

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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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

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- 1. What is the impact of health disparities on populations?**
 - A. They ensure everyone has the same access to resources
 - B. They create unequal access to resources and poorer health outcomes
 - C. They have no significant impact on health
 - D. They only affect affluent communities
- 2. What are the top two causes of death in the United States?**
 - A. Heart disease and stroke
 - B. Heart disease and cancer
 - C. Cancer and diabetes
 - D. Heart failure and respiratory disease
- 3. What is one of the aspects that can contribute to malnutrition in adults?**
 - A. Access to nutritious foods
 - B. Availability of fast food
 - C. Low food prices
 - D. Overeating
- 4. Which is a recommended strategy for healthy stress management?**
 - A. Minimizing physical activity
 - B. Ignoring your stressors
 - C. Implementing problem-focused coping
 - D. Withdrawing socially from others
- 5. Which demographic is most likely to develop type 1 diabetes?**
 - A. Adult males
 - B. Children and adolescents
 - C. Senior citizens
 - D. Pregnant women
- 6. What does body composition refer to?**
 - A. The total weight of an individual without fat
 - B. The distribution of muscle and fat in the body
 - C. The percentages of fat, bone, water, and muscle in the body
 - D. The overall size and shape of the body

7. What is a common consequence of untreated hypertension?

- A. Weight gain
- B. Eye damage
- C. Digestive issues
- D. Skin rash

8. What does BMI measure?

- A. Muscle strength
- B. Body fat based on height and weight
- C. Fitness levels
- D. Bone density

9. Which dietary change can help in cancer prevention?

- A. Increasing saturated fat intake
- B. Limiting alcohol consumption
- C. Consuming high amounts of sugar
- D. Avoiding all vegetables

10. Which of the following describes problem-focused coping?

- A. Seeking support from friends
- B. Making plans to overcome the source of stress
- C. Practicing mindfulness and meditation
- D. Avoiding the stressor altogether

Answers

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

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Explanations

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1. What is the impact of health disparities on populations?

- A. They ensure everyone has the same access to resources
- B. They create unequal access to resources and poorer health outcomes**
- C. They have no significant impact on health
- D. They only affect affluent communities

Health disparities significantly impact populations by creating unequal access to resources, leading to poorer health outcomes for marginalized or disadvantaged groups. This concept is rooted in the understanding that various factors, including socioeconomic status, race, ethnicity, geographic location, and education, contribute to differences in health status among different populations. When certain groups lack access to healthcare, nutritious food, safe environments, and educational opportunities, their overall health can suffer. Moreover, the existence of health disparities often results in a cycle where those in disadvantaged positions continue to experience poorer health due to systemic barriers that hinder their access to necessary resources. This can manifest in higher rates of chronic diseases, mental health issues, and other health-related problems compared to more privileged populations. Addressing these disparities is crucial for promoting health equity and improving health outcomes across all groups in society. In contrast, the other options present incorrect representations of health disparities. For instance, implying that health disparities ensure equal access to resources contradicts the inherent nature of these disparities, which is to create inequality. Stating that health disparities have no significant impact overlooks the profound consequences these inequities can have on communities' well-being. Lastly, suggesting that health disparities only affect affluent communities misrepresents the concept, as it is predominantly marginalized populations that face

2. What are the top two causes of death in the United States?

- A. Heart disease and stroke
- B. Heart disease and cancer**
- C. Cancer and diabetes
- D. Heart failure and respiratory disease

The choice identifying heart disease and cancer as the top two causes of death in the United States is accurate. Heart disease has consistently maintained its status as the leading cause of death for both men and women, accounting for a significant percentage of annual fatalities. It encompasses a variety of conditions affecting the heart's function and blood vessels, such as coronary artery disease and heart attacks. Cancer, the second leading cause of death, is a group of diseases characterized by abnormal cell growth with the potential to invade or spread to other parts of the body. The prevalence of cancer types, including lung, breast, prostate, and colorectal cancers, contributes to its high mortality rate. This pairing of heart disease and cancer reflects the health challenges faced in the U.S., influenced by factors such as lifestyle choices, genetics, and environmental conditions. Understanding these causes is crucial for developing preventive strategies and promoting awareness about heart health and cancer risk factors, enhancing overall public health initiatives.

3. What is one of the aspects that can contribute to malnutrition in adults?

A. Access to nutritious foods

B. Availability of fast food

C. Low food prices

D. Overeating

The aspect that contributes to malnutrition in adults is the access to nutritious foods. Malnutrition can occur when individuals do not have consistent or sufficient access to a variety of nutritious options. This lack of access can stem from several factors, including geographic location, socioeconomic status, and other systemic barriers that prevent people from obtaining healthy foods. When access is limited, individuals may rely on less nutritious food options, leading to nutrient deficiencies and overall poor health. In contrast, the availability of fast food can lead to dietary patterns that may not provide the essential nutrients needed for health, but this does not directly denote malnutrition; it merely reflects dietary choices. Low food prices can sometimes lead to unhealthy food options being more accessible than healthier alternatives, but the direct link to malnutrition comes from access itself rather than price alone. Overeating typically refers to excessive consumption of food and can lead to issues like obesity rather than malnutrition, which is associated with under-consumption or imbalanced intake of nutrients. Therefore, access to nutritious foods is a fundamental factor in preventing malnutrition.

4. Which is a recommended strategy for healthy stress management?

A. Minimizing physical activity

B. Ignoring your stressors

C. Implementing problem-focused coping

D. Withdrawing socially from others

Implementing problem-focused coping is a recommended strategy for healthy stress management because it involves actively addressing the sources of stress in a constructive way. This approach encourages individuals to identify the specific issues that are causing stress and then develop plans or take actionable steps to resolve these problems. By tackling stressors head-on, individuals can often reduce the impact of stress on their lives, leading to improved mental health and well-being. In contrast, the other strategies are less effective. Minimizing physical activity can exacerbate stress, as exercise is known to release endorphins and aid in relaxation. Ignoring stressors can lead to increased anxiety and emotional overwhelm, as unresolved issues do not disappear when they are not addressed. Withdrawing socially from others can result in feelings of isolation and loneliness, which can worsen stress instead of alleviating it. Therefore, problem-focused coping stands out as a proactive and healthier approach to managing stress.

5. Which demographic is most likely to develop type 1 diabetes?

- A. Adult males
- B. Children and adolescents**
- C. Senior citizens
- D. Pregnant women

Type 1 diabetes is primarily an autoimmune condition characterized by the destruction of insulin-producing beta cells in the pancreas. This form of diabetes often manifests during childhood or adolescence, making the demographic of children and adolescents particularly susceptible to its onset. The reason children and adolescents are at a higher risk is that type 1 diabetes frequently develops in younger populations, typically during periods of growth and development. While it can occur at any age, the majority of diagnoses are indeed made between the ages of 4 and 14. The autoimmune response that leads to the destruction of the pancreas can be triggered by various factors including genetic predispositions and environmental triggers, which tend to emerge during these early years. In contrast, other demographics such as adult males, senior citizens, and pregnant women are less commonly associated with type 1 diabetes. Although adults can develop type 1 diabetes, it is significantly rarer than in younger populations, and senior citizens generally have a higher prevalence of type 2 diabetes rather than type 1. Pregnant women can experience gestational diabetes, but this condition is different from type 1 diabetes and typically resolves after pregnancy.

6. What does body composition refer to?

- A. The total weight of an individual without fat
- B. The distribution of muscle and fat in the body
- C. The percentages of fat, bone, water, and muscle in the body**
- D. The overall size and shape of the body

Body composition is a comprehensive measure that reflects the specific percentages of fat, bone, water, and muscle in the body. This definition emphasizes the significance of understanding how much of an individual's body mass is made up of different components rather than just focusing on total body weight or size. By knowing one's body composition, individuals can gain insights into their overall health and fitness, monitor changes over time, and assess the impact of diet and exercise on their physique. The focus on percentages allows a more nuanced understanding of health; for instance, a person may weigh the same as another but have a very different body composition, which could influence their risk for chronic diseases, athletic performance, and overall wellness. This is why option C accurately captures the essence of body composition in terms of quantifying various tissues within the body, facilitating a better analysis than simply looking at weight or overall size alone.

7. What is a common consequence of untreated hypertension?

- A. Weight gain
- B. Eye damage**
- C. Digestive issues
- D. Skin rash

Hypertension, commonly known as high blood pressure, can lead to a variety of serious health consequences if left untreated. One of the most significant and common consequences is eye damage, which may occur due to the condition known as hypertensive retinopathy. High blood pressure can cause the blood vessels in the retina to leak, become blocked, or even rupture, leading to vision problems and potentially permanent damage to the eyes. Patients may experience symptoms such as blurred vision or even complete loss of vision if the damage is severe. While other options like weight gain, digestive issues, and skin rashes may be associated with various health conditions, they are not direct consequences of untreated hypertension. Weight gain can be related to lifestyle choices and metabolic factors; digestive issues arise from a range of gastrointestinal disorders; and skin rashes are often a manifestation of allergic reactions or dermatological conditions. Thus, the specific consequence of eye damage directly correlates with the effects of prolonged high blood pressure on vascular health.

8. What does BMI measure?

- A. Muscle strength
- B. Body fat based on height and weight**
- C. Fitness levels
- D. Bone density

BMI, or Body Mass Index, is a numerical value derived from a person's height and weight, which is used to categorize individuals into various weight classifications. Specifically, it estimates body fat by calculating the ratio of a person's weight in kilograms to the square of their height in meters. This measure can serve as a useful screening tool to identify potential weight-related health issues or risks. Unlike other options, BMI does not directly measure muscle strength, fitness levels, or bone density. It is important to note that while BMI can indicate whether an individual is underweight, normal weight, overweight, or obese, it does not differentiate between muscle mass and fat mass, which can occasionally lead to misclassification of those with a high muscle mass as overweight or obese.

9. Which dietary change can help in cancer prevention?

- A. Increasing saturated fat intake
- B. Limiting alcohol consumption**
- C. Consuming high amounts of sugar
- D. Avoiding all vegetables

Limiting alcohol consumption is recognized as a significant dietary change that can help in cancer prevention. Research has consistently shown that excessive alcohol intake is associated with an increased risk of various types of cancer, including breast, liver, colorectal, and esophageal cancers. When alcohol is consumed, it can be metabolized into acetaldehyde, a toxic compound and probable human carcinogen that may damage DNA and proteins, leading to an increased risk of cancer development. By choosing to limit alcohol intake, individuals can reduce their cancer risk and also lower the likelihood of other health complications associated with heavy drinking. In contrast, increasing saturated fat intake is generally not associated with cancer prevention and may contribute to other health issues, such as heart disease. High amounts of sugar are linked more to weight gain and metabolic issues rather than directly to cancer prevention. Moreover, avoiding all vegetables is counterproductive because a diet rich in fruits and vegetables provides essential nutrients and antioxidants that may help reduce cancer risk.

10. Which of the following describes problem-focused coping?

- A. Seeking support from friends
- B. Making plans to overcome the source of stress**
- C. Practicing mindfulness and meditation
- D. Avoiding the stressor altogether

Problem-focused coping refers to strategies that directly address the source of stress to reduce or eliminate it. This approach is practical and proactive, focusing on finding solutions to the challenges faced. Making plans to overcome the source of stress is a classic example of problem-focused coping, as it involves actively assessing the situation, identifying what can be changed or managed, and formulating actionable steps to tackle the stressor. In contrast, seeking support from friends may provide emotional relief but does not directly confront the problem itself. Practicing mindfulness and meditation primarily focuses on emotional regulation and stress reduction rather than addressing the root cause of the stress. Avoiding the stressor altogether can be a coping mechanism, but it typically does not solve the underlying issue and may lead to more stress in the long run. Therefore, focusing on planning and strategizing solutions is the essence of problem-focused coping.

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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!

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