

BACHELOR OF HEALTH SCIENCE (BHS) DEGREE 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 normal range of pulse rates for adults?**
 - A. 40 - 60
 - B. 60 - 100
 - C. 80 - 120
 - D. 90 - 140
- 2. 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
- 3. What is one significant goal of health policy?**
 - A. To reduce the cost of medications
 - B. To ensure equitable access to healthcare services
 - C. To limit the number of healthcare providers
 - D. To decrease public health funding
- 4. Which of the following is the best example of aerobic exercise?**
 - A. Weight lifting
 - B. Dancing
 - C. Yoga
 - D. Golf
- 5. What is the main focus of epidemiology?**
 - A. Study of healthcare technologies
 - B. Analysis of health policies
 - C. Understanding how diseases affect populations
 - D. Development of pharmaceuticals
- 6. How can healthcare providers enhance patient-centered care?**
 - A. By conducting less frequent patient evaluations
 - B. By training in communication and empathy skills
 - C. By following strict treatment protocols regardless of patient input
 - D. By limiting patient involvement in care decisions

7. Which method provides a reasonable measurement of body fat?

- A. Waist-to-hip ratio
- B. Body Mass Index (BMI)
- C. Skinfold measurements
- D. Bioelectrical impedance analysis

8. What is the primary purpose of Medicaid?

- A. To provide long-term care insurance
- B. To offer healthcare for low-income individuals
- C. To cover private medical services
- D. To support workforce development in healthcare

9. What legislation enacted in 1996 protects the security and privacy of health data?

- A. Health Information Technology for Economic and Clinical Health Act
- B. Patient Protection and Affordable Care Act
- C. Health Insurance Portability and Accountability Act
- D. Medicare Prescription Drug Improvement and Modernization Act

10. 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

Answers

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

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Explanations

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1. 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.

2. 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.

3. What is one significant goal of health policy?

- A. To reduce the cost of medications
- B. To ensure equitable access to healthcare services**
- C. To limit the number of healthcare providers
- D. To decrease public health funding

One significant goal of health policy is to ensure equitable access to healthcare services. This objective focuses on providing individuals, regardless of their socioeconomic status, geographic location, or other potential barriers, with fair and adequate access to necessary healthcare. Achieving equity in healthcare access is critical for improving overall community health outcomes and can help to reduce health disparities among different populations. Health policies that prioritize equitable access work towards creating a systematic framework that addresses and mitigates obstacles that prevent certain groups from receiving timely and appropriate care. By contrast, while reducing the cost of medications may be a goal for specific healthcare initiatives, it does not encompass the broader intent of health policy as a whole. Limiting the number of healthcare providers would not facilitate equitable access, while decreasing public health funding would likely undermine efforts to ensure comprehensive healthcare services for all. Therefore, focusing on equitable access aligns more closely with the overall objectives and values inherent in health policy development.

4. Which of the following is the best example of aerobic exercise?

- A. Weight lifting
- B. Dancing**
- C. Yoga
- D. Golf

Dancing is considered the best example of aerobic exercise because it involves sustained physical activity that increases heart rate and enhances cardiovascular fitness. During dancing, the body uses oxygen to produce energy over an extended period, which is a defining characteristic of aerobic exercise. This type of workout typically employs larger muscle groups and can be performed continuously, making it effective for improving endurance and overall cardiovascular health. Weight lifting primarily focuses on building strength through resistance training and typically involves shorter bursts of high-intensity effort with rest periods, which does not align with the continuous nature of aerobic activities. Yoga emphasizes flexibility, balance, and relaxation rather than sustained cardiovascular exertion. Golf, while it may involve walking, does not maintain a consistent elevated heart rate throughout the activity, which is essential for aerobic conditioning.

5. What is the main focus of epidemiology?

- A. Study of healthcare technologies
- B. Analysis of health policies
- C. Understanding how diseases affect populations**
- D. Development of pharmaceuticals

The main focus of epidemiology is the understanding of how diseases affect populations. Epidemiologists investigate the distribution and determinants of health-related states or events in specified populations. They study patterns of disease occurrence, their relationships to various factors, and ways to control or prevent health issues. This field is crucial in identifying risk factors for disease and targets for preventive healthcare, thus contributing significantly to public health efforts. Epidemiology plays a key role in disease surveillance, outbreak investigation, and the assessment of the effectiveness of health interventions. Through its focus on populations rather than individuals, epidemiology informs public health policy and practice, aiding in the development of strategies to improve health outcomes at the community and societal levels. This makes it distinct from the other areas mentioned, which do not primarily center on the understanding of disease occurrence and its implications for communities.

6. How can healthcare providers enhance patient-centered care?

- A. By conducting less frequent patient evaluations
- B. By training in communication and empathy skills**
- C. By following strict treatment protocols regardless of patient input
- D. By limiting patient involvement in care decisions

Enhancing patient-centered care involves prioritizing the needs, preferences, and values of patients in their treatment and care processes. Training in communication and empathy skills is essential for healthcare providers to foster a collaborative and trusting relationship with patients. Effective communication allows providers to understand patients' concerns better, address their questions, and engage them in discussions about their care. Empathy further helps in recognizing and respecting patients' experiences and feelings, which leads to more customized treatment plans and improved health outcomes. By focusing on these skills, providers are equipped to actively involve patients in their care, ensuring that their treatment reflects their individual circumstances, preferences, and wishes. This approach not only improves patient satisfaction but also encourages adherence to treatment plans and fosters a sense of partnership in the healthcare journey. In contrast, other approaches such as limiting evaluations or patient involvement can detract from the quality of care, leading to a disconnect between providers and patients, which can result in inadequate treatment and poorer health outcomes. Therefore, enhancing skills in communication and empathy is pivotal to achieving a truly patient-centered care model.

7. Which method provides a reasonable measurement of body fat?

- A. Waist-to-hip ratio
- B. Body Mass Index (BMI)**
- C. Skinfold measurements
- D. Bioelectrical impedance analysis

Body Mass Index (BMI) is a widely used method for assessing an individual's body fat based on their height and weight. It provides a simple numerical measure that can indicate whether a person falls within a healthy weight range, is underweight, overweight, or obese. The BMI calculation is straightforward and requires only basic information, making it accessible for population-level studies, as well as for personal health assessments. While it is important to note that BMI does not directly measure body fat and can sometimes misclassify muscular individuals as overweight or obese, it still serves as a valuable screening tool. This is why it is often recommended for use in clinical settings, as it provides a reasonable estimation for many individuals and can help identify those who may be at risk for health issues associated with excessive body fat. Other methods listed, like waist-to-hip ratio, skinfold measurements, and bioelectrical impedance analysis, also have their merits in assessing body fat. However, they may require more specialized training, equipment, or interpretation compared to the straightforward BMI calculation. As such, while BMI is not a perfect measure, it is generally accepted as a practical initial assessment of body fat across diverse populations.

8. What is the primary purpose of Medicaid?

- A. To provide long-term care insurance
- B. To offer healthcare for low-income individuals**
- C. To cover private medical services
- D. To support workforce development in healthcare

The primary purpose of Medicaid is to offer healthcare for low-income individuals and families. Medicaid is a state and federal program that provides health coverage to eligible individuals, primarily targeting those with limited financial resources, including children, pregnant women, elderly individuals, and people with disabilities. This program aims to ensure access to essential health services, thereby improving health outcomes in communities that may otherwise struggle to afford necessary medical care. While long-term care insurance is a component of some Medicaid services for eligible individuals, it is not the overarching goal of the program. Additionally, Medicaid does not typically cover private medical services; it primarily focuses on providing essential health services through public providers and facilities. Workforce development is outside the scope of Medicaid's primary function, although having a healthy population can indirectly contribute to a stronger healthcare workforce.

9. What legislation enacted in 1996 protects the security and privacy of health data?

- A. Health Information Technology for Economic and Clinical Health Act
- B. Patient Protection and Affordable Care Act
- C. Health Insurance Portability and Accountability Act**
- D. Medicare Prescription Drug Improvement and Modernization Act

The Health Insurance Portability and Accountability Act, enacted in 1996, is fundamental in establishing standards for safeguarding the privacy and security of health information. This legislation introduced several key provisions aimed at ensuring that individuals' health data is adequately protected. It mandates safeguards to enhance the confidentiality of medical records and other personal health information, thus setting a framework within which healthcare providers, insurers, and healthcare clearinghouses must operate. The law not only governs how patient information is handled but also provides individuals with rights over their own health information, including the right to access and request corrections to their records. This focus on privacy and security has made HIPAA a cornerstone of health information management and patient rights in the United States. While other legislation mentioned addresses important aspects of healthcare and insurance, they do not primarily focus on the protection of health data like HIPAA does. Therefore, recognizing the specific function and intent of HIPAA is crucial for understanding its significant role in the protection of personal health information.

10. 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.

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:

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

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