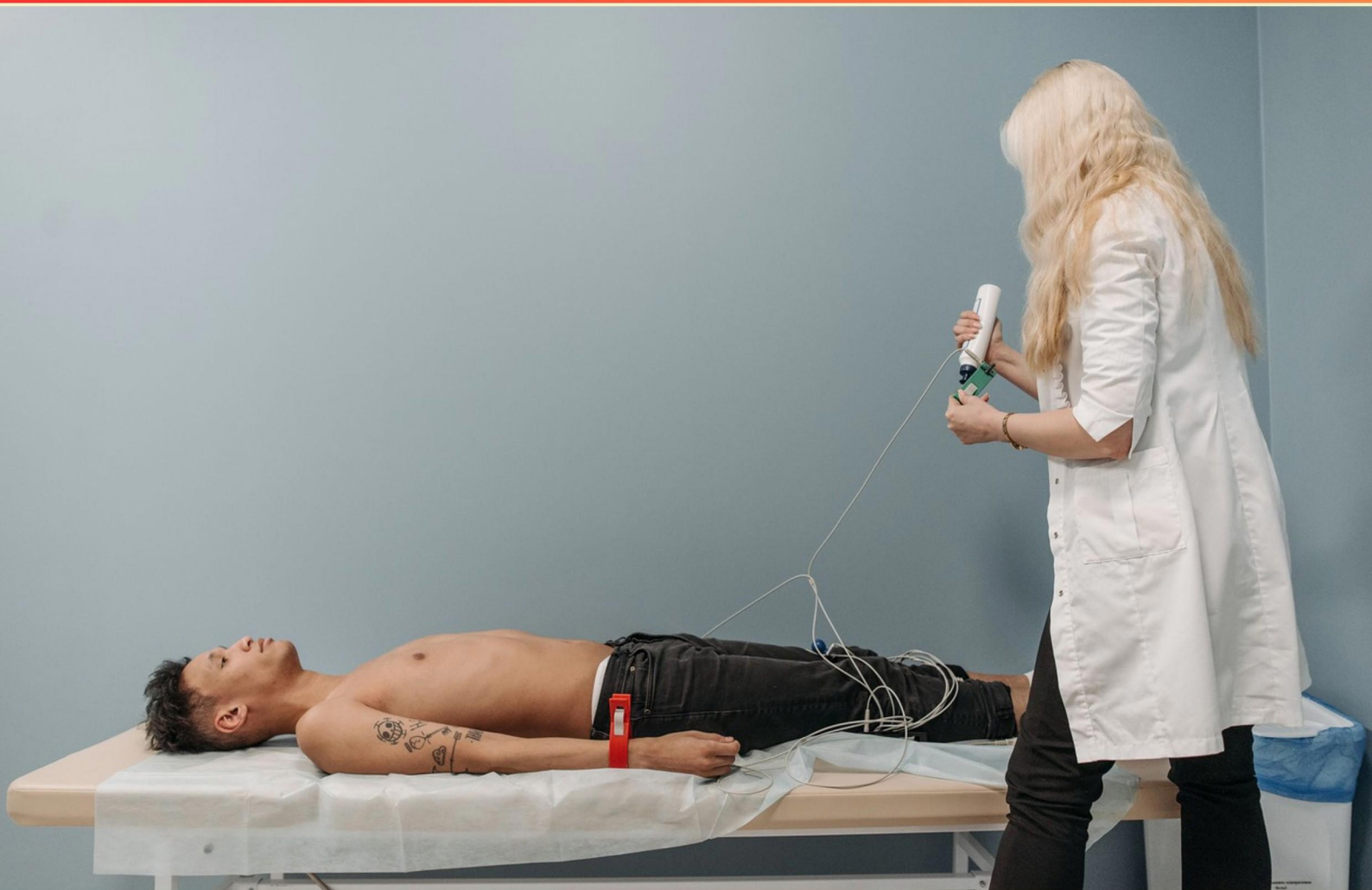


DHO HEALTH SCIENCE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://dhohealthscience.examzify.com>



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. What type of sound does a tuning fork typically produce when struck?**
 - A. A low frequency sound
 - B. A high frequency sound
 - C. A continuous sound
 - D. A variable pitch sound

- 2. What is the external opening of the anal canal called?**
 - A. Rectum
 - B. Colon
 - C. Anus
 - D. Vagina

- 3. What does the term "tartar" refer to in dental terms?**
 - A. Dental plaque
 - B. Calculus
 - C. Enamel
 - D. Dentin

- 4. What term is used to describe the end of a muscle that remains stationary during contraction?**
 - A. Insertion
 - B. Origin
 - C. Attachment
 - D. Contraction point

- 5. What type of therapy aims to alleviate pain and improve physical functioning?**
 - A. Occupational therapy
 - B. Cognitive therapy
 - C. Physical therapy
 - D. Speech therapy

- 6. Which disease is caused by the human immunodeficiency virus (HIV) and affects the immune system?**
- A. Acquired immune deficiency syndrome (AIDS)
 - B. Cancer
 - C. Hepatitis
 - D. Lyme Disease
- 7. What is the term for the back of the body in anatomical position?**
- A. Anterior
 - B. Lateral
 - C. Superior
 - D. Posterior
- 8. What term describes a person receiving payment?**
- A. Payer
 - B. Payor
 - C. Payee
 - D. Beneficiary
- 9. In the context of health science, which of the following best describes palliative care?**
- A. Treatment aimed at cure
 - B. Supportive care to improve quality of life
 - C. Preventative care for healthy individuals
 - D. Initial assessment for disease
- 10. What is the function of the tricuspid valve in the heart?**
- A. To separate the left atrium from the left ventricle
 - B. To control blood flow from the right ventricle to the lungs
 - C. To allow blood flow from the right atrium to the right ventricle
 - D. To prevent backflow of blood into the atrium

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What type of sound does a tuning fork typically produce when struck?

- A. A low frequency sound
- B. A high frequency sound**
- C. A continuous sound
- D. A variable pitch sound

A tuning fork produces a high frequency sound when struck due to its design and the physical properties of the metal used in its construction. The fork vibrates at a specific frequency that is generally in the range of a musical note, which falls into the higher frequency category. When the tines of the tuning fork are struck, they create a vibration that causes the surrounding air molecules to oscillate, generating sound waves. These vibrations are characteristic of the tuning fork's shape, which is specifically engineered to produce a clear and sustained tone, usually within the range of 256 Hz to 512 Hz, depending on its size and length. In contrast, low frequency sounds have longer wavelengths and correspond to vibrations at a slower rate, while continuous sounds imply a sound that does not have a defined pitch over time. Variable pitch sounds would indicate fluctuations in frequency, which is not typical of tuning forks that are designed to emit a consistent pitch when struck.

2. What is the external opening of the anal canal called?

- A. Rectum
- B. Colon
- C. Anus**
- D. Vagina

The external opening of the anal canal is known as the anus. This structure serves as the terminal point of the digestive tract, allowing for the expulsion of feces from the body. The anus is surrounded by muscles that help control the release of waste, making it a crucial component of the excretory system. Understanding this term is important in the context of human anatomy and physiology, as it relates to various bodily functions and health discussions, including topics such as bowel health and conditions affecting the digestive system. The other terms listed refer to different parts of the digestive or reproductive systems: the rectum is the section of the gastrointestinal tract that leads to the anus, the colon is part of the large intestine, and the vagina is a part of the female reproductive system.

3. What does the term "tartar" refer to in dental terms?

- A. Dental plaque
- B. Calculus**
- C. Enamel
- D. Dentin

The term "tartar" in dental terms refers specifically to calculus, which is a hardened form of dental plaque that develops when plaque is not removed from the teeth and subsequently mineralizes. Tartar can accumulate on the teeth and contribute to various dental issues, such as gum disease and cavities, as it creates a rough surface that can attract more plaque. Proper dental hygiene, including regular brushing and professional cleanings, is essential to prevent the buildup of tartar. In contrast, dental plaque is a soft, sticky film of bacteria that forms on teeth, while enamel is the hard, outer surface of a tooth that protects it from decay. Dentin, on the other hand, is the layer beneath the enamel that provides support and structure to the tooth. Understanding these distinctions is important for maintaining oral health and comprehending the preventive measures needed in dentistry.

4. What term is used to describe the end of a muscle that remains stationary during contraction?

- A. Insertion
- B. Origin**
- C. Attachment
- D. Contraction point

The term that describes the end of a muscle that remains stationary during contraction is known as the origin. The origin is typically the more proximal attachment of the muscle and serves as the anchor point, allowing the muscle to generate movement at the joint when it contracts. In contrast, the insertion is the part of the muscle that moves during contraction, which is usually located farther away from the center of the body. Understanding this distinction is key in anatomy and physiology, especially when studying how muscles function during movement.

5. What type of therapy aims to alleviate pain and improve physical functioning?

- A. Occupational therapy
- B. Cognitive therapy
- C. Physical therapy**
- D. Speech therapy

The focus of physical therapy is specifically designed to alleviate pain and enhance physical functioning in individuals through various techniques and exercises. This type of therapy employs methods such as manual therapy, exercise regimens, and modalities like heat or electrical stimulation to promote recovery from injuries, surgeries, or chronic conditions. By emphasizing rehabilitation and improving mobility, physical therapy aims to restore functional abilities and reduce discomfort, making it essential for those recovering from physical impairments. Occupational therapy, while also concerned with improving quality of life, primarily focuses on helping individuals participate in daily activities despite disabilities or limitations. Cognitive therapy is centered around addressing mental health issues and modifying thought patterns, while speech therapy targets communication and swallowing difficulties. Each of these other forms of therapy serves different objectives and populations, but physical therapy distinctly centers on physical relief and functional improvement.

6. Which disease is caused by the human immunodeficiency virus (HIV) and affects the immune system?

- A. Acquired immune deficiency syndrome (AIDS)**
- B. Cancer
- C. Hepatitis
- D. Lyme Disease

The disease caused by the human immunodeficiency virus (HIV) that primarily affects the immune system is Acquired Immune Deficiency Syndrome (AIDS). HIV attacks and destroys specific cells in the immune system, particularly CD4 T-lymphocytes, which are critical for coordinating the immune response. As the infection progresses and more of these cells are lost, the body becomes increasingly vulnerable to various infections, diseases, and certain cancers that it would normally be able to fight off. AIDS is the final stage of HIV infection, diagnosed when the immune system is severely compromised, and individuals are at risk for opportunistic infections and conditions associated with the decline in immune function. This distinguishing factor makes AIDS the specific answer to the question regarding a disease linked to HIV and the immune system. Other diseases mentioned, such as cancer, hepatitis, and Lyme disease, do not have a direct relation to HIV and do not primarily result from its effects on the immune system.

7. What is the term for the back of the body in anatomical position?

- A. Anterior
- B. Lateral
- C. Superior
- D. Posterior**

In anatomical position, the human body is standardized as standing upright, facing forward, with arms at the sides and palms facing forward. The term "posterior" refers to the back side of the body when in this position. This means that structures such as the spine and the shoulder blades are considered posterior, as they are located at the back. Understanding the correct orientation of these terms is crucial in anatomy, as they help describe the location of various body parts in relation to one another. For example, when discussing the heart, one might say it is anterior to the spine, indicating that the heart is located at the front and the spine at the back. Familiarity with these anatomical terms helps in accurately describing physical assessments, surgical procedures, and overall body orientation.

8. What term describes a person receiving payment?

- A. Payer
- B. Payor
- C. Payee**
- D. Beneficiary

The term that describes a person receiving payment is "payee." In financial contexts, the payee is the individual or entity that is designated to receive funds or payment from another party, known as the payer. This is commonly seen in various transactions such as checks, invoices, or contracts where one party owes money to another. The role of the payee is critical in ensuring that payments are processed correctly and that the proper individuals or organizations receive the intended funds. Understanding this concept is essential in healthcare and other areas where financial transactions occur frequently, as accurate identification of payees is crucial for accounting, billing, and records management. In contrast, the other options refer to different roles in financial transactions. "Payer" typically refers to the person or organization making the payment, while "payor" is an alternate spelling for payer, often used in insurance contexts. "Beneficiary" denotes a person who benefits from something, often in relation to insurance policies or trusts, but does not specifically denote receiving payment in a transaction sense. Therefore, "payee" distinctly captures the concept of a recipient of payment.

9. In the context of health science, which of the following best describes palliative care?

- A. Treatment aimed at cure
- B. Supportive care to improve quality of life**
- C. Preventative care for healthy individuals
- D. Initial assessment for disease

Palliative care is primarily focused on providing supportive care to enhance the quality of life for patients who are facing serious, often terminal illnesses. This type of care prioritizes relief from symptoms, pain, and stress associated with the illness, rather than pursuing a curative approach. The objective is to ensure that patients maintain comfort and dignity throughout their experience, addressing physical, emotional, and social needs. The emphasis on improving quality of life distinguishes palliative care from other types of medical treatment that may focus solely on curing diseases or might be applicable for individuals in good health for preventive purposes. It recognizes the importance of holistic support for patients and their families during challenging times. This approach is valuable in both the context of ongoing treatment for chronic conditions and at end-of-life stages.

10. What is the function of the tricuspid valve in the heart?

- A. To separate the left atrium from the left ventricle
- B. To control blood flow from the right ventricle to the lungs
- C. To allow blood flow from the right atrium to the right ventricle**
- D. To prevent backflow of blood into the atrium

The tricuspid valve plays a crucial role in the heart's function by allowing blood to flow from the right atrium into the right ventricle. This valve opens when the right atrium contracts, facilitating the movement of deoxygenated blood into the ventricle, which then pumps it to the lungs for oxygenation. The structure of the tricuspid valve includes three leaflets that contribute to its essential function of managing this flow effectively. While options that mention separating parts of the heart or controlling blood flow to the lungs are related to other structures, they do not specifically describe the role of the tricuspid valve. Understanding the function of the tricuspid valve is crucial in appreciating how blood is circulated through the heart to the lungs and ensures proper oxygenation of blood.

SAMPLE

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://dhohealthscience.examzify.com>

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

SAMPLE