform physical tasks, which supports metabolic processes in the body.

6. Which trait is essential for effective communication and leadership?

- A. Independence
- B. Empathy
- C. Competitiveness
- D. Perfectionism

Empathy is essential for effective communication and leadership because it allows individuals to understand and connect with the feelings and perspectives of others. By being able to recognize and validate the emotions of team members or colleagues, a leader can foster a supportive environment, build trust, and encourage open dialogue. This connection enhances collaboration and helps leaders to guide their teams more effectively, as they are more attuned to the needs and concerns of others. In contrast, traits like independence, competitiveness, and perfectionism do not provide the same foundation for effective communication. While independence can foster self-reliance, it may hinder collaboration. Competitiveness can create an environment of rivalry that undermines teamwork. Perfectionism can lead to unrealistic expectations, which may be discouraging rather than motivating. Therefore, empathy plays a critical role in creating a positive and productive atmosphere, making it a key trait for effective leaders.

7. What impact does smoking have on health?

- A. It improves lung function
- B. It reduces the risk of chronic diseases
- C. It increases the risk of cancer and heart disease
- D. It has no significant health impact

Smoking significantly increases the risk of developing various serious health conditions, particularly cancer and heart disease. This occurs because tobacco smoke contains numerous harmful chemicals that can cause damage to nearly every organ in the body. For instance, smoking is a well-established risk factor for various types of cancer, including lung, throat, esophagus, and bladder cancer, among others. Additionally, it contributes to heart disease by promoting the development of atherosclerosis (the buildup of plaque in the arteries), reducing oxygen in the blood, and increasing blood pressure and heart rate. In contrast, the other options suggest inaccurate benefits or negligible impacts of smoking on health, which contradict the well-documented medical research highlighting the detrimental effects of smoking. Overall, understanding the health risks associated with smoking is crucial for making informed lifestyle choices and promoting public health initiatives aimed at smoking cessation.

8. Why might a dietitian recommend whole-grain products over refined products?

- A. They are less expensive
- B. They have a longer shelf life
- C. More fiber, vitamins, and minerals
- D. They are lower in calories

Whole-grain products are typically recommended over refined products primarily due to their higher nutritional value. Whole grains retain the bran, germ, and endosperm components of the grain, which means they are richer in fiber, vitamins, and minerals. This higher fiber content aids in digestion, helps regulate blood sugar levels, and can contribute to a feeling of fullness, which may aid in weight management. Additionally, the vitamins and minerals found in whole grains, such as B vitamins, iron, and magnesium, play crucial roles in various bodily functions, including energy metabolism and maintaining a healthy immune system. While factors like cost, shelf life, and calorie content can be relevant in dietary recommendations, the primary emphasis for promoting whole grains relates to their overall health benefits and superior nutritional profile compared to refined grains, which often have had these beneficial components removed during processing.

9. Which of the following is a characteristic associated with emotional wellness?

A. Isolation from others

B. Self-awareness

C. Perfectionism

D. Indifference

Self-awareness is a key characteristic associated with emotional wellness. It involves understanding one's own emotions, strengths, weaknesses, values, and drivers. This understanding allows individuals to manage their feelings and behaviors effectively, leading to healthier relationships and a greater ability to cope with stress. Emotional wellness fosters resilience and adaptability, enabling individuals to navigate life's challenges with a clear perspective. In contrast, isolation from others often indicates a lack of emotional wellness, as healthy emotional states typically involve social connections and support. Perfectionism can lead to excessive self-criticism and stress, which does not contribute to emotional health. Indifference often suggests emotional detachment or an inability to engage with one's feelings, which is not conducive to emotional wellness.

10. What effect does methamphetamine have on physical activity levels?

A. It decreases physical activity

B. It has no impact on activity

C. It increases wakefulness and physical activity

D. It only affects mental activity

Methamphetamine is a powerful central nervous system stimulant that significantly affects the body and mind. The correct answer highlights that methamphetamine increases wakefulness and physical activity. When someone uses methamphetamine, they typically experience heightened energy levels, decreased fatigue, and increased alertness. This stimulant effect can lead to prolonged periods of physical activity, as users may feel an almost euphoric sense of energy and motivation. The drug acts by increasing the release and blocking the reuptake of neurotransmitters such as dopamine, norepinephrine, and serotonin, which are crucial for mood and energy levels. This biochemical reaction results in enhanced physical performance in terms of endurance and activity, albeit often at a great cost to overall health. Understanding this dynamic helps clarify the dangerous implications of methamphetamine use, not only for physical health but also for mental well-being, as the reliance on the drug can lead to severe addiction and a host of negative consequences.