

HEALTH COMPONENTS & WELLNESS

Practice Exercise

Name: _____ Date: _____

Class: _____ Score: _____

INSTRUCTIONS

This exercise covers the five components of health and their relationship to wellness. Answer all questions completely. Use the answer key at the end to check your work.

Total Points: 100

PART I: MULTIPLE CHOICE (25 points - 5 points each)

Choose the best answer for each question. Circle the letter of your choice.

1. What are the five main components of health?

- A) Physical, Mental, Social, Spiritual, Environmental
- B) Physical, Emotional, Social, Spiritual, Intellectual
- C) Physical, Mental, Emotional, Financial, Social
- D) Physical, Psychological, Social, Economic, Cultural

2. Which component of health most directly relates to building and maintaining friendships?

- A) Physical Health
- B) Mental Health
- C) Social Health

D) Spiritual Health

3. How does physical health primarily affect overall wellness?

A) It only affects appearance

B) It provides energy and strength for daily activities

C) It determines intelligence levels

D) It controls social interactions

4. Which statement best describes the relationship between the components of health?

A) They work independently of each other

B) Physical health is the most important component

C) They are interconnected and influence each other

D) Only mental and physical health matter

5. What is the primary difference between health and wellness?

A) Health is the absence of disease; wellness is optimal functioning

B) They are exactly the same thing

C) Health is mental; wellness is physical

D) Wellness is less important than health

PART II: FILL IN THE BLANK (15 points - 3 points each)

Complete each statement with the appropriate term.

6. _____ health involves the ability to learn, think critically, and make informed decisions.

7. _____ health relates to having a sense of purpose and meaning in life.

8. When all components of health work together harmoniously, a person achieves optimal _____.

9. Poor _____ health can lead to feelings of isolation.

10. The ability to manage stress and express feelings appropriately is part of _____ health.

PART III: MATCHING (15 points)

Match each health component with its best example by writing the correct letter in the blank.

Health Components	Match	Examples
11. Physical Health	_____	A) Finding meaning in daily activities
	—	
12. Emotional Health	_____	B) Learning new skills and solving problems
	—	
13. Social Health	_____	C) Regular exercise and proper nutrition
	—	
14. Intellectual Health	_____	D) Managing stress and expressing feelings
	—	
15. Spiritual Health	_____	E) Maintaining healthy relationships
	—	

PART IV: TRUE OR FALSE (15 points - 5 points each)

Write T for True or F for False in the blank provided.

16. _____ Wellness is simply the absence of disease.
17. _____ The five components of health can function independently without affecting each other.
18. _____ Intellectual health involves only academic achievements.
-

PART V: SHORT ANSWER (20 points - 10 points each)

Answer each question in 3-5 complete sentences.

19. Explain how social health impacts emotional wellness. Provide specific examples.

20. Describe a scenario where poor physical health might negatively affect other health components.

PART VI: CASE STUDY ANALYSIS (10 points)

Case Study:

Maria is a 25-year-old college student who recently moved to a new city. She exercises regularly and eats well (good physical health), but she's struggling with loneliness, has difficulty making friends, and feels disconnected from her community. She's also been feeling anxious and stressed about her future career.

21a. Which health components are being negatively affected in Maria's situation? (2 points)

21b. How might improving her social health positively impact her emotional health? (4 points)

21c. Suggest three specific strategies Maria could use to improve her overall wellness. (4 points)

1.

2.

3.

ANSWER KEY & EXPLANATIONS

PART I: MULTIPLE CHOICE ANSWERS

1. B) Physical, Emotional, Social, Spiritual, Intellectual

These are the five widely recognized components that work together to create overall health and wellness.

2. C) Social Health

Social health specifically involves our ability to interact with others, build relationships, and maintain social connections.

3. B) It provides energy and strength for daily activities

Physical health gives us the foundation of energy, stamina, and physical capability needed for all other aspects of life.

4. C) They are interconnected and influence each other

The components of health are deeply connected - problems in one area often affect others, and improvements in one area can benefit all others.

5. A) Health is the absence of disease; wellness is optimal functioning

Health is often defined as not being sick, while wellness is about thriving and functioning at your best across all life areas.

PART II: FILL IN THE BLANK ANSWERS

6. Intellectual - Intellectual health involves learning, thinking critically, and making informed decisions.

7. Spiritual - Spiritual health involves having a sense of purpose and meaning in life.

8. Wellness - Wellness is the optimal state when all health components work together harmoniously.

9. Social - Poor social connections can lead to loneliness and isolation.

10. Emotional - Emotional health involves managing stress and expressing feelings appropriately.

PART III: MATCHING ANSWERS

11. Physical Health = C (Regular exercise and proper nutrition)

12. Emotional Health = D (Managing stress and expressing feelings)

- 13. Social Health = **E** (Maintaining healthy relationships)
 - 14. Intellectual Health = **B** (Learning new skills and solving problems)
 - 15. Spiritual Health = **A** (Finding meaning in daily activities)
-

PART IV: TRUE/FALSE ANSWERS

16. False - *Wellness goes beyond just not being sick - it's about optimal functioning and thriving in all areas of life.*

17. False - *The components of health are interconnected and constantly influence each other in complex ways.*

18. False - *Intellectual health includes academic achievement but also critical thinking, creativity, problem-solving, and lifelong learning in all areas.*

PART V: SHORT ANSWER SAMPLE RESPONSES

19. Sample Answer:

Social health directly impacts emotional wellness because humans are social beings who need connection. Strong relationships provide emotional support, reduce stress, and increase feelings of belonging. When social health is poor, people may experience loneliness, depression, and anxiety. For example, having close friends to talk to during difficult times helps manage emotional challenges more effectively.

20. Sample Answer:

If someone develops a chronic illness like diabetes, their physical health decline can affect other components. They might become depressed (emotional health), withdraw from social activities (social health), struggle to concentrate at work or school (intellectual health), and question their purpose or faith (spiritual health). This demonstrates how physical health problems can create a cascade effect across all health components.

PART VI: CASE STUDY SAMPLE RESPONSES

21a. Social health and emotional health are being negatively affected.

Maria is struggling with loneliness, difficulty making friends (social health) and feeling anxious and stressed (emotional health).

21b. Sample Answer:

Improving social health by making friends and building community connections would provide emotional support, reduce feelings of loneliness, and help manage stress and

anxiety. Social connections offer outlets for sharing concerns and receiving encouragement, which directly benefits emotional wellness.

21c. Sample Strategies:

1. Join clubs, organizations, or hobby groups related to her interests to meet like-minded people
 2. Volunteer in the community to build connections while contributing to meaningful causes
 3. Seek counseling or therapy to develop coping strategies for anxiety and stress management
-

Scoring Rubric:

- **90-100 points:** Excellent understanding of health components and wellness
 - **80-89 points:** Good grasp of concepts with minor gaps
 - **70-79 points:** Adequate understanding, review recommended
 - **Below 70 points:** Significant review needed
-