

DSST Health and Human Development Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What is the term for the impact foods have on increasing glucose levels in the blood?**
 - A. Insulin index**
 - B. Glycemic index**
 - C. Glycemic effect**
 - D. Blood sugar effect**
- 2. During which type of contraction do muscles shorten in length while developing tension?**
 - A. Isometric**
 - B. Eccentric**
 - C. Concentric**
 - D. Isotonic**
- 3. What type of cancer affects blood-forming cells in bone marrow?**
 - A. Leukemia**
 - B. Sarcoma**
 - C. Carcinoma**
 - D. Melanoma**
- 4. According to the Transtheoretical Model, what stage describes a person who does not think they have a problem?**
 - A. Preparation**
 - B. Contemplation**
 - C. Precontemplation**
 - D. Action**
- 5. Which of the following documents is essential for ensuring that health care wishes are respected even when a person cannot communicate?**
 - A. Living will**
 - B. Durable power of attorney**
 - C. Health care proxy**
 - D. All of the above**

- 6. Which of these processes does the parasympathetic nervous system NOT handle?**
- A. Salivation**
 - B. Heart rate acceleration**
 - C. Lacrimation**
 - D. Defecation**
- 7. What primary symptom is associated with Mononucleosis?**
- A. Joint Pain**
 - B. Fever**
 - C. Coughing**
 - D. Nausea**
- 8. What virus is best known as the cause of Mononucleosis?**
- A. HIV**
 - B. Epstein-Barr virus**
 - C. Cytomegalovirus**
 - D. Herpes virus**
- 9. What term describes consuming five drinks in a row at least once in the previous two weeks?**
- A. Binge drinking**
 - B. Heavy drinking**
 - C. Social drinking**
 - D. Frequent drinking**
- 10. What stage in the Transtheoretical Model involves outwardly modifying behavior and requires significant commitment?**
- A. Preparation**
 - B. Action**
 - C. Contemplation**
 - D. Maintenance**

Answers

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

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Explanations

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1. What is the term for the impact foods have on increasing glucose levels in the blood?

- A. Insulin index**
- B. Glycemic index**
- C. Glycemic effect**
- D. Blood sugar effect**

The correct response is related to the way certain foods influence glucose levels within the bloodstream, which is referred to as the "glycemic effect." This term describes how rapidly and significantly a particular food causes blood glucose levels to rise after consumption. The glycemic effect is particularly important in nutrition and health since it provides insight into how different carbohydrates influence blood sugar levels. Foods that have a high glycemic effect lead to rapid spikes in blood glucose, our primary energy source, while those with a low glycemic effect result in a more gradual increase. Understanding this concept is crucial for managing conditions such as diabetes, where blood sugar control is vital. In contrast, other options such as the insulin index, glycemic index, and blood sugar effect are related terms but serve different purposes. The insulin index measures the amount of insulin released in response to a specific food, the glycemic index ranks foods based on how much they raise blood sugar levels compared to pure glucose, and the term blood sugar effect is more general and less commonly used in scientific discussions than the glycemic effect.

2. During which type of contraction do muscles shorten in length while developing tension?

- A. Isometric**
- B. Eccentric**
- C. Concentric**
- D. Isotonic**

Muscles shorten in length while developing tension during concentric contractions. This type of contraction occurs when a muscle generates enough force to overcome resistance, allowing it to shorten and produce movement. For instance, during a bicep curl, as the weight is lifted towards the shoulder, the bicep muscle shortens and contracts, demonstrating concentric contraction. Isometric contractions, on the other hand, involve muscle tension without a change in length, meaning the muscle does not shorten or lengthen despite the exertion of force. Eccentric contractions involve lengthening of the muscle while it is under tension, such as when lowering a weight, where the muscle elongates as it resists the pull. Isotonic contractions are a broader category that includes both concentric and eccentric movements, thus while they involve shortening and lengthening through a range of motion, they do not specifically focus solely on the shortening aspect. Therefore, concentric is the precise term for when muscles shorten while developing tension.

3. What type of cancer affects blood-forming cells in bone marrow?

- A. Leukemia**
- B. Sarcoma**
- C. Carcinoma**
- D. Melanoma**

Leukemia is a type of cancer that specifically affects the blood-forming cells within the bone marrow. This cancer disrupts the normal production of blood cells, leading to an overproduction of abnormal white blood cells. These leukemic cells can crowd out normal cells, impairing the body's ability to produce healthy blood components, including red blood cells and platelets, which can lead to a variety of health complications. In contrast, sarcoma primarily affects connective tissues such as bones, cartilage, and fat. Carcinoma is a cancer that originates in the epithelial cells, which line the surfaces of organs and structures throughout the body. Melanoma is a form of skin cancer that develops from melanocytes, the cells responsible for pigment production in the skin. Each of these types of cancer has distinct characteristics and affects different parts of the body, which is why leukemia is the correct answer in this context.

4. According to the Transtheoretical Model, what stage describes a person who does not think they have a problem?

- A. Preparation**
- B. Contemplation**
- C. Precontemplation**
- D. Action**

The stage that describes a person who does not think they have a problem is precontemplation. In this stage of the Transtheoretical Model, individuals are typically unaware that there is an issue to address or may be in denial about their behavior's negative consequences. They often have no intention of changing their behavior in the foreseeable future because they do not recognize the need for change. Understanding this stage is essential, as it highlights the importance of awareness and insight before individuals can move towards change. People in the precontemplation stage may be resistant to receiving help or advice, as they do not see any behavior that requires modification. This context underlies the necessity for interventions that can help raise awareness, enabling individuals to progress to the contemplation stage, where they start considering the possibility of change.

5. Which of the following documents is essential for ensuring that health care wishes are respected even when a person cannot communicate?

- A. Living will**
- B. Durable power of attorney**
- C. Health care proxy**
- D. All of the above**

The correct answer reflects that a variety of documents play vital roles in ensuring that healthcare wishes are honored when a person is unable to communicate their preferences. Each option serves a unique purpose in guiding healthcare decisions, particularly in situations where a patient's ability to express their wishes is compromised. A living will specifically outlines the types of medical treatment an individual wishes or does not wish to receive in case of terminal illness or incapacitation. This document is crucial for informing healthcare providers about the patient's end-of-life care preferences. A durable power of attorney for healthcare allows an individual to designate someone to make healthcare decisions on their behalf if they become unable to communicate. This empowers a trusted person to interpret and act according to the patient's wishes, which is essential in medical situations where immediate decisions may be necessary. A health care proxy complements these documents by designating an individual to make medical decisions on behalf of another person when they are incapacitated. This document's role is similar to that of the durable power of attorney but may be viewed as a more specific form focused solely on health care decisions. Since each of these documents contributes significantly to ensuring that an individual's health care wishes are respected regardless of their capacity to communicate, the choice that includes all of them is indeed the most comprehensive answer.

6. Which of these processes does the parasympathetic nervous system NOT handle?

- A. Salivation**
- B. Heart rate acceleration**
- C. Lacrimation**
- D. Defecation**

The parasympathetic nervous system is often referred to as the "rest and digest" system, playing a crucial role in conserving energy and promoting bodily functions that occur when the body is at rest. It is primarily responsible for promoting processes like salivation, lacrimation (tearing), urination, digestion, and defecation, all of which help in maintaining homeostasis. Heart rate acceleration is primarily managed by the sympathetic nervous system, which is activated in stressful situations or emergencies to prepare the body for 'fight or flight.' The sympathetic nervous system increases heart rate, dilates airways, and redirects blood flow to essential muscles and organs needed for immediate physical activity. In contrast, the parasympathetic nervous system slows down the heart rate and promotes calming bodily functions. Therefore, it does not handle heart rate acceleration, making this aspect distinctly outside its regulatory influence. By understanding the roles of the sympathetic and parasympathetic systems, it becomes clear why heart rate acceleration is not associated with the functions typically managed by the parasympathetic nervous system.

7. What primary symptom is associated with Mononucleosis?

A. Joint Pain

B. Fever

C. Coughing

D. Nausea

Mononucleosis, often caused by the Epstein-Barr virus, presents a variety of symptoms, with fever being one of the most prominent. This condition typically leads to an elevated body temperature due to the body's immune response fighting the viral infection. The fever is often accompanied by other symptoms such as sore throat, swollen lymph nodes, and fatigue, which together can help distinguish mononucleosis from other illnesses. While joint pain, coughing, and nausea can occur in numerous other illnesses, they are not defining symptoms of mononucleosis. The presence of a fever is much more characteristic of this condition, signaling the active infection and inflammatory response. Thus, identifying fever as the primary symptom is crucial for understanding and diagnosing mononucleosis effectively.

8. What virus is best known as the cause of Mononucleosis?

A. HIV

B. Epstein-Barr virus

C. Cytomegalovirus

D. Herpes virus

The Epstein-Barr virus (EBV) is best known as the causative agent of Mononucleosis, commonly referred to as "mono." This virus belongs to the herpesvirus family and is particularly notable for its ability to establish lifelong infections in the host. Mononucleosis is often characterized by symptoms such as fatigue, fever, sore throat, and swollen lymph nodes, and it is primarily transmitted through saliva. Once a person is infected with EBV, the virus can remain dormant in the body and may be reactivated later, though this typically does not result in a recurrence of symptoms. Understanding the unique role of EBV in causing Mononucleosis is crucial, as it differentiates this condition from other illnesses that may present similar symptoms but have different viral etiologies, such as Cytomegalovirus or other herpesviruses. This distinction is significant both for diagnosis and treatment, including the approach to managing the symptoms of Mononucleosis.

9. What term describes consuming five drinks in a row at least once in the previous two weeks?

- A. Binge drinking**
- B. Heavy drinking**
- C. Social drinking**
- D. Frequent drinking**

The term that describes consuming five drinks in a row at least once in the previous two weeks is binge drinking. Binge drinking is defined specifically by the quantity of alcohol consumed within a short period, often used in public health discussions to highlight risky drinking behavior that can lead to negative health outcomes. It is typically associated with episodes of heavy intoxication, and research suggests that this pattern of drinking increases the likelihood of accidents, injuries, and long-term health issues. Heavy drinking, while related, generally refers to a more sustained pattern of consuming larger amounts of alcohol over an extended period rather than focusing on a singular episode. Social drinking usually implies moderate consumption in social settings without specific quantities, and frequent drinking denotes regular alcohol consumption but does not specify the volume or rhythm of drinking episodes. Thus, binge drinking is the correct term for the scenario described in the question.

10. What stage in the Transtheoretical Model involves outwardly modifying behavior and requires significant commitment?

- A. Preparation**
- B. Action**
- C. Contemplation**
- D. Maintenance**

The Action stage in the Transtheoretical Model is characterized by an individual actively engaging in behavior change and making significant modifications to their lifestyle. This stage follows the Preparation stage, where a person intends to change their behavior and may take initial steps, but it is during the Action stage that these changes become more visible and deliberate. Individuals in this stage are often making sacrifices, dedicating time and resources, and relying on social support to help maintain their new behaviors. At this point, their commitment is crucial as it requires not only effort but also perseverance in the face of potential setbacks. For example, someone trying to quit smoking might actively avoid places where they would normally smoke and seek out support groups. The Action stage is critical for instilling new habits, and maintaining motivation can be challenging, as it typically involves facing various triggers and temptations. Thus, the commitment demonstrated during the Action stage is essential for ultimately reaching successful long-term behavior change.

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://dssthealthhumandev.examzify.com>

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