

HEP100 Midterm Study Guide (Weeks 1-3)

The midterm is a 30 item multiple choice and True/False questions exam.

- *Review lectures/powerpoints, glossaries, readings, and quizzes*
- *Know definitions!*

Week 1: Introduction to Health and Wellness

- Be familiar with Healthy People 2020 purpose and targets. No need to remember specific numbers but understand trends.
- Be able to identify social determinants of health
- Understand the social-ecological framework and examples of factors and programs at each level
- Know the components/factors of health and wellness, goal setting, and lifestyle change

Week 2: Healthy Food

- Understand the difference between hunger and appetite and factors involved in deciding what we eat (or not)
- For macronutrients-
 - What are the macronutrients? What are the sub-categories?
 - dietary sources (of each sub-category)
 - function in the body (of each sub-category)
 - Number of calories per gram of each
 - Dietary guidelines (% of kcal advised for protein, fat, and carbohydrates)
- For micronutrients-
 - What are the water-soluble vitamins? Fat soluble? Important minerals?
 - dietary sources for types of micronutrients
 - functions in the body for vitamins, minerals, and water (including impacts of deficiencies)
 - Know how what DRIs are and how they are categorized
- Know how healthy/unhealthy foods can impact your health
- Know the purpose of the Nutrition Facts Panel, what's on it, what types of food would have them, and where might these foods be sold? (think beyond the grocery store!)

- What are the three types of food label claims allowed in the United States? How are they similar and how are they different? Be able to recognize examples of each.
- Know the 10 leading causes of death in the world. Of those, healthy foods can reduce the risk of which causes?
- What are general diet recommendations to reduce the risk of chronic disease?

Week 3: Physical Fitness

- Know the difference between physical activity (moderate and vigorous), exercise, and sedentary behaviors. Be able to identify activities that fit into each category.
- Know the difference between anaerobic and aerobic exercise. Be able to recognize examples of each.
- Know the physical activity guidelines for adults and children. What are the recommendations for sitting and screen time for children?
- Know the benefits of physical activity and exercise.
- Know what NEAT is and factors that impact how high (or low) it is. How does this relate to sedentary behavior?
- Know the advantages and disadvantages of physical activity monitoring methods
- Know potential barriers to starting a physical activity program
- Understand the FITT approach to designing a physical activity program
- Be able to define the built environment and walkability. What factors make a neighborhood more (or less) walkable?