

**Practice Final
EXCI233-Fall2014**

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

1. Cocaine can be classified as a _____.
- | | | | | | | | |
|----|-----------|----|------------|----|--------------|----|----------|
| a. | stimulant | b. | depressant | c. | hallucinogen | d. | sedative |
|----|-----------|----|------------|----|--------------|----|----------|
2. Which of the following is **not** a type of cancer?
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|----|-----------|----|---------|----|-----------|----|----------|
| a. | Carcinoma | b. | Sarcoma | c. | Papilloma | d. | Lymphoma |
|----|-----------|----|---------|----|-----------|----|----------|
3. You should ensure that your emergency plan _____.
- | | |
|----|--|
| a. | lists intricate details for every possible emergency |
| b. | is simple and easy to follow |
| c. | is on file with city fire authorities |
| d. | is kept locked in your car |
4. Which of the following would be the best tissue match for a male requiring a kidney transplant?
- | | |
|----|--|
| a. | Parent of the same sex as the recipient. |
| b. | Any brother or sister who is older. |
| c. | Twin of the same sex as the recipient. |
| d. | Twin sister. |
5. Gambling becomes a concern when _____.
- | | |
|----|---|
| a. | engaging in the behaviour produces more enjoyment than it did a few weeks previous |
| b. | it requires less time to gain the same gratification from the activity than initially |
| c. | it becomes a technique to relieve stress or anxiety |
| d. | lack of sleep endangers ability to concentrate. |
6. Choose the statement that is **incorrect** about the link between exercise and learning or behaviour in children.
- | | |
|----|---|
| a. | For 2 hours after exercise, the heart rate remains elevated, which negatively affects learning. |
| b. | The benefit of exercise and learning includes improvement in attention span. |
| c. | Regular exercise has positive effects on standardized math scores. |
| d. | Exercise affects learning skills in a positive way. |
7. Most cases of Alzheimer disease begin _____.
- | | |
|----|--|
| a. | in those over 65, and progresses to the person's death within 3 years |
| b. | in those over 65, and progresses to the person's death within 10-15 years |
| c. | in those 55-65, with development of the disease taking 15-20 years. |
| d. | with the appearance of heart disease in the 60s, with loss of memory starting 2 years after. |
8. Which of the following is the strongest sign that someone is developing problems

with gambling?

a.	Betting \$10 on football games every week with co-workers.
b.	Undertaking a yearly celebratory visit to the casino with friends.
c.	A person who is convinced that he/she can make a living on gambling earnings.
d.	Buying \$50 of lottery tickets whenever the jackpot is at \$25 million or more.

_____ 9. The process in which damaged tissues are removed and replaced with healthy ones from a donor is called _____.

a.	tissue repair	c.	organ repair
b.	tissue replacement	d.	transplantation

_____ 10. Name the structures inside the cell that may protect the body against the aging process through exercise?

a.	BDNF	c.	Chromosomes
b.	Nucleus	d.	Telomeres

_____ 11. Cancer causing chemicals are known as _____.

a.	carcinogens	b.	oncogenes	c.	mutagens	d.	crucifers
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_____ 12. Hardening of the arteries is known as _____.

a.	scoliosis	b.	arteriosclerosis	c.	atherosclerosis	d.	scleroderma
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_____ 13. What is the name of the process that leads to the production of new brain cells?

a.	Neuroplasia	c.	Neurogenesis
b.	Encephalic improvement	d.	Dental gyration

_____ 14. When an older person shows loss of memory and confusion, the diagnosis is _____.

a.	presenile dementia	c.	definitely Alzheimer disease
b.	Parkinson's disease but not necessarily dementia	d.	senile dementia, not necessarily Alzheimer

_____ 15. Which of the following is a risk of assisted reproductive techniques?

a.	Eggs fertilized by more than one sperm.
b.	Increased incidence of twins and multiple births.
c.	The infant is likely to be overweight at birth.
d.	Damage to the fallopian tubes during the procedure.

_____ 16. Choose the one that does **not** fit into the list of controllable risk factors for heart disease.

a.	Genetic predisposition	c.	High blood pressure
b.	Cigarette smoking	d.	Physical activity

_____ 17. Which of the following would **not** be found in the general guidelines to reduce the risk of cancer?

a.	Exercise most days of the week.	c.	Eat plenty of antioxidant rich foods
b.	Reduce your intake of Vitamin D	d.	Reduce the fat in your diet

_____ 18. Why are 72-hour kits called 72-hour kits?

a.	Most disasters are over in 72 hours or less.
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b.	Three days is the maximum period to subsist on survival food.
c.	Because you can't carry more than three days' worth of items at a time.
d.	It generally takes about 72 hours for emergency personnel to reach you.

19. A person can decrease his/her risk of Alzheimer disease by _____.

a.	consuming increased amounts of dietary supplements
b.	taking supplements of B vitamins
c.	preserving cardiovascular health as much as possible
d.	decreasing protein intake

20. Which of the following is **true** about infertility?

a.	In about 10% of couples, the cause of infertility is unknown.
b.	Infertility is due equally to female causes as male causes.
c.	In vitro fertilization involves introducing sperm into the uterus with a long needle.
d.	In men, infertility is caused by excess sperm and ejaculation problems.

21. Which of the following is the reason for using immunosuppressant drugs?

a.	These medications are powerful treatments against viral infections.
b.	The drugs decrease the ability of bacteria to divide and cause illness in the body.
c.	Immunosuppressants are used to prevent development of cancer in susceptible persons.
d.	These medications decrease the body's ability to recognize foreign substances

22. Which of the following steps is the most difficult for an addict to take?

a.	Facing family and friends
b.	Admitting to being an addict
c.	Getting through withdrawal
d.	Finding a job once they are clean

23. Which assisted reproductive technique involves placing sperm and eggs separately into the female before fertilization occurs?

a.	Nuclear transfer
b.	In vitro fertilization
c.	Zygote intrafallopian transfer
d.	Gamete intrafallopian transfer

24. An isolated occurrence of or full return to an addictive behavior is called _____.

a.	Addiction	c.	Tolerance
b.	Relapse	d.	Withdrawal

25. A key characteristic of physical dependence is _____.

a.	tolerance	b.	craving	c.	withdrawal	d.	intoxication
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26. The period of relaxation between contractions of the heart is called _____.

a.	systole	b.	diastole	c.	ventricular rest	d.	blood pressure
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27. What is the minimum amount of water that you need to store per day for one adult?

a.	1 litre	c.	3.5 litres
b.	2 litres	d.	5 litres

Answer Section

1. A
2. C
3. B
4. C
5. C
6. A
7. B
8. C
9. D
10. D
11. A
12. B
13. C
14. D
15. B
16. A
17. B
18. D

- 19. C
- 20. A
- 21. D
- 22. B
- 23. D
- 24. B
- 25. A
- 26. B
- 27. B