

NAME _____

Hlth 2 Health and Wellness Group Exercise 1

GOAL: To learn how to use course learning objectives to study for Hlth 2.

INSTRUCTIONS: Each college course has a defined set of learning objectives. Learning objectives specific exactly what learning the student is supposed to achieve, thus, it should be used as a study guide. Exams are created from the objectives. Below are the learning objectives for Chapter 1 Taking Charge of Your Health. It is easy to anticipate what will be on exams. See if you can write a test question from each of the objectives below.

Chapter 1 Taking Charge of Your Health

1. Define the following terms: health, wellness, disease (infectious and chronic), target behavior, self-efficacy.

2. Identify and describe the six dimensions of wellness and a wellness lifestyle.

3. Identify the major public health achievements of the twentieth century.

4. Identify major goals of the US national Healthy People initiative.

5. Explain the importance of personal decision making and behavior change in achieving a wellness lifestyle.

6. Identify and describe the influence of gender, ethnicity, income, and disability on health.

7. Discuss the available sources of health information and how to think critically about them.

8. Describe how to develop a behavior change plan. **(Use Back of This Sheet)**