

## Module 1 Exam Topic Outline

### Cognitive Bias ..... Chapter 1

Experience — Confirmation Bias — Expertise —  
Dunning-Kruger Effect — Halo Effect

### Health and Wellness ..... Chapter 2

Historical Concepts — Modern Concepts  
Physical Activity — Physical Fitness —  
Physical Activity Intensities —  
Endpoint Perspective of Sedentary Behavior —  
Sedentary Behavior as an Independent Construct

### Dimensions of Wellness ..... Chapter 3

Correlation — Latent Variable —  
Two Dimension Model — Five Dimension Model —  
Eight Dimension Model

### Death and Disease ..... Chapter 4

Immediate Cause of Death — Underlying Cause of Death —  
Mortality Rate — Survivorship Bias —  
Natural History Perspective of Disease — Morbidity Rate —  
Iceberg Principle of Disease Presentation —  
Triad of Epidemiology

### Relative Risk ..... Chapter 5

Incidence — Prevalence — Relative Risk

Health Promotion ..... Chapter 6

Primary Prevention — Secondary Prevention —  
Tertiary Prevention — Primordial Prevention —  
Quaternary Prevention — Quinary Prevention

Medical Screening ..... Chapter 7

Sensitivity — Specificity — Informedness —  
SnNO — SpPI

Healthy Aging ..... Chapter 8

Healthy Aging — Usual Aging — Pathological Aging —  
Coronary Heart Disease — Congestive Heart Failure —  
Chronic Obstructive Pulmonary Disease —  
Osteoporosis — Bone Remodeling —  
Bone Modeling — Reserve Theory —  
Sarcopenia