

DSST Health and Human Development Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What measure indicates the number of deaths occurring in a population over a certain period of time?**
 - A. Morbidity rate**
 - B. Incidence rate**
 - C. Mortality rate**
 - D. Prevalence rate**
- 2. What term is used for writing on a grave marker or monument?**
 - A. Inscription**
 - B. Epitaph**
 - C. Tribute**
 - D. Memorial**
- 3. What describes beliefs, practices, and relationships with other living things?**
 - A. Spiritual dimension**
 - B. Religious beliefs**
 - C. Moral philosophy**
 - D. Psychological well-being**
- 4. What is a common health hazard associated with anal sex?**
 - A. Hemorrhoids**
 - B. Fissure**
 - C. Infection**
 - D. Pelvic Inflammatory Disease**
- 5. What virus is primarily responsible for causing chickenpox?**
 - A. Epstein-Barr virus**
 - B. Varicella virus**
 - C. Herpes Simplex virus**
 - D. Rubella virus**

- 6. To find the target heart rate, what percentage of the maximum heart rate is typically multiplied for exercise?**
- A. 50%-70%**
 - B. 60%-90%**
 - C. 40%-60%**
 - D. 70%-100%**
- 7. What is a dangerous pregnancy condition characterized by elevated blood pressure and high levels of protein in the urine?**
- A. Gestational diabetes**
 - B. Eclampsia**
 - C. Preeclampsia**
 - D. Hyperemesis gravidarum**
- 8. What lifestyle factor is often linked to increased risk for coronary heart disease?**
- A. Regular physical activity**
 - B. Balanced diet**
 - C. Smoking**
 - D. Low stress levels**
- 9. Which disease indicates an impaired ability of bone density due to age and dietary factors?**
- A. Osteoarthritis**
 - B. Alzheimer's disease**
 - C. Rheumatoid arthritis**
 - D. Osteoporosis**
- 10. What condition arises from an abnormal valve between the left atria and left ventricle?**
- A. Aortic stenosis**
 - B. Mitral valve prolapse**
 - C. Pulmonary hypertension**
 - D. Tricuspid regurgitation**

Answers

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

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Explanations

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1. What measure indicates the number of deaths occurring in a population over a certain period of time?

- A. Morbidity rate**
- B. Incidence rate**
- C. Mortality rate**
- D. Prevalence rate**

The measure that indicates the number of deaths occurring in a population over a certain period of time is the mortality rate. This statistic is crucial for understanding the health status of a population and is often expressed as the number of deaths per 1,000 or 100,000 individuals within a specific timeframe. It serves as an important indicator for public health officials and researchers to assess the effectiveness of healthcare systems, the impact of diseases, and the overall wellbeing of a community. In contrast, morbidity rate refers to the incidence of disease or health complications in a population, focusing on illness rather than death. The incidence rate tracks new cases of a disease during a specified period, and the prevalence rate measures the total number of cases, both new and existing, in a population at a particular time, again concentrating on health status rather than mortality. Thus, the specificity of the mortality rate in quantifying deaths distinguishes it from these other measures.

2. What term is used for writing on a grave marker or monument?

- A. Inscription**
- B. Epitaph**
- C. Tribute**
- D. Memorial**

The term "epitaph" specifically refers to a phrase or statement that is typically engraved on a grave marker or monument, often intended to honor the deceased and summarize their life or legacy. Epitaphs can serve as a personal tribute, encapsulating the essence of the person being commemorated in a succinct and meaningful way. While "inscription" can also refer to the act of writing or engraving words on a surface, it is a broader term that encompasses any written text, including epitaphs. "Tribute" refers more generally to an expression of gratitude, respect, or admiration and is not limited to grave markers. "Memorial" refers to something that serves to remember a person, especially something that is intended for that purpose but is not specifically the written text itself. Thus, epitaph is the most accurate term for the writing specifically found on grave markers.

3. What describes beliefs, practices, and relationships with other living things?

A. Spiritual dimension

B. Religious beliefs

C. Moral philosophy

D. Psychological well-being

The correct answer is that the spiritual dimension encompasses beliefs, practices, and relationships with other living things. The spiritual dimension is a broader concept that addresses how individuals find meaning and purpose in their lives, often involving a connection to a higher power, nature, or the universe. It reflects an individual's values and their sense of belonging in the larger ecosystem of life. While religious beliefs may form a part of the spiritual dimension, they typically refer more specifically to organized systems of faith with doctrine and rituals. Consequently, religion can be a subset of one's spiritual life, but the term spiritual dimension captures a wider range of personal beliefs and relationships that extend beyond formal religious structures. Moral philosophy generally pertains to the principles of right and wrong that guide behavior and ethical decision-making, rather than a broad connection to all living things. Psychological well-being relates more to mental health and the state of an individual's emotional and psychological condition, focusing on feelings and cognitive functions rather than the relational aspects with other living beings. Thus, the spiritual dimension is the most accurate description within this context.

4. What is a common health hazard associated with anal sex?

A. Hemorrhoids

B. Fissure

C. Infection

D. Pelvic Inflammatory Disease

Anal sex can lead to a range of health hazards due to the sensitivity and different structure of the anal region compared to vaginal intercourse. One common issue that can arise is the development of anal fissures. These are small tears in the lining of the anus that can occur due to trauma, such as vigorous anal penetration without adequate lubrication or preparation. Such tears may be painful and can potentially lead to bleeding. While hemorrhoids and infections are also concerns associated with anal sex, fissures specifically stand out as direct, immediate damage that can happen during the act. Furthermore, infections are a broader category that may arise from various practices but are not as uniquely tied to anal sex as fissures are. Pelvic inflammatory disease is primarily a concern in vaginal intercourse where bacteria can ascend into the reproductive tract. Thus, while there are several risks associated with anal sex, the distinct likelihood of causing anal fissures due to the anatomy and mechanics involved emphasizes why this risk is particularly noteworthy.

5. What virus is primarily responsible for causing chickenpox?

- A. Epstein-Barr virus
- B. Varicella virus**
- C. Herpes Simplex virus
- D. Rubella virus

The varicella virus is the primary cause of chickenpox, a highly contagious disease characterized by an itchy rash and flu-like symptoms. This virus belongs to the herpesvirus family and has a significant impact, particularly in childhood, where it tends to spread easily among unvaccinated individuals. Once infected, the virus remains in the body in a dormant state and can reactivate later in life, leading to shingles, which is another illness caused by the same virus. The effectiveness of the varicella vaccine has dramatically decreased the incidence of chickenpox in vaccinated populations, underscoring the importance of this specific virus in pediatric health. The other viruses listed play roles in different diseases; for instance, Epstein-Barr virus is associated with infectious mononucleosis, herpes simplex virus is linked to oral and genital herpes, and rubella virus causes rubella or German measles. Thus, identifying the varicella virus as the causative agent of chickenpox is crucial for understanding its transmission and preventive measures.

6. To find the target heart rate, what percentage of the maximum heart rate is typically multiplied for exercise?

- A. 50%-70%
- B. 60%-90%**
- C. 40%-60%
- D. 70%-100%

The target heart rate is a crucial concept in exercise physiology, as it helps individuals gauge the intensity of their workouts to achieve optimal cardiovascular benefits. Typically, the target heart rate is calculated by taking a percentage of the maximum heart rate, which is often estimated by subtracting a person's age from 220. The percentage range of 60% to 90% is generally deemed appropriate for most individuals aiming to improve their cardiovascular fitness and overall endurance through exercise. This range allows for a substantial enough intensity to create cardiovascular adaptations while also maintaining a level of safety and effectiveness. Exercising at this intensity fosters improvements in aerobic capacity and heart health, making it ideal for enhancing endurance. This range caters to various fitness levels, as individuals may adjust their exercise intensity within this spectrum based on their fitness goals and medical considerations. In contrast, the other percentage options do not align with the conventional standards for achieving substantial cardiovascular training effects. The lower ranges might not provide sufficient intensity for many individuals, while the very high ranges could be too intense for those who are not adequately conditioned. Thus, the option of 60% to 90% is recognized as the best practice for targeting an effective heart rate during exercise.

7. What is a dangerous pregnancy condition characterized by elevated blood pressure and high levels of protein in the urine?

- A. Gestational diabetes**
- B. Eclampsia**
- C. Preeclampsia**
- D. Hyperemesis gravidarum**

Preeclampsia is indeed the condition characterized by elevated blood pressure and high levels of protein in the urine during pregnancy. This condition typically occurs after the 20th week of pregnancy and can pose serious risks to both the mother and the fetus if not properly managed. The presence of protein in the urine is a key diagnostic factor, indicating that the kidneys may be involved and that there is a potential vascular problem related to the pregnancy. Preeclampsia can lead to complications, including eclampsia, which involves seizures, and can also result in serious issues like placental abruption or organ damage. Early detection and management are crucial to prevent these complications. In contrast, gestational diabetes primarily affects blood sugar levels, hyperemesis gravidarum involves severe nausea and vomiting, and eclampsia is more advanced and involves convulsions as a result of severe preeclampsia. Understanding the specifics of preeclampsia helps in acknowledging the serious nature of pregnancy-related conditions and the importance of monitoring maternal health during this critical time.

8. What lifestyle factor is often linked to increased risk for coronary heart disease?

- A. Regular physical activity**
- B. Balanced diet**
- C. Smoking**
- D. Low stress levels**

Smoking is a well-established lifestyle factor linked to an increased risk of coronary heart disease. It contributes to the development of atherosclerosis, which is the buildup of plaque in the arteries. This plaque can restrict blood flow and lead to heart attacks and other cardiovascular diseases. The harmful substances in tobacco smoke damage the blood vessels, increase blood pressure, and promote the formation of clots, all of which significantly elevate the risk of heart disease. Regular physical activity and a balanced diet are protective factors that help maintain cardiovascular health. Engaging in regular exercise can improve heart function, lower blood pressure, and help maintain a healthy weight, while a balanced diet rich in fruits, vegetables, whole grains, and healthy fats can provide essential nutrients that support heart health. Additionally, low stress levels contribute positively to overall health, further reducing the risk of coronary heart disease. In contrast to the damaging effects of smoking, these other factors promote cardiovascular well-being and are not associated with an increased risk of coronary heart disease.

9. Which disease indicates an impaired ability of bone density due to age and dietary factors?

- A. Osteoarthritis**
- B. Alzheimer's disease**
- C. Rheumatoid arthritis**
- D. Osteoporosis**

Osteoporosis is characterized by a decrease in bone density, leading to fragile bones and a higher risk of fractures. This condition often develops due to a combination of age-related factors and dietary influences, such as insufficient intake of calcium and vitamin D, which are critical for maintaining strong bones. As individuals age, the body's ability to absorb these vital nutrients decreases, and bone resorption often exceeds formation, resulting in weakened and porous bones. In contrast, osteoarthritis and rheumatoid arthritis primarily affect the joints rather than bone density, focusing more on inflammation and joint degeneration. Alzheimer's disease, a neurodegenerative condition, does not relate directly to bone density but instead affects cognitive function. Thus, osteoporosis is the condition specifically associated with impaired bone density due to age and dietary factors.

10. What condition arises from an abnormal valve between the left atria and left ventricle?

- A. Aortic stenosis**
- B. Mitral valve prolapse**
- C. Pulmonary hypertension**
- D. Tricuspid regurgitation**

The condition that arises from an abnormal valve between the left atria and left ventricle is mitral valve prolapse. This occurs when the mitral valve, which normally closes tightly between the left atrium and left ventricle, does not close properly. As a result, the leaflets of the valve bulge (prolapse) backward into the left atrium during the contraction of the heart. In mitral valve prolapse, there can be associated symptoms such as palpitations, chest pain, and fatigue, although many individuals may remain asymptomatic. It is often detected through physical examination and confirmed by echocardiography. Understanding this condition is important because it can lead to complications, such as mitral regurgitation, where blood leaks back into the atrium, or arrhythmias. This distinction is significant, as it highlights the specific role of the mitral valve in heart function and the potential consequences of any abnormalities. Other conditions listed in the question are related to different valves or areas of the heart and do not specifically result from an abnormality of the valve between the left atrium and the left ventricle.