

Name \_\_\_\_\_

McGonigle

Health Study Guide- Midterm

Jan 10

1. **Red Zone ( 3 Levels):**
2. **5 Levels of Health:**
3. **Infectious Diseases vs. Lifestyle Diseases:**
4. **Mental Health:**
5. **Social Health:**
6. **Acute Stress:**
7. **Chronic Stress:**
8. **Stages of a Stress Response:**
9. **Fight vs. Flight Response:**
10. **Positive Stress Response:**
11. **Negative Stress Response:**
12. **Adrenalin:**
13. **Stressor;**
14. **Perception:**
15. **Positive Coping Mechanism:**
16. **Negative Coping Mechanism:**
17. **Stress Balloon:**
18. **Sources of Stress:**

- 19. Mantra:**
- 20. Right Hemisphere – Brain:**
- 21. Left Hemisphere – Brain:**
- 22. Frontal Lobe- Brain:**
- 23. Parietal Lobe- Brain:**
- 24. Occipital Lobe- Brain:**
- 25. Temporal Lobe- Brain:**
- 26. Cerebrum:**
- 27. Cerebellum:**
- 28. Brain Stem:**
- 29. Medulla Oblongata:**
- 30. Pons:**
- 31. Midbrain:**
- 32. Long bones:**
- 33. Short bones:**
- 34. Flat bones:**
- 35. Irregular bones:**
- 36. Cartilage:**
- 37. Ball + Socket Joint:**
- 38. Hinge Joint:**
- 39. Pivot Joint:**
- 40. Gliding Joint:**

**41. Ligaments:**

**42. Tendons:**