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Critical Issues in Health

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CUNY Bronx Community College

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Critical Issues in Health Suggested Syllabi

WEEK	DATE	TOPIC	READING
1		Course Overview & Determinants of Health	1.1 to 1.4
2		Mental Health	2.1 to 2.5
3		Stress Management	2.6 to 2.9
4		Family and Societal Violence	3.1 to 3.2
5		Test 1	All readings weeks 1-4
6		Alcohol and Tobacco	4.1 to 4.7
7		Nutrition and Healthy Eating	5.1 to 5.12
8		Chronic Diseases	6.1 to 6.4
9		Immunity and Immunizations Infectious Diseases	7.1 to 7.2
10		Test 2	All readings weeks 6-9
11		Relationships and Sexual Health	8.19, 8.20
12		Reproductive Health Care	8.1 to 8.18
13		HIV/AIDS Sexually Transmitted Infections	7.1 to 7.4
14		Reproductive Choices	8.21, 8.22
15		Test 3 (Final Exam)	All readings weeks 11-14

Suggested Grading:

Test 1	25%
Test 2	25%
Test 3	25%
Assignments	<u>25%</u>
	100%

Critical Issues in Health

Department of Health, Physical Education and Recreation
Bronx Community College of the City University of New York

Open Educational Resources Course Reading List

I. Introduction

- 1.1 [Health and Disease, Influence of Family and Community](#)
- 1.2 [Determinants of Health, Risk Factors, and Prevention](#)
- 1.3 [Disparities](#)
- 1.4 [Health Literacy](#)

II. Mental Health

- 2.1 [Emotional Health and Mental/Emotional Disorders](#)
- 2.2 [Stigma of Mental Illness](#)
- 2.3 [Suicide](#)
- 2.4 [Mental Illness in Children and Adolescents](#)
- 2.5 [Cultural Diversity and Mental Illness](#)
- 2.6 [General Adaptation Syndrome](#)
- 2.7 [Psychoneuroimmunology and Stress](#)
- 2.8 [Dynamics and Sources of Stress](#)
- 2.9 [Managing Stress](#)

III. Violence

- 3.1 [5 facts about crime in the U.S.](#) PDF available
- 3.2 [Family and Societal Violence](#)

IV. Drugs

- 4.1 [Drugs, Abuse and Addiction](#)
- 4.2 [Misuse of Prescription Drugs](#)
- 4.3 [Alcohol](#)
- 4.4 [Tobacco](#)
- 4.5 [Hookah](#) PDF available
- 4.6 [Smoking and Tobacco Control Laws](#) PDF available
- 4.7 [Second Hand Smoke](#) PDF available

V. Nutrition

- 5.1 [Nutrition and Diet](#)
- 5.2 [Nutrition for Everyone](#)
- 5.3 [Water: Meeting Your Daily Fluid Needs](#)
- 5.4 [Dietary Fat](#)
- 5.5 [Carbohydrates](#)
- 5.6 [Protein](#)
- 5.7 [Vitamins and Minerals](#)
- 5.8 [Body Composition](#)

- 5.9 [Obesity](#)
- 5.10 [Diet and Weight Control](#)
- 5.11 [Eating Disorders](#)
- 5.12 [What's on the Nutrition Facts Label](#) PDF available

VI. Chronic Diseases

- 6.1 [Noncommunicable Diseases and Disorders](#)
- 6.2 [Diabetes Basics](#) PDF available
Read all links on webpage
- 6.3 [Cardiovascular Diseases and Disorders](#)
- 6.4 [Cancer](#)

VII. Infectious Diseases

- 7.1 [Immunity and Immunizations](#)
- 7.2 [Communicable \(Infectious\) Diseases](#)
- 7.3 [HIV/AIDS](#) PDF available
View slide show on webpage
- 7.4 [HIV/AIDS - HIV Basics](#) PDF available
Read all links on webpage

VIII. Human Sexuality

- 8.1 [Female Reproductive System](#)
- 8.2 [Female Genitals](#)
- 8.3 [Vagina](#)
- 8.4 [Uterine Tubes](#)
- 8.5 [Uterus and Cervix](#)
- 8.6 [Ovaries](#)
- 8.7 [Aging and the Female Reproductive System](#)
- 8.8 [Male Reproductive System](#)
- 8.9 [The Penis](#)
- 8.10 [Scrotum and Testes](#)
- 8.11 [Epididymis](#)
- 8.12 [Spermatogenesis](#)
- 8.13 [Sperm](#)
- 8.14 [Semen](#)
- 8.15 [Testosterone](#)
- 8.16 [Erectile Dysfunction of the Male Reproductive System](#)
- 8.17 [Aging for the Male Reproductive System](#)
- 8.18 [Cancer](#)
- 8.19 [Sexual Behavior](#)
- 8.20 [Sexual Bias and Misconceptions](#)
- 8.21 [Reproduction, Pregnancy and Contraception](#)

See next page for PDF documents

PDF Documents

[5 facts about crime in the U.S. Pew Research Center.pdf](#)

[Smoking Legislation.html](#)

[Smoking Hookah.pdf](#)

[second hand smoke.pdf](#)

[Whats On The Nutrition Facts Label.pdf](#)

[Diabetes Basics.html](#)

[HIV AIDS.pdf](#)

[HIV Basics HIV AIDS CDC.pdf](#)

Health Risk Assessment

1. Go to the reading “Determinants of Health” (section 1.2) and find “Learning Activity: Find Out about Your Own Health Risks” and fill out the questionnaire at **Keep Me Well**
<http://www.keeptomewell.org/cgi-bin/q> .

You will get the following results:

- Scorecard: An easy-to-read summary of your results that will show you where to focus your efforts to best improve your health.
- My Report: A more detailed report that provides feedback and links to trusted health information websites that will help you take action to lower your risk for chronic disease.
- Local Community Supports and Programs: A list of resources in your area that can help you take action to improve your health.

Do not submit your results but write a one page (typed) response discussing your strengths and your weakness regarding your health assessment. What lifestyle actions can you take to reduce your risks of disease?

Mental Health

1. Read the section in your Table of Contents called “General Adaptation Syndrome” Don’t watch the video “Stressed by Stress” as you have to sign up for their website and give a credit card. Do click on the outside links. In your own words, explain the difference between distress and eustress. Give a personal example of something in your own life that can be considered distress and something that can be considered eustress.
2. Read the section in your Table of Contents called Dynamics and Sources of Stress. Don’t watch the video “Fight or Flight” response as you have to sign up for their website and give a credit card.
 - a. What does it mean that “Stress is in the eye of the beholder?” Give an example of something that is stressful to you, but not stressful to someone you know.
 - b. What is the difference between “instrumental” and “palliative” coping mechanisms? Give an example of how you can use either instrumental or palliative coping mechanisms for the example that you gave in 2a.
3. Read the section in your Table of Contents called Managing Stress. Focus on the various techniques that can be used to manage stress.
 - a. Which techniques do you already use? When and how do you use them? Which technique would you like to try and why?

4. Read the section on Resilience, under Managing Stress.
 - a. Do you consider yourself resilient? What characteristics do you possess that help you manage life's setbacks (refer to chart found in the reading)? Write about a time in your life when you faced a loss or a setback and "bounced back" in spite of it. What did you learn from going through the loss that will help you to cope with future challenges? Explain your answer.

Drugs

1. Discuss alcohol use by responding to the following: Define binge drinking, heavy drinking, acute alcohol intoxication, blackout and hangover. Identify the short-term health effects of alcohol. Identify long term health effects of alcohol. Describe various factors that affect alcohol absorption.
2. Discuss tobacco use by responding to the following: Identify the short-term effects of tobacco. Identify the long-term effects of tobacco. Describe benefits of quitting smoking.

Nutrition

1. Think of one diet-related change that you would like to make (for example: reduce soda consumption, eat more fruits or vegetables, reduce high-fat foods). Read the information on Nutrition in your readings. Based on what you read, how will making this change benefit your health? Be specific by including information from your readings.
 - a. How do your social and environmental factors contribute to your diet related behaviors? These influences may be positive and/or negative. Use examples from your own life. Think about how family and friends affect your diet, your access to food, affordability of food and the media.
 - b. How easy (or hard) will it be for you to actually make this change? If you think it will be easy tell me why—or if you think it might be difficult tell me why. What could you do to increase your chances of being successful in making this change?

Chronic Diseases

1. Go to the Mayo Clinic Heart Disease Risk Calculator at <https://www.mayoclinichealthsystem.org/locations/menomonie/services-and-treatments/cardiology/heart-disease-risk-calculator> and take the quiz
 - a. Based on your findings describe two lifestyle changes you need to make to improve your heart health. Include both what behavior you will change and how you will go about making that

- change. For example, if you need to stop smoking, how will you do that? If you need to lose weight, how will you do that?
- b. How do social and environmental factors influence your heart healthy behaviors? Use specific examples from your own life. These influences may be positive and/or negative. For example, how do your family/peer behaviors affect your health? How is your access to affordable/healthy food in your neighborhood/community? How does the media influence your health?
2. Go to the CDC website and take the pre-diabetes risk assessment at <https://www.cdc.gov/diabetes/prevention/pdf/Prediabetes-Risk-Test-Final.pdf>
 - a. What were your findings? If you are at risk for pre-diabetes or Type 2 diabetes, discuss two lifestyle changes you need to make to reduce your risk for diabetes. Use your course readings to discuss how these changes may reduce your risk of getting pre-diabetes or Type 2 diabetes.
 - b. If you are at low risk for pre-diabetes or Type 2 diabetes, pretend that you are a health educator counseling someone who needs to reduce their risk of becoming pre-diabetic or getting Type 2 diabetes. What recommendations would you make and how would these lifestyle changes reduce their risks. Use your course readings to discuss your recommendations.

Fitness

1. Read this article “Rethinking Exercise as a Source of Immediate Rewards” by Jane E. Brody published in the New York Times on July 20, 2015. Write a short summary of the article and relate this article to your own life. What can you do to increase your exercise? Write about 1 typed page.
<https://well.blogs.nytimes.com/2015/07/20/rethinking-exercise-as-a-source-of-immediate-rewards/>

Reproductive Health

1. Explain screening tests for female reproductive cancers – what are they? What do they detect? What age should they be started? How often should they be performed?
2. Explain screening tests for male reproductive cancers – what are they? What do they detect? What age should they be started? How often should they be performed?

3. Describe the differences between bacterial and viral infections. Discuss five common sexually transmitted infections by describing transmission, symptoms and treatment. What steps should sexually active individuals take to prevent sexually transmitted infections?
4. Discuss HIV/AIDS by responding to the following: Identify the most common routes of transmission of HIV and identify which methods of transmission are not common. Explain the role of HIV and CD4 cells in the progression of HIV/AIDS. Explain the difference between being HIV+, HIV infection and AIDS. Describe how “test and treat” can prevent the spread of HIV. Explain what PrEP is and how it works.
5. Select 4 different methods of contraception (select one of each of the following: barrier methods, hormonal methods, permanent methods and natural methods). Explain how each method prevents pregnancy, pros and cons, and effectiveness. Discuss various factors that should be considered by individuals when selecting a contraceptive method.

**Critical Issues in Health
Test Questions**

Dimensions of Health and Social Determinants of Health

1. Psychological or emotional wellness is best described as having
 - A. Feeling full of energy.
 - B. The ability to make good decisions.
 - C. Having the ability to fight off a cold virus.
 - D. Having positive feelings such as contentment and happiness.

2. Social wellness is best described as having
 - A. The ability to have a strong support network of family and friends.
 - B. The ability to have economic well-being.
 - C. the ability to express oneself creatively.
 - D. the ability to cope with stress

3. Which aspect of personal health do you have the MOST control of:
 - A. the amount of pollution in your neighborhood
 - B. risk of disease based on your family history
 - C. your lifestyle or health behaviors
 - D. the food that is available in your neighborhood

4. Which of the following is a factor that can be considered part of an individual's health behavior?
 - A. The neighborhood an individual lives
 - B. The amount of alcohol an individual drinks
 - C. The grocery stores in the neighborhood
 - D. The type of health insurance the individual has

5. Which of the following can be considered a social/environmental factor that may affect an individual's health?
 - A. A person's genetic history
 - B. The availability of healthy food in a person's neighborhood
 - C. The stress management techniques a person uses regularly
 - D. The amount of exercise a person engages in each day

6. The social determinants of health consider the role of:
 - A. Quality of schools
 - B. Segregation in a community
 - C. Community and social institutions
 - D. All of the above

7. Which of the following factors is the BEST combination to describe individual wellbeing:
 - A. Healthy behaviors, good nutrition, and access to a farmer's market
 - B. Healthy behaviors, good mental health, social connections, and a clean environment
 - C. Having a good job, living in a good location, and having an automobile
 - D. Having a good job, access to health care, and good transportation

8. Which of the following may be a result of a combination of genetics and individual behaviors?
 - A. Color-blindness.
 - B. Diabetes.
 - C. Sickle-cell anemia
 - D. Hemophilia.

9. If you have a family history of a chronic disease, you should:
 - A. Talk with your doctor about screening tests to determine your risk
 - B. Not worry about it because you probably don't have a risk of getting the disease
 - C. Only worry about it if you start having symptoms
 - D. Don't talk about it with your family members so you don't worry them

10. It is important to address the social determinants of health because:
 - A. It is the only way to achieve equal pay for everyone
 - B. It is the only way to make it easier to stop smoking
 - C. It is the only way to achieve health equity
 - D. It is the only way to have prevent discrimination

Mental Health and Stress

1. Gregory has always been a top student, but lately he doesn't enjoy school and can't concentrate, so his grades are far lower than they could be. He is tired, feels down and lacks interest in things he used to enjoy doing. With which of the following conditions is Jorge most likely to be diagnosed?
 - A. Depression
 - B. Obsessive-Compulsive disorder
 - C. Bipolar disorder
 - D. Panic disorder

2. All of the following are reasons that individuals may NOT go for help for depression EXCEPT:
 - A. People from their culture don't usually get help for emotional problems.
 - B. They are embarrassed to get help.
 - C. They don't recognize that they have depression.
 - D. There are no effective treatments for depression.

3. All of the following are true about depression EXCEPT for:
 - A. Depression can be due to genetics and family history
 - B. Depression occurs in women due to hormonal fluctuations
 - C. Depression can last a long time and usually gets worse over time
 - D. Depression is usually temporary and comes and goes

4. When the gastrointestinal system is affected by stress, an individual may experience:
 - A. stomach upset

- B. a cold
 - C. high blood pressure
 - D. headache
5. Long term, chronic stress is associated with colds because it lowers the functioning of the
- A. circulatory system
 - B. cardiovascular system
 - C. digestive system
 - D. immune system
6. What bodily changes are associated with the alarm stage of the general adaptation syndrome?
- A. digestion speeds up
 - B. blood goes to the hands and feet
 - C. heart rate increases
 - D. blood pressure slows down
7. The anxiety disorder where a person re-experiences symptoms of a traumatic event at least 6 months after the event is called.
- A. Panic disorder
 - B. Generalized anxiety disorder
 - C. Post-traumatic stress disorder
 - D. Phobia
8. The coping mechanism called “instrumental” as a way to manage stress is:
- A. Solving the problem to remove the stressor
 - B. Using meditation as a way to cope with the stressor
 - C. Exercising to help you blow off steam
 - D. Speaking with a friend to help you feel better
9. Stress that is good or positive is called:
- A. euphoria
 - B. eustress
 - C. distress
 - D. disturbed
10. An example of a stress reduction technique that focuses on deep breathing and the connection between the mind and body is:
- A. affirmations.
 - B. yoga or tai chi
 - C. keeping a to-do list.
 - D. communicating more effectively.
11. The body can no longer keep up with the demands of the stressor and starts to break down (get sick) in the _____ stage of the General Adaptation Syndrome.
- A. Exhaustion
 - B. Alarm
 - C. Fight-or-flight

D. Resistance

12. Symptoms of a panic disorder include:
- A. Feeling very happy and then very sad.
 - B. Hearing or seeing things that are not there.
 - C. Feelings of being hopeless and helpless.
 - D. Overwhelming anxiety, heart racing, and sweating.

Addictions/Drugs

1. One of the reasons that drug addiction is so difficult to overcome is that:
 - A. The brain changes over time causing intense desire to use the drug
 - B. The brains neurotransmitters react the same to all drugs
 - C. The brains reward center is shut down
 - D. The brain changes very slowly, so addition may be more difficult to overcome

2. Which of the following is TRUE regarding addiction?
 - A. A person's environment has no influence on addiction
 - B. A person's genes may put them at risk for being addicted
 - C. A person who tries drugs as a teenager is less likely to become addicted
 - D. A person can only become addicted to drugs that are used for fun

3. A person experiencing withdrawal from heroin may:
 - A. Have an increase in appetite and weight gain
 - B. No serious physical or emotional side effects
 - C. Only have physical effects
 - D. Have a loss of appetite, diarrhea, shivering and sweating

4. A person who is addicted to drugs may experience all of the following EXCEPT?
 - A. Isolation from friends or family
 - B. Involvement with the law
 - C. A better focus on work or school
 - D. Cravings for the drug all the time

5. If an individual needs more of a drug to get the same effect, this is called:
 - A. Withdrawal
 - B. Tolerance
 - C. Addiction
 - D. Rebound

6. Long-term effects of heavy alcohol use include:
 - A. Liver disease
 - B. Heart disease
 - C. Mouth cancer
 - D. All of the above

7. The most commonly abused substance in the United States is:
 - A. Tobacco
 - B. Alcohol
 - C. Marijuana
 - D. Cocaine

8. Binge drinking is considered:
 - A. One drink per hour
 - B. Drinking 3 drinks over the period of several hours
 - C. Drinking 4-5 drinks within 2 hours
 - D. It depends on what you are drinking

9. Which of the following statements is TRUE about nicotine?
 - A. Nicotine causes tar to build up in the lungs.
 - B. Nicotine causes blood vessels to expand (get wider).
 - C. Nicotine is the addictive ingredient in cigarettes.
 - D. Nicotine lowers the heart rate and blood pressure.

10. Long-term health effects of cigarette smoking include all of the following EXCEPT:
 - A. Chronic bronchitis
 - B. Cancer
 - C. Cardiovascular disease
 - D. Liver disease

11. Which of the following is TRUE regarding cigarette use:
 - A. Chemicals in tobacco smoke affect sugar levels and may make diabetes worse
 - B. Smoking cigarettes can help to reduce inflammation caused by asthma
 - C. Low tar cigarettes reduce your risk for certain cancers
 - D. E-cigarettes make your immune system stronger, fighting off infections

12. Health benefits of quitting smoking
 - A. start immediately
 - B. take about a year
 - C. take about 6 months
 - D. only last for a short time

Nutrition

1. Which of the following types of fats is healthiest for your heart?
 - A. Corn oil
 - B. Palm oils
 - C. Olive oil
 - D. Coconut oil
2. The type of fat considered MOST hazardous to health is
 - A. polyunsaturated fat
 - B. trans-fat
 - C. saturated fat
 - D. monounsaturated fat
3. Which of the following foods contain unsaturated fat?
 - A. chicken and pork
 - B. whole milk and cheese
 - C. peanut butter and avocados
 - D. hot dogs and lunch meats
4. The main purpose of carbohydrates is to
 - A. provide energy and fiber.
 - B. protect internal body organs.
 - C. help regulate body temperature.
 - D. Build and maintain body tissue.
5. Omega – 3 fatty acids can be found in:
 - A. Fish such as salmon
 - B. Avocado
 - C. Spinach and kale
 - D. Beans
6. Fiber can help all of the following EXCEPT:
 - A. prevent constipation by increasing fecal bulk.
 - B. manage diabetes by slowing the movement of glucose into the blood
 - C. reduce the absorption of cholesterol
 - D. absorb vitamins
7. The risk of osteoporosis can be reduced by getting an adequate intake of
 - A. iron
 - B. vitamin C
 - C. folic acid
 - D. calcium

8. Health problems related to obesity include all of the following **EXCEPT**:
- A. High cholesterol
 - B. Hypertension
 - C. Vitamin Deficiency
 - D. Type II diabetes
9. If you have high blood pressure and are concerned about eating foods high in salt, you should look for _____ content on the food label.
- A. Fat
 - B. Fiber
 - C. Sodium
 - D. Sugars
10. If you would like to add more complex carbohydrates to your diet, you should look for the number of grams of _____ on the food label.
- A. Calcium
 - B. Fat
 - C. Fiber
 - D. Cholesterol
11. Body Mass Index (BMI) measures
- A. Body weight in relation to height
 - B. Body weight in relation to percentage of body fat
 - C. Body weight in relation to abdominal fat
 - D. Body weight in relation fat distribution
12. All of the following foods are good for cardiovascular health EXCEPT for:
- A. High-fat dairy
 - B. Fish
 - C. Fruits
 - D. Vegetables

Diabetes, Heart Disease, Cancer

1. Symptoms of diabetes include all of the following EXCEPT:
 - A. Blurry vision
 - B. Pain or pressure in the heart
 - C. Frequent urination
 - D. Losing weight suddenly
2. Type I diabetics:
 - A. usually develop the disease after age 35
 - B. are not found in the United States
 - C. do not make insulin or make very little insulin
 - D. can turn to Type II diabetes through exercise and diet
3. All of the following risk factors for diabetes EXCEPT for:
 - A. Being over weight
 - B. Exercising regularly
 - C. Having a parent with diabetes
 - D. Having high cholesterol
4. Diabetes is a disease where:
 - A. Blood glucose (sugar) levels are too low
 - B. Blood glucose (sugar) is not absorbed from food
 - C. Blood glucose (sugar) is used by the liver
 - D. Blood glucose (sugar) levels are too high
5. One of the methods of controlling diabetes is to:
 - A. Eat more refined carbohydrates
 - B. Lose small amounts of weight
 - C. Go on a crash diet or liquid diet
 - D. Eat more red meat
6. Which one of the following statements is **TRUE** about the link between smoking and cardiovascular disease?
 - A. Components of tobacco smoke thin the blood and make it less likely to clot.
 - B. Components of tobacco smoke damage the lining of the arteries and can start the process of atherosclerosis.
 - C. Tobacco smoke contributes to cardiovascular disease but is not a major risk factor.
 - D. Environmental tobacco smoke (ETS) causes respiratory (lung) problems but has not been linked to cardiovascular disease.
7. Which one of the following dietary choices could **increase** your risk of heart disease?
 - A. eating more whole grains and other foods high in fiber
 - B. eating more soy products and beans

- C. eating more foods that contain saturated fats such as cheese and red meat
 - D. eating more fish and poultry
8. The progressive thickening of the arteries due to the build-up of cholesterol and other substances is called _____.
- A. angina
 - B. atherosclerosis
 - C. fibrillation
 - D. myocardial infarction
9. All of the following diagnostic tests are important to determine your risk for heart disease **EXCEPT** which one?
- A. blood test for vitamin deficiencies
 - B. fasting blood glucose test
 - C. blood pressure reading
 - D. cholesterol test
10. Which one of the following is **NOT** a typical symptom of a heart attack?
- A. pain, pressure or tightness in the chest
 - B. discomfort or pain in other areas of the upper body such as arms, back, shoulders, jaw
 - C. sudden numbness or weakness in face, arm or leg; sudden trouble with vision or speech
 - D. shortness of breath
11. Why is it important to know your **LDL** (low-density lipoprotein) level?
- A. because it is a measure of the amount of inflammation in the heart muscle
 - B. because LDL prevents heart disease by carrying "bad" cholesterol back to the liver where it can be broken down or recycled
 - C. because LDL is the type of cholesterol that can build-up in the arteries and increase your risk of having a heart attack
 - D. because it is a measure of how much sodium is present in your blood
12. Factors that may increase a woman's risk for breast cancer include:
- A. Having a family member with breast cancer
 - B. Having children early in life
 - C. Maintaining a healthy weight
 - D. Exercising at least 4-5 times per week
13. The most common cancer in men is:
- A. Skin cancer
 - B. Prostate cancer
 - C. Lung cancer
 - D. Testicular cancer
14. The screening test used to detect colon and rectal cancer is called:
- A. Colonoscopy
 - B. Cat scan
 - C. Electrocardiogram

D. Xray

Reproductive Health

1. Women's eggs are produced in and released from the _____.
 - A. ovaries
 - B. cervix
 - C. fallopian tubes
 - D. endometrium

2. The fallopian tubes link the
 - A. uterus and urethra
 - B. uterus and bladder
 - C. ovaries and uterus
 - D. cervix and uterus

3. Fertilization usually occurs in the:
 - A. fallopian tube
 - B. ovary
 - C. uterus
 - D. vagina

4. The entire external female genitalia are referred to as the:
 - A. Mons pubis
 - B. Vulva
 - C. Vagina
 - D. Labia

5. The time in the menstrual cycle when a woman is most likely to get pregnant is:
 - A. During the follicular phase
 - B. During ovulation
 - C. During menstruation
 - D. During the luteal phase

6. One of the health problems that may occur after menopause because of a change in hormone levels in a woman is:
 - A. An increased risk endometriosis
 - B. An increased risk of diabetes
 - C. An increase in FSH levels
 - D. An increased risk of heart disease

7. The fluid that makes up semen comes from the:
 - A. Prostate gland, seminal vesicles, bulbourethral glands (cowper's gland)
 - B. Prostate gland, vas deferens, epididymis

- C. Prostate gland, seminal vesicles, urethra
 - D. Prostate gland, corpus spongiosum, bulbourethral glands (Cowper's gland)
8. The main function of the scrotal sac is to
- A. hold the ovaries
 - B. maintain the temperature of the testes
 - C. transport semen
 - D. protect against sexually transmitted diseases
9. Which of the following is true about the male and female reproductive system:
- A. males produce only one sperm a month, while females ovulate many eggs each month.
 - B. males produce many sperm each day, while females usually ovulate only one egg each month.
 - C. the mature sperm cell is much larger than the mature egg cell.
 - D. an egg cell has 3 sections – head, midpiece, and tail.
10. The hormone mainly responsible for sperm production (spermatogenesis) is:
- A. Testosterone
 - B. Estrogen
 - C. Pituitary hormone
 - D. Leydig hormone
11. Fluid that is released from _____ right before a male ejaculates and may contain _____.
- A. Cowper's gland (bulbourethral), semen
 - B. Prostate gland, seminal fluid
 - C. Cowper's (bulbourethral), sperm
 - D. Prostate gland, sperm
12. Low levels of testosterone in males can lead to:
- A. More facial hair growth
 - B. Increase in sexual arousal
 - C. More muscle development
 - D. Low sperm count

HIV/AIDS/STI's

1. Globally, the greatest number of people living with HIV is in:
- A. North America
 - B. Latin America
 - C. Sub-Saharan Africa
 - D. Southeast Asia
2. Worldwide, which of the following best summarizes the current state of treatment for HIV/AIDS?
- A. Almost all individuals who are infected with HIV get treated.
 - B. There has been progress in preventing and eliminating mother to child transmission of HIV.
 - C. It can be cured if caught early.

- D. There is a vaccine to prevent HIV but it is not widely available.
3. HIV can be transmitted by:
- A. Mosquito bite
 - B. Blood donation (giving blood)
 - C. Body piercing
 - D. Swimming pool
4. The major difference between bacterial infections and viral infections is that:
- A. Most bacterial infections can be cured but most viral infections cannot be cured.
 - B. There are immunizations for bacterial infections but not for viral infections.
 - C. Bacterial infections are easier to transmit than viral infections.
 - D. You can test for viral infections but not bacterial infections.
5. Which is the only effective way to use PrEP (pre-exposure prophylaxis) to prevent HIV?
- A. You take it every day.
 - B. You take it just before you have sex.
 - C. You take it once you become HIV infected.
 - D. You take it if you are infected with HIV to protect your partner.
6. A safe and effective vaccine is available for which of the following sexually transmitted diseases?
- A. human immunodeficiency virus (HIV)
 - B. syphilis
 - C. chlamydia
 - D. hepatitis B
7. The purpose of early HIV testing and treatment is to:
- A. Increase use of condoms by all sexually active individuals who have an STI.
 - B. Teach teenagers how to tell if their partners are infected with HIV.
 - C. Test people early so if they are infected they can get treated right away and reduce the risk of spreading HIV to someone else.
 - D. Test people's knowledge of STI's and make sure that they know the correct answers.
8. Which of the following statements regarding HIV/AIDS is TRUE?
- a. You can always tell by looking at someone if they are infected with HIV.
 - b. A person who is HIV+ and does not have any symptoms can pass HIV to another person through sexual activity.
 - c. There is a vaccine to prevent getting AIDS.
 - d. It takes about 10 years for HIV antibodies to show in the blood.
9. The status of the immune system in someone with HIV infection can be monitored by checking
- A. total lymphocyte counts
 - B. antibody levels
 - C. therapeutic drug levels
 - D. CD4 T-cell counts

10. If a person is HIV+ and is experiencing tiredness, fever, loss of appetite, and diarrhea, this indicates that
- A. The virus cannot be spread
 - B. The person has an AIDS defining illness
 - C. The person has full-blown AIDS
 - D. The person is beginning to experience active symptoms

