Arizona State University (ASU) HEP100 Introduction to Health and Wellness Final Practice Exam (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

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SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

• Practice answering questions under realistic conditions,
• Improve accuracy and speed,
• Review explanations to strengthen weak areas, and
• Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

1. **Which factor does NOT contribute to hypertension?**
   A. Poor diet
   B. Lack of physical activity
   C. Moderate alcohol consumption
   D. Obesity

2. **Which of the following is a risk factor for hypertension?**
   A. Genetic predisposition
   B. Aging
   C. Physical inactivity
   D. All of the above

3. **How can diabetes be prevented?**
   A. By avoiding all carbohydrates
   B. By maintaining a healthy weight
   C. By increasing sugar intake
   D. By avoiding all forms of exercise

4. **What chronic diseases are associated with smoking?**
   A. Diabetes and hypertension
   B. Heart disease and lung cancer
   C. Obesity and arthritis
   D. Asthma and allergies

5. **Which of the following is described as an abnormal or disturbed eating habit?**
   A. Anorexia
   B. Bulimia
   C. Eating disorder
   D. Acceptable dieting

6. **What is the recommended amount of sleep for older adults aged 65 years and above?**
   A. 5-7 hours
   B. 7-8 hours
   C. 9-10 hours
   D. 6-7 hours

7. Heart failure is characterized by which of the following?

   A. Increased blood sugar levels

   B. The heart pumps blood too effectively

   C. The heart muscle doesn't pump blood as well as it should

   D. Narrowing of the arteries

8. What is bioelectrical impedance (BIA) mainly limited by?

   A. Cost of implementation

   B. Inaccuracy if not properly hydrated

   C. Time required for assessment

   D. Capability to measure muscle mass

9. Cardiovascular disease primarily affects which parts of the body?

   A. Brain and stomach

   B. Heart and blood vessels

   C. Lungs and kidneys

   D. Muscles and joints

10. What is a major limitation of BMI when considering older adults?

   A. It is expensive to measure

   B. It does not account for excess body fat location

   C. It is too complicated to interpret

   D. It is not based on weight

Answers

1. C
2. D
3. B
4. B
5. C
6. B
7. C
8. B
9. B
10. B

Explanations

1. Which factor does NOT contribute to hypertension?

A. Poor diet

B. Lack of physical activity

C. Moderate alcohol consumption

D. Obesity

Moderate alcohol consumption is often considered less impactful on hypertension compared to the other listed factors. While excessive alcohol intake can indeed contribute to high blood pressure, moderate consumption has been shown in some studies to have a neutral or even potentially beneficial effect on cardiovascular health. This suggests that the relationship between moderate alcohol consumption and hypertension is less direct and not as significant as the relationship with poor diet, lack of physical activity, and obesity. In contrast, poor diet, characterized by high salt intake and low consumption of fruits and vegetables, is known to significantly raise blood pressure. Similarly, lack of physical activity contributes to the risk of developing hypertension by promoting weight gain and negatively affecting cardiovascular health. Obesity is strongly correlated with increased blood pressure due to the excess fat tissue leading to higher demands on the heart and increased blood volume, both of which elevate blood pressure levels. Thus, while lifestyle choices do matter, moderate alcohol consumption does not pose the same level of risk for hypertension as the other factors listed.

2. Which of the following is a risk factor for hypertension?

A. Genetic predisposition

B. Aging

C. Physical inactivity

D. All of the above

Hypertension, or high blood pressure, is influenced by multiple interconnected factors, making it crucial to consider various elements when assessing risk. Each of the options provided plays a significant role in contributing to the risk of developing hypertension. Genetic predisposition indicates that individuals may have a family history that increases their likelihood of experiencing high blood pressure due to inherited traits. Certain genes can influence blood vessel functionality, body weight, and how the body regulates salt, all of which are relevant to blood pressure levels. Aging is another important factor, as blood pressure tends to increase with age. As the body ages, blood vessels can become stiffer, and the heart may work harder to pump blood, which often leads to higher blood pressure. Physical inactivity is also a critical risk factor. Regular physical activity helps maintain a healthy body weight, lowers stress levels, and improves heart health by making the cardiovascular system more efficient. Sedentary lifestyles can contribute to weight gain, increased stress, and various cardiovascular issues, all of which can elevate blood pressure. The option indicating "All of the above" encapsulates the comprehensive nature of hypertension risk factors, confirming that a combination of genetic, age-related, and lifestyle elements contribute collectively to the likelihood of developing the condition.

3. How can diabetes be prevented?

A. By avoiding all carbohydrates

B. By maintaining a healthy weight

C. By increasing sugar intake

D. By avoiding all forms of exercise

Maintaining a healthy weight is a crucial factor in the prevention of diabetes, particularly type 2 diabetes. Excess weight can lead to insulin resistance, where the body's cells become less responsive to insulin, resulting in higher blood sugar levels. By keeping a healthy weight through a balanced diet and regular physical activity, individuals can significantly lower their risk of developing diabetes. This approach promotes better blood sugar control and improves overall metabolic health. In contrast, avoiding all carbohydrates is not a sustainable or healthy strategy for diabetes prevention, as carbohydrates are a key energy source for the body. Increasing sugar intake is counterproductive; excessive sugar consumption can contribute to weight gain and elevated blood sugar levels. Similarly, avoiding all forms of exercise undermines the benefits of physical activity, which is essential for maintaining a healthy weight and supporting metabolic functions. Engaging in regular exercise helps regulate blood sugar levels, making it an important component in diabetes prevention efforts.

4. What chronic diseases are associated with smoking?

A. Diabetes and hypertension

B. Heart disease and lung cancer

C. Obesity and arthritis

D. Asthma and allergies

Smoking is strongly linked to several chronic diseases, with heart disease and lung cancer being two of the most significant. The chemicals found in tobacco smoke lead to the development of atherosclerosis, which is a major factor in heart disease, increasing the risk of heart attacks and strokes. Additionally, smoking is the primary cause of lung cancer, as it introduces carcinogens into the lungs that can lead to cellular mutations and uncontrolled growth. The strong correlation between smoking and these diseases is well-established in public health research, highlighting the serious health risks associated with tobacco use. While other options mention conditions that may be influenced by smoking, they do not have the same direct causal relationship as heart disease and lung cancer do. For example, diabetes and hypertension can have many different risk factors that aren't directly related to smoking, and while asthma can be exacerbated by smoking, it is not as prominently associated with severe chronic disease outcomes as heart disease and lung cancer are.

5. Which of the following is described as an abnormal or disturbed eating habit?

   A. Anorexia

   B. Bulimia

   C. Eating disorder

   D. Acceptable dieting

The correct choice is the term "eating disorder," which serves as an umbrella term for various abnormal or disturbed eating habits that can negatively impact an individual's physical and mental health. Eating disorders encompass a range of conditions, including anorexia and bulimia, both of which fall under the category of eating disorders characterized by unhealthy eating patterns. Anorexia involves self-starvation and excessive weight loss, while bulimia is characterized by cycles of binge eating followed by compensatory behaviors such as purging. Both of these are specific types of eating disorders that illustrate the broader issue referred to as eating disorders. Meanwhile, "acceptable dieting" does not reflect abnormal or disturbed eating practices; rather, it refers to a more balanced and generally healthy approach to managing food intake, which neither anorexia nor bulimia represents. This distinction highlights why "eating disorder" is the most accurate choice among the options provided.

6. What is the recommended amount of sleep for older adults aged 65 years and above?

   A. 5-7 hours

   B. 7-8 hours

   C. 9-10 hours

   D. 6-7 hours

The recommended amount of sleep for older adults aged 65 and above is typically around 7 to 8 hours per night. This range supports various health benefits, including cognitive function, emotional well-being, and overall physical health. Older adults may experience changes in their sleep patterns, including lighter sleep and more nighttime awakenings, which can make achieving this ideal amount of sleep more challenging. However, 7 to 8 hours is generally considered optimal for this age group to maintain health, prevent chronic illnesses, and promote longevity. This recommendation aligns with guidelines from organizations focused on sleep health and wellness.

7. Heart failure is characterized by which of the following?

    A. Increased blood sugar levels

    B. The heart pumps blood too effectively

    C. The heart muscle doesn't pump blood as well as it should

    D. Narrowing of the arteries

Heart failure is characterized by the heart muscle's inability to pump blood as effectively as it should. This condition can result from various factors such as weakened heart muscle, damage from previous heart attacks, high blood pressure, or diseases affecting the heart's structure. When the heart cannot pump sufficient blood, it leads to inadequate blood flow to meet the body's needs, causing symptoms like fatigue, shortness of breath, and fluid retention. The other options do not accurately describe heart failure. Increased blood sugar levels relate to diabetes and not directly to the pumping efficiency of the heart. If the heart pumped blood too effectively, it would not signify heart failure; rather, it would imply good heart function. Narrowing of the arteries, while a significant cardiovascular issue, mainly describes a condition like coronary artery disease, which can lead to heart problems but does not specifically define heart failure itself. Thus, the correct understanding of heart failure directly aligns with the idea that the heart muscle does not function adequately in its pumping capacity.

8. What is bioelectrical impedance (BIA) mainly limited by?

    A. Cost of implementation

    B. Inaccuracy if not properly hydrated

    C. Time required for assessment

    D. Capability to measure muscle mass

The primary limitation of bioelectrical impedance analysis (BIA) is its sensitivity to hydration levels. When conducting a BIA assessment, the accuracy of the measurements can be significantly influenced by the individual's hydration status. This technique works by sending a small electrical current through the body and measuring the resistance encountered, which varies depending on the amount of water in the tissues. If a person is under-hydrated or over-hydrated, it can lead to inaccurate readings of body composition, particularly body fat percentage and lean body mass. This means that for BIA results to be reliable, proper hydration before the test is essential, making hydration an important factor to consider for both the individual being assessed and the accuracy of the overall method. Therefore, understanding and controlling for hydration is crucial when using BIA for health and fitness evaluations.

9. Cardiovascular disease primarily affects which parts of the body?

A. Brain and stomach

B. Heart and blood vessels

C. Lungs and kidneys

D. Muscles and joints

Cardiovascular disease primarily affects the heart and blood vessels because this category of health issues involves conditions that relate directly to the circulatory system. The heart is responsible for pumping blood throughout the body, while blood vessels (including arteries, veins, and capillaries) carry oxygen and nutrients to tissues and remove waste products.   When discussing cardiovascular disease, we refer to problems such as coronary artery disease, heart attack, stroke, hypertension, and heart failure, all of which fundamentally involve the functioning and health of the heart and the vascular system. These diseases can lead to serious health complications if not properly managed, often stemming from risk factors like high cholesterol, high blood pressure, smoking, and a sedentary lifestyle. Understanding that cardiovascular disease targets the heart and blood vessels helps in recognizing its impact on overall health and reinforces the importance of maintaining cardiovascular health.

10. What is a major limitation of BMI when considering older adults?

A. It is expensive to measure

B. It does not account for excess body fat location

C. It is too complicated to interpret

D. It is not based on weight

Body Mass Index (BMI) serves as a simple method for categorizing individuals based on their weight relative to their height, but it has notable limitations, particularly when assessing older adults. One significant limitation is that BMI does not differentiate between various types of body mass, such as muscle, fat, and bone density. In older adults, the distribution of body fat can change, often resulting in increased visceral fat (fat stored around the organs) and a reduction in lean muscle mass.   This means that two individuals may have the same BMI but drastically different health profiles due to fat distribution. For older adults, higher BMIs might not necessarily indicate a higher risk for health problems if their fat distribution remains favorable or if they carry more lean muscle mass. Conversely, an individual with a normal BMI may still have a significant amount of visceral fat, which is linked to many health issues. Therefore, relying solely on BMI could lead to misleading conclusions about an older person's health and body composition.   This highlights the importance of using more comprehensive assessments, such as body composition analysis or waist circumference measurements, which take into account the location of excess body fat and provide a better overall picture of health in older adults.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://asu-hep100final.examzify.com

We wish you the very best on your exam journey. You've got this!