



Chapter One

Understanding Your Health and Wellness

Freshmen Health and Wellness

Student Name: _____

Chapter 1

Understanding Your Health and Wellness

Objectives:

- Define health and wellness
- Analyze how physical, emotional, intellectual, and social aspects of wellness are interrelated
- Explain the Status of health as it relates to a continuum
- Differentiate between disease and disorder
- Evaluate the four main causes of disease and how they impact wellness
- Understand the importance of health literacy
- Identify sources of social support pertaining to your well being
- Assess the importance of prevention and health maintenance
- Understand the criteria used to determine whether or not information should be accepted as scientific knowledge
- Develop a plan to achieve long- and short- term goals
- Identify sources of social support pertaining to your well-being

Homework:

Define Terms

Answer Review Questions

Answer Critical Thinking Questions

Homework Packet is due the day of your test. Use your terms, review questions and critical thinking questions to prepare for your test.

Key Terms

Please define the following terms in a complete sentence.

Acute Disease

Chronic Disease

Disease

Disorder

Emotional Health

Intellectual Health

Optimal Health

Physical Health

Social Health

Well Being

Wellness

Generic Drug

Inpatient Facility

Outpatient Facility

Primary Care Physician

Review Questions:

- 1. Describe several characteristics of a physically healthy body.**

- 2. Why is social health important to overall wellness?**

- 3. How are emotional and intellectual health related?**

- 4. What are two steps you can take to set a goal?**

Critical Thinking Questions:

- 1. Explain how one dimension of health can affect another.**

- 2. How do your values impact your goals and decisions?**

3. What role does the United States government play in the healthcare industry?