

HED 110

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1 Study Guide

1.1 Chapter 1

- Introduction to Health

1.2 Chapter 2

- Maintain Wellness

1.3 Chapter 3

- Managing Stress

1.4 Chapter 4

- Mental health

2 The Why of Living

- The power of why
- Identify your dreams and goals
- Design your life
- Create Timeline
- Identify Obstacles

3 Terms to Review

- Locus of Control
- Self Efficacy
- Time Management

4 4th Class

4.1 Open book exam; Chapters 1-4

- Internal Locus of Control - Taking the blame or responsibility for our own actions.
- External Locus of Control - Becoming the victim or Projecting responsibility.

5 Seven Dimentions of Wellness

5.1 Physical

- Exercise
- Diet
- Avoid harmful habits
- Making responsible decitions about sex
- Getting Medical and Dental Check ups
 - Pro-Active
 - Re-Active

5.2 Emotional

- Trust
- Self Esteem
- Self Acceptance
- Self Confidence
- Good Relatioinships
- Negative Words
 - IF
 - TRY
 - MIGHT
 - MAYBE

5.3 Intellectual

- Openness to new ideas.
- Motivatoin to master skills.
- To question and think critically.
- A sence of humor.

5.4 Spiritual...

- A set of guiding beliefs, pricipals, or values that give meaning or purpose in life.

5.5 Interpersonal and Social

- Satisfying Physical and emotional relationships.
- Supportive people around us.

5.6 Enviromental or Planetary

- Safety of the food supply.
- Air Pollution.
- Water pollution.
- Mold in the home.
- Second hand tobacco smoke.

5.7 Financial

- Passive Income
- Active Income

6 Questions/Comments

- What is the difference between infectious and chronic disease?
- What causes infectious disease?