High School Health Education

Health Education · Practice Test · 5 Questions

1. Which macronutrient is the body's primary and preferred source of energy during daily activities?

A) Proteins
B) Carbohydrates
C) Dietary Fats
D) Water

2. Which component of health-related fitness refers to the ability of a muscle to exert force repeatedly over time?

A) Muscular strength
B) Muscular endurance
C) Flexibility
D) Body composition

3. Which human organ is primarily responsible for metabolizing alcohol?

A) Kidneys
B) Stomach
C) Liver
D) Pancreas

4. In basic adult CPR protocols, what is the standard recommended ratio of chest compressions to rescue breaths?

A) 15:2
B) 30:2
C) 50:2
D) 10:1

5. What is the medical term for persistently elevated blood pressure?

A) Arteriosclerosis
B) Hypotension
C) Hypertension
D) Arrhythmia

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