

ARIZONA STATE UNIVERSITY (ASU) HEP100 INTRODUCTION TO HEALTH AND WELLNESS FINAL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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

SAMPLE

- 1. Which of the following is a feature of cardiovascular disease?**
 - A. Arthritis
 - B. Coronary heart disease
 - C. Asthma
 - D. Chronic fatigue
- 2. What impact does mental health have on overall wellness?**
 - A. It does not affect physical health
 - B. It impacts emotional and psychological well-being
 - C. It only relates to feelings
 - D. It is irrelevant to wellness
- 3. Which of the following is NOT a risk factor for cardiovascular disease?**
 - A. High levels of LDL cholesterol
 - B. Low levels of HDL cholesterol
 - C. High intake of fiber
 - D. Diabetes
- 4. What health risks can chronic stress lead to?**
 - A. Increased energy levels
 - B. Weakened immune function
 - C. Improved mental clarity
 - D. Lower heart rate
- 5. What is the sleep recommendation for school-aged children from 6 to 13 years?**
 - A. 8-10 hours
 - B. 9-11 hours
 - C. 10-12 hours
 - D. 7-9 hours
- 6. What is the purpose of the USDA MyPlate guideline?**
 - A. To promote unhealthy eating habits
 - B. To encourage a balanced diet and healthy food choices
 - C. To focus solely on caloric intake
 - D. To restrict food options

7. Which of the following practices helps enhance emotional regulation?

- A. Mindfulness
- B. Eating junk food
- C. Isolation
- D. Procrastination

8. What are the potential health risks associated with chronic inadequate sleep?

- A. Increased energy levels, decreased risk of heart complications
- B. Increased risk for heart complications, stroke, obesity, and type 2 diabetes
- C. Improved hormonal balance, reduced risk of depression
- D. Lower blood pressure, better emotional well-being

9. What role does immunity play in health?

- A. Helps to gain weight
- B. Allows the body to fight infections
- C. Decreases overall health
- D. Is only important during sickness

10. Which type of dietary fat is known to raise cholesterol levels?

- A. Saturated fats
- B. Unsaturated fats
- C. Trans fats
- D. Omega-3 fatty acids

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is a feature of cardiovascular disease?

- A. Arthritis
- B. Coronary heart disease**
- C. Asthma
- D. Chronic fatigue

Coronary heart disease is a feature of cardiovascular disease because it specifically relates to the health of the heart and blood vessels. Cardiovascular disease encompasses a range of disorders affecting the heart and the circulation system, and coronary heart disease is one of the most common forms. It occurs when the coronary arteries become narrowed or blocked, reducing blood flow to the heart muscle and potentially leading to events such as heart attacks. Understanding coronary heart disease is critical in the study of cardiovascular health, as it illustrates the importance of factors like diet, exercise, and genetics on heart health. The other options represent different health conditions that do not fall within the definition of cardiovascular disease, highlighting the unique characteristics and implications of coronary heart disease within the broader category of cardiovascular issues.

2. What impact does mental health have on overall wellness?

- A. It does not affect physical health
- B. It impacts emotional and psychological well-being**
- C. It only relates to feelings
- D. It is irrelevant to wellness

Mental health plays a crucial role in overall wellness because it directly influences emotional and psychological well-being. A person's mental state can significantly affect their ability to cope with stress, deal with challenges, and maintain healthy relationships. When mental health is compromised, it can lead to various emotional issues such as anxiety, depression, and stress, which, in turn, impact one's physical health by contributing to unhealthy behaviors or physical ailments. Furthermore, mental health has a ripple effect on various aspects of life, including social interactions, occupational functioning, and lifestyle choices. For instance, someone struggling with mental health issues may engage in fewer physical activities, make poor dietary choices, or fail to prioritize self-care, all of which diminish overall wellness. Therefore, recognizing and addressing mental health is vital for achieving a balanced and fulfilling life.

3. Which of the following is NOT a risk factor for cardiovascular disease?

- A. High levels of LDL cholesterol
- B. Low levels of HDL cholesterol
- C. High intake of fiber**
- D. Diabetes

High intake of fiber is known to be beneficial for heart health rather than a risk factor for cardiovascular disease. A diet rich in fiber, particularly soluble fiber, can help lower LDL cholesterol levels, which is often referred to as the "bad" cholesterol. This is important because high levels of LDL cholesterol contribute to the buildup of plaques in arteries, leading to a greater risk of cardiovascular issues. Additionally, fiber can help regulate blood sugar levels and maintain a healthy weight, both of which further contribute to reducing the risk of heart disease. In contrast, high levels of LDL cholesterol, low levels of HDL cholesterol, and diabetes are all established risk factors that increase the likelihood of developing cardiovascular problems.

4. What health risks can chronic stress lead to?

- A. Increased energy levels
- B. Weakened immune function**
- C. Improved mental clarity
- D. Lower heart rate

Chronic stress can significantly weaken immune function, making the body more susceptible to infections and illnesses. When an individual experiences prolonged stress, the body's response includes the release of stress hormones such as cortisol. While cortisol can have short-term benefits, excessive amounts over time can suppress the effectiveness of the immune system, reduce the number of white blood cells, and decrease the body's ability to fight off pathogens. In contrast to this correct choice, the other options illustrate outcomes that are not associated with chronic stress. Increased energy levels typically occur in response to acute stress or as a result of adrenaline; however, chronic stress often leads to fatigue and a feeling of being overwhelmed. Improved mental clarity is generally hindered by chronic stress, which can lead to difficulties in concentration and decision-making due to mental fatigue and anxiety. Lastly, chronic stress is more likely to result in elevated heart rates rather than a lower heart rate, as the body remains in a heightened state of alert, promoting increased heart activity. Thus, the connection between chronic stress and weakened immune function is well-documented and underscores the importance of stress management for overall health.

5. What is the sleep recommendation for school-aged children from 6 to 13 years?

- A. 8-10 hours
- B. 9-11 hours**
- C. 10-12 hours
- D. 7-9 hours

For school-aged children between the ages of 6 and 13, the recommended amount of sleep is 9 to 11 hours per night. This range is aligned with research indicating that adequate sleep is essential for their physical health, cognitive development, emotional regulation, and overall well-being. During this stage of growth, children require sufficient rest to support their active learning processes, vigorous play, and recovery from daily activities. This recommendation is formulated based on various studies by sleep experts and pediatric health organizations that emphasize the importance of sleep for children in this age bracket. Insufficient sleep can lead to negative outcomes such as decreased attention span, impaired memory, and behavioral issues, highlighting the need for children to get the appropriate amount of restful sleep within the specified range.

6. What is the purpose of the USDA MyPlate guideline?

- A. To promote unhealthy eating habits
- B. To encourage a balanced diet and healthy food choices**
- C. To focus solely on caloric intake
- D. To restrict food options

The USDA MyPlate guideline serves the important purpose of encouraging a balanced diet and promoting healthy food choices among individuals. It visually represents the five food groups—fruits, vegetables, grains, protein, and dairy—demonstrating the proportions that should be consumed to achieve a well-rounded and nutritious diet. By emphasizing variety and balance, MyPlate aims to help individuals make better food selections that can lead to improved health outcomes, such as maintaining a healthy weight and reducing the risk of chronic diseases. This approach supports the idea that nourishment comes from diverse sources, which is key to understanding and applying healthy eating habits in daily life.

7. Which of the following practices helps enhance emotional regulation?

- A. Mindfulness**
- B. Eating junk food
- C. Isolation
- D. Procrastination

Mindfulness plays a significant role in enhancing emotional regulation because it involves being present and fully engaged in the current moment without judgment. This practice encourages individuals to observe their thoughts and feelings without becoming overwhelmed by them, fostering a deeper awareness of emotional responses. By developing this awareness, individuals can recognize triggers and habitual emotional reactions, which can lead to more conscious and measured responses to stressors. Additionally, mindfulness can promote relaxation and reduce anxiety, contributing to better emotional balance. In contrast, eating junk food may provide temporary comfort but does not contribute to emotional regulation in a healthy or constructive way. Isolation can exacerbate emotional issues by reducing social support and reinforcing negative feelings. Procrastination often leads to increased anxiety and stress, making emotional regulation more challenging rather than enhancing it.

8. What are the potential health risks associated with chronic inadequate sleep?

- A. Increased energy levels, decreased risk of heart complications
- B. Increased risk for heart complications, stroke, obesity, and type 2 diabetes**
- C. Improved hormonal balance, reduced risk of depression
- D. Lower blood pressure, better emotional well-being

Chronic inadequate sleep is linked to a variety of health risks due to its profound impact on physical and mental health. When an individual does not get enough sleep over a sustained period, the body struggles to regulate essential functions. This can lead to an increased risk of heart complications, as insufficient sleep affects cardiovascular health by raising blood pressure and increasing heart rate variability, which can lead to higher risks of heart disease. Additionally, the connection between sleep deficiency and obesity is significant, as lack of sleep disrupts hormones that control appetite, which can lead to weight gain. The risk of type 2 diabetes increases as well, as poor sleep can impair the body's ability to use insulin effectively. Overall, the impact of chronic sleep deprivation on both the cardiovascular system and metabolism highlights the serious health risks it poses, underlining why the identified potential health risks—heart complications, stroke, obesity, and type 2 diabetes—are accurately associated with inadequate sleep.

9. What role does immunity play in health?

- A. Helps to gain weight
- B. Allows the body to fight infections**
- C. Decreases overall health
- D. Is only important during sickness

Immunity plays a crucial role in maintaining health by enabling the body to effectively fight off infections and diseases. When pathogens such as viruses, bacteria, and other harmful agents enter the body, the immune system is activated to identify and eliminate these threats. This process involves a complex network of cells, tissues, and organs that work together to recognize foreign invaders and mount an appropriate response. A strong immune system not only helps to prevent infections but also contributes to the body's ability to recover from illnesses more quickly. It provides protection not just during times of sickness but throughout a person's life, actively safeguarding the body against potential health threats. This protective function is essential for overall well-being, helping to reduce the risk of illness and maintain health over time. Other options do not accurately reflect the primary function of immunity and its impact on health. Gaining weight is not directly related to the immune response; in fact, a compromised immune system can lead to various health issues, including weight fluctuation. Furthermore, immunity is not only important during illness; it acts continuously to protect the body from various pathogens encountered daily.

10. Which type of dietary fat is known to raise cholesterol levels?

- A. Saturated fats**
- B. Unsaturated fats
- C. Trans fats
- D. Omega-3 fatty acids

Saturated fats are known to raise cholesterol levels in the blood, particularly low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol. High levels of LDL cholesterol can contribute to the buildup of plaque in the arteries, increasing the risk of heart disease and stroke. Foods that typically contain high amounts of saturated fats include red meat, full-fat dairy products, butter, and certain tropical oils like coconut oil and palm oil. In contrast, unsaturated fats, found in foods like olive oil, nuts, and avocados, tend to lower LDL cholesterol levels and increase high-density lipoprotein (HDL) cholesterol, also known as "good" cholesterol. Trans fats, often found in partially hydrogenated oils and processed foods, are also detrimental to health, as they not only raise LDL cholesterol but can also lower HDL cholesterol. Omega-3 fatty acids are often lauded for their health benefits, including the ability to improve heart health and lower inflammation, rather than increasing cholesterol levels. Therefore, understanding the impact of different types of dietary fats on cholesterol levels is crucial for making informed dietary choices that promote cardiovascular health.

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!

SAMPLE