Bachelor of Health Science (BHS) Degree Practice Exam (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Table of Contents

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. **What term describes an illness in which the physical symptoms are a result of what is happening in the mind?**

   A. Psychosomatic

   B. Neurological

   C. Physiological

   D. Behavioral

2. **An antifungal cream is most effective in treating which type of infection?**

   A. A bacterial infection.

   B. A viral infection.

   C. A yeast infection.

   D. A fungal infection.

3. **What is the initial layer of protection to prevent unauthorized, external access to a facility's information network?**

   A. Encryption

   B. Firewall

   C. Antivirus software

   D. Secure password policies

4. **When a healthcare worker imagines how they might feel if they were in their patient's situation, what quality are they demonstrating?**

   A. Compassion

   B. Sympathy

   C. Empathy

   D. Understanding

5. **What is one common method used to assess population health?**

   A. Conducting national surveys and studies

   B. Gathering anecdotal evidence from patients

   C. Observation of healthcare provider practices

   D. Analyzing financial reports from hospitals

6. Which of the following is NOT a characteristic of qualitative research?

   A. Focus on understanding meanings and experiences

   B. Use of interviews and focus groups for data collection

   C. Analysis of numerical trends over time

   D. Exploration of participants' viewpoints

7. Which is NOT a component of the determinants of health?

   A. Genetics

   B. Social environment

   C. Access to transportation

   D. Healthcare access

8. Which scenario exemplifies non-verbal communication?

   A. Giving a thumbs up

   B. Looking away while speaking

   C. Saying "I'm not worried" with a shaky voice while staring wide-eyed at a needle

   D. Nodding while listening

9. What is the normal range of pulse rates for adults?

   A. 40 - 60

   B. 60 - 100

   C. 80 - 120

   D. 90 - 140

10. In the active listening model, who is responsible for sending the initial message?

   A. Receiver

   B. Manager

   C. Sender

   D. Observer

Answers

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

Explanations

1. **What term describes an illness in which the physical symptoms are a result of what is happening in the mind?**

   A. Psychosomatic

   B. Neurological

   C. Physiological

   D. Behavioral

The term that describes an illness where physical symptoms are influenced by mental or emotional factors is "psychosomatic." This concept emphasizes the connection between the mind and body, highlighting how psychological stress, anxiety, or other mental states can manifest as physical ailments. For instance, a person experiencing significant stress may develop headaches, stomach issues, or chronic pain, even though no direct physical cause can be identified. In contrast, neurological refers to disorders that stem from the nervous system, such as multiple sclerosis or epilepsy, rather than being primarily influenced by mental states. Physiological pertains to the body's normal biological functions and does not consider the impact of mental processes on physical health. Lastly, behavioral relates to actions or responses influenced by one's environment or psychology, but it does not specifically indicate that the physical symptoms are caused by mental factors. Understanding the psychosomatic relationship can be crucial for health professionals when diagnosing and treating patients who present with unexplained physical symptoms.

2. **An antifungal cream is most effective in treating which type of infection?**

   A. A bacterial infection.

   B. A viral infection.

   C. A yeast infection.

   D. A fungal infection.

Antifungal creams are specifically formulated to treat infections caused by fungi, including yeast infections. These creams contain active ingredients that inhibit the growth of fungal cells or disrupt their cell membranes, effectively reducing the infection and alleviating symptoms. Yeast infections, which are commonly caused by the Candida species, fall under the category of fungal infections, making antifungal treatments particularly effective. While it might seem plausible to consider other types of infections in the context of treatment options, antifungal creams are not designed to combat bacterial or viral infections. Bacterial infections typically require antibiotics, and viral infections often necessitate antiviral medications. Their modes of action are distinct from those of antifungal agents, underscoring the importance of using the appropriate treatment for the specific type of infection at hand. Therefore, for yeast infections specifically, antifungal creams are the most effective therapeutic approach.

3. What is the initial layer of protection to prevent unauthorized, external access to a facility's information network?

A. Encryption

B. Firewall

C. Antivirus software

D. Secure password policies

A firewall serves as the initial layer of protection to prevent unauthorized, external access to a facility's information network. It acts as a barrier between the trusted internal network and untrusted external networks, filtering incoming and outgoing traffic based on predetermined security rules. By monitoring and controlling this traffic, firewalls help block malicious access attempts and reduce the risk of data breaches. While encryption, antivirus software, and secure password policies are all important components of a comprehensive cybersecurity strategy, they address different aspects of security. Encryption secures data by converting it into a coded format, making it unreadable to unauthorized users. Antivirus software protects against malware by detecting and removing malicious programs that could compromise system integrity. Secure password policies enforce good practices for password management, but they do not serve as the frontline defense against direct external attacks like firewalls do. Thus, the firewall is crucial for creating the first line of defense against unauthorized access.

4. When a healthcare worker imagines how they might feel if they were in their patient's situation, what quality are they demonstrating?

A. Compassion

B. Sympathy

C. Empathy

D. Understanding

The quality being demonstrated when a healthcare worker imagines how they might feel if they were in their patient's situation is empathy. Empathy involves the ability to put oneself in another person's shoes, to understand and share their feelings and experiences. This emotional connection allows healthcare professionals to provide care that is sensitive to the patient's emotional state, fostering trust and improving communication.   In contrast, while compassion also involves a level of emotional understanding, it is more oriented towards a desire to help and provide support, which may not involve the same depth of emotional sharing. Sympathy, on the other hand, often involves feeling pity or sorrow for someone else's misfortune, rather than fully understanding their feelings. Lastly, understanding, although related, is more about cognitive comprehension of a situation rather than the emotional experience that empathy entails. Thus, the engagement in putting oneself in the patient's position and feeling their emotions aligns most closely with the definition of empathy.

5. What is one common method used to assess population health?

A. Conducting national surveys and studies

B. Gathering anecdotal evidence from patients

C. Observation of healthcare provider practices

D. Analyzing financial reports from hospitals

Conducting national surveys and studies is a fundamental method for assessing population health because it allows for the systematic gathering of data across diverse demographics. These surveys often include health-related questions that capture information about the prevalence of diseases, health behaviors, access to healthcare, and socioeconomic factors affecting health. By utilizing a structured approach, researchers can analyze trends over time and identify significant health issues that may require intervention. This method provides significant insights that can inform public health policies and programs aimed at improving the overall health of the population. In contrast, gathering anecdotal evidence from patients tends to be subjective and may not represent a larger population accurately. Observation of healthcare provider practices focuses more on the delivery of care rather than the health status of the population itself. Analyzing financial reports from hospitals primarily concerns the economic aspects of healthcare and does not directly measure health outcomes or population health indicators.

6. Which of the following is NOT a characteristic of qualitative research?

A. Focus on understanding meanings and experiences

B. Use of interviews and focus groups for data collection

C. Analysis of numerical trends over time

D. Exploration of participants' viewpoints

Qualitative research is characterized by its focus on understanding the meanings and lived experiences of participants. This type of research emphasizes depth over breadth, seeking to explore complex phenomena through rich, descriptive data. The use of interviews and focus groups is a common method of data collection in qualitative research, as these approaches allow researchers to gather detailed insights and personal narratives that reveal participants' thoughts, feelings, and interpretations of their experiences. Additionally, qualitative research often aims to capture the unique perspectives and viewpoints of participants, making it an exploratory and subjective approach to gathering information. On the other hand, the analysis of numerical trends over time is not a characteristic of qualitative research; it is more aligned with quantitative research. Quantitative research typically uses statistical methods to analyze numerical data, looking for patterns and trends that can be generalized to larger populations. Therefore, the focus on numerical analysis distinguishes qualitative research from quantitative methods.

7. Which is NOT a component of the determinants of health?

A. Genetics

B. Social environment

C. Access to transportation

D. Healthcare access

The determinants of health encompass a broad range of factors that influence the health status of individuals and populations. These determinants include genetics, the social environment, healthcare access, as well as various other factors that contribute to health outcomes. Access to transportation, while important for facilitating access to necessary services, including healthcare, is not typically classified as a direct component of the determinants of health. Instead, it's considered a facilitator or barrier that affects other determinants rather than being a determinant itself. For example, while good transportation can improve access to healthcare services, the lack of it doesn't define an individual's health but rather influences how they access the existing services. On the other hand, genetics plays a role in individual susceptibility to certain conditions, the social environment shapes behaviors and lifestyles influencing health, and access to healthcare directly relates to the availability of services that affect health outcomes. Understanding the distinctions between these components helps in assessing overall health strategies and addressing public health issues effectively.

8. Which scenario exemplifies non-verbal communication?

A. Giving a thumbs up

B. Looking away while speaking

C. Saying "I'm not worried" with a shaky voice while staring wide-eyed at a needle

D. Nodding while listening

The scenario that best exemplifies non-verbal communication is nodding while listening. Nodding is a form of non-verbal cue that signals acknowledgment, understanding, or agreement without the use of spoken words. It serves as a way to engage in a conversation and convey attentiveness, demonstrating that the listener is processing the information being shared. In contrast, the alternative scenario of saying "I'm not worried" with a shaky voice while staring wide-eyed at a needle does involve verbal communication, albeit with conflicting non-verbal cues. The shaky voice and wide-eyed expression communicate anxiety, which contradicts the verbal message, making it a mixed signal rather than a pure example of non-verbal communication. Giving a thumbs up does represent a clear form of non-verbal affirmation but is more specific than the broader context of listening and engagement that nodding encompasses. Looking away while speaking may also convey disinterest or discomfort, but it does not actively communicate a positive response like nodding does while listening.

9. What is the normal range of pulse rates for adults?

    A. 40 - 60

    B. 60 - 100

    C. 80 - 120

    D. 90 - 140

The normal range of pulse rates for adults is established based on extensive clinical research, with the standard being between 60 and 100 beats per minute. This range reflects the typical cardiovascular response in resting adults, ensuring adequate blood circulation to meet the body's metabolic demands.   When considering the implications of pulse rates outside this normal range, a resting pulse rate lower than 60 may indicate bradycardia, which can be a sign of underlying health issues or increased physical fitness in athletes. On the other hand, a pulse rate exceeding 100 beats per minute can signify tachycardia, which may result from stress, illness, or other medical conditions. Understanding this normal range is essential for health professionals to assess cardiovascular health and to identify potential health concerns in patients.

10. In the active listening model, who is responsible for sending the initial message?

    A. Receiver

    B. Manager

    C. Sender

    D. Observer

The correct choice, which identifies the sender as responsible for sending the initial message, aligns with the fundamental principles of the active listening model. In this communication process, the sender is the individual or entity that originates the message or information being shared. This can be in spoken, written, or non-verbal forms. Effective communication assumes that the sender clearly articulates their thoughts or feelings to ensure that the receiver accurately understands the intended message. The sender's role is crucial, as they must consider the audience and the context to convey their message effectively. Once the sender has communicated the message, the receiver listens, interprets, and responds, completing the communication cycle.   Understanding the roles within communication can enhance interpersonal effectiveness, especially in contexts where active listening is essential, such as in healthcare settings. The active listening model emphasizes the importance of both sending and receiving messages clearly and attentively, which is vital for successful interactions in any professional or personal situation.

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://bhs-degree.examzify.com

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