

# DSST Health and Human Development Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**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

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

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 term describes the relative incidence of disease within a specific population?**
  - A. Mortality rate**
  - B. Morbidity rate**
  - C. Prevalence rate**
  - D. Incidence rate**
  
- 2. What type of dietary fat is typically associated with higher HDL cholesterol levels?**
  - A. Trans fats**
  - B. Saturated fats**
  - C. Omega-3 fatty acids**
  - D. Omega-6 fatty acids**
  
- 3. What is the primary reason for decreased caloric needs as a person ages?**
  - A. Increased physical activity**
  - B. Decrease in muscle mass**
  - C. Decrease in Basal Metabolic Rate**
  - D. Improved nutritional habits**
  
- 4. Which condition is characterized by weak bones where new bone creation does not keep up with removal?**
  - A. Osteoarthritis**
  - B. Alzheimer's disease**
  - C. Rheumatoid arthritis**
  - D. Osteoporosis**
  
- 5. What term is used to describe an irrational act that is often performed in response to an obsession?**
  - A. Compulsion**
  - B. Impulse**
  - C. Thought**
  - D. Emotion**

- 6. Which condition is primarily characterized by vaginal discomfort, including itching and discharge, according to its causative agents?**
- A. Candidiasis**
  - B. Vaginitis**
  - C. Pelvic Inflammatory Disease**
  - D. Endometriosis**
- 7. Which type of exercise maintains a constant speed of movement, typically using specialized machines?**
- A. Isotonic**
  - B. Isokinetic**
  - C. Aerobic**
  - D. Anaerobic**
- 8. 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**
- 9. Which term refers to the process of contributing to the collective good?**
- A. Generativity**
  - B. Self-actualization**
  - C. Communal living**
  - D. Altruism**
- 10. What condition results from the heart's inability to effectively pump blood, leading to fluid buildup?**
- A. Heart attack**
  - B. Congestive heart failure**
  - C. Aortic stenosis**
  - D. Arrhythmia**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. What term describes the relative incidence of disease within a specific population?**

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

The term that describes the relative incidence of disease within a specific population is known as the morbidity rate. This term refers to the number of individuals affected by a particular disease or health condition during a specified time period, often expressed as a proportion of the population. It provides insight into the frequency or prevalence of health issues in a community, allowing for an understanding of the burden of disease and informing public health initiatives and resource allocation. Morbidity rates help health professionals assess the overall health of a population and identify trends over time. This information can further guide policy decisions and health interventions. Understanding morbidity is crucial for effective healthcare planning and responding to community health needs. Prevalence rate, while related, specifically refers to the total number of existing cases of a disease within a population at a given time, while incidence rate focuses on the number of new cases within a specific time frame. Mortality rate deals with the proportion of deaths in a population, and thus does not measure disease incidence. These distinctions highlight the specific utility of morbidity rate in assessing health outcomes within populations.

**2. What type of dietary fat is typically associated with higher HDL cholesterol levels?**

- A. Trans fats
- B. Saturated fats
- C. Omega-3 fatty acids**
- D. Omega-6 fatty acids

Omega-3 fatty acids are known to be beneficial for heart health and are associated with higher levels of HDL cholesterol, often referred to as "good" cholesterol. HDL cholesterol helps to remove other forms of cholesterol from the bloodstream, thus reducing the risk of heart disease. Omega-3 fatty acids are primarily found in fatty fish such as salmon, mackerel, and sardines, as well as in flaxseeds, walnuts, and chia seeds. Their inclusion in the diet has been linked to various cardiovascular benefits, including the potential to raise HDL levels and lower triglycerides. Trans fats and saturated fats, on the other hand, are typically associated with increased levels of LDL cholesterol, or "bad" cholesterol, which can contribute to heart disease. Omega-6 fatty acids, while essential for health, can have a more complex relationship with cholesterol levels and are generally not linked to increased HDL in the same positive way that omega-3s are. Thus, omega-3 fatty acids are the preferred type of dietary fat for promoting higher HDL cholesterol levels.

**3. What is the primary reason for decreased caloric needs as a person ages?**

- A. Increased physical activity**
- B. Decrease in muscle mass**
- C. Decrease in Basal Metabolic Rate**
- D. Improved nutritional habits**

As individuals age, one of the primary physiological changes that occurs is a decrease in Basal Metabolic Rate (BMR). BMR represents the number of calories the body requires to maintain basic physiological functions while at rest, such as breathing, circulation, and cell production. As people get older, their metabolism tends to slow down due to various factors, including hormonal changes and a decline in muscle mass. Muscle tissue burns more calories than fat tissue, so with the natural loss of muscle that can accompany aging, the BMR decreases. This reduction in BMR means that fewer calories are needed to maintain the body's functions, leading to decreased caloric needs as a person ages. While decreased muscle mass and other factors play a role in the metabolism of older adults, the overarching theme here is the impact of BMR on caloric requirements. This is why understanding the relationship between aging and metabolism is crucial for developing appropriate dietary and exercise regimens for older adults.

**4. Which condition is characterized by weak bones where new bone creation does not keep up with removal?**

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

Osteoporosis is characterized by a decrease in bone density and strength, leading to an increased risk of fractures. This condition arises when the process of bone resorption, where old bone is broken down and removed, occurs at a faster rate than the process of new bone formation. As a result, bones become weak and brittle. In osteoporosis, various factors contribute to the imbalance between bone formation and resorption, including hormonal changes (especially during menopause when estrogen levels drop), aging, and deficiencies in key nutrients like calcium and vitamin D. This condition often develops silently over many years and may not present noticeable symptoms until a fracture occurs. Understanding osteoporosis is crucial for recognizing its potential complications and the importance of preventive measures, such as proper nutrition, exercise, and medications if necessary, to maintain healthy bone density and reduce the risk of fractures as one ages.

**5. What term is used to describe an irrational act that is often performed in response to an obsession?**

**A. Compulsion**

**B. Impulse**

**C. Thought**

**D. Emotion**

The term that describes an irrational act performed in response to an obsession is **compulsion**. In psychology, a **compulsion** is a repetitive behavior or mental act, initiated to relieve the distress associated with obsessive thoughts. This relationship is most commonly depicted in **obsessive-compulsive disorder (OCD)**, where individuals feel driven to engage in specific rituals or behaviors as a way of alleviating anxiety or fear caused by their obsessions. Understanding the nature of compulsions emphasizes how they are not simply habits; rather, they are often linked to deeper emotional distress and a desire to control or mitigate unwanted intrusive thoughts. In contrast, **impulse** refers to a spontaneous urge that may not necessarily be related to any particular obsession, **thought** denotes an idea or mental image, and **emotion** refers to feelings such as sadness or happiness. Each of these terms captures different psychological phenomena, while **compulsion** specifically relates to actions taken to counteract obsessive fears or thoughts.

**6. Which condition is primarily characterized by vaginal discomfort, including itching and discharge, according to its causative agents?**

**A. Candidiasis**

**B. Vaginitis**

**C. Pelvic Inflammatory Disease**

**D. Endometriosis**

The condition primarily characterized by vaginal discomfort, including itching and discharge, is **Vaginitis**. **Vaginitis** is an umbrella term that encompasses various infections and irritations affecting the vagina. The symptoms often include itching, burning sensations, and abnormal discharge that may vary in color and consistency depending on the underlying cause. Causative agents of vaginitis can include yeast infections (such as **Candidiasis**), bacterial infections, and sexually transmitted infections (such as **trichomoniasis**). While **Candidiasis** specifically refers to a type of yeast infection that can cause similar symptoms, **vaginitis** encompasses a broader range of conditions leading to vaginal discomfort. Therefore, identifying **vaginitis** as the overarching condition allows for recognizing the diverse causative agents that can lead to these symptoms rather than being confined to one specific cause. **Pelvic Inflammatory Disease** and **Endometriosis** are related conditions but typically present with different characteristics, such as abdominal pain and other systemic symptoms, rather than just localized vaginal discomfort.

**7. Which type of exercise maintains a constant speed of movement, typically using specialized machines?**

- A. Isotonic**
- B. Isokinetic**
- C. Aerobic**
- D. Anaerobic**

The correct response focuses on isokinetic exercise, which is defined by its ability to maintain a constant speed throughout the range of motion while performing the activity. Specialized machines, such as cybex or biodex equipment, are designed to adjust resistance in accordance with the user's strength, allowing them to perform exercises at a steady pace regardless of how much force they exert. This characteristic makes isokinetic exercise particularly valuable for rehabilitation and for enhancing muscle performance without risking injury. In contrast, isotonic exercises involve movement against a constant resistance, where the speed can vary depending on the effort exerted by the individual. The terms aerobic and anaerobic refer to the body's energy systems during exercise— aerobic activities require oxygen and are typically long-duration endurance tasks, while anaerobic exercises are short-burst, high-intensity efforts that do not require oxygen for fuel. Thus, the unique definition and use of specialized equipment in isokinetic exercises differentiate it from the other modes of exercise listed.

**8. 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.

**9. Which term refers to the process of contributing to the collective good?**

- A. Generativity**
- B. Self-actualization**
- C. Communal living**
- D. Altruism**

The term that best describes the process of contributing to the collective good is generativity. This concept, originally proposed by psychologist Erik Erikson, refers to a stage in the psychosocial development of individuals, typically occurring during middle adulthood. Generativity is characterized by a concern for establishing and guiding the next generation, as well as a desire to improve society through caring for others and contributing to the welfare of the community. It involves actions that benefit others, such as mentoring, volunteering, and participating in community activities. This desire to contribute to the greater good is a marker of psychological health and fulfillment, as individuals who engage in generativity often experience increased life satisfaction. The idea emphasizes not just personal growth but also the importance of nurturing, guiding, and supporting future generations, making a significant impact on society as a whole. Understanding generativity in this context helps illustrate how humans are motivated not only by self-interest but also by a profound commitment to the welfare of others, which is central to community and societal development. Other terms, while related to altruistic behavior, do not encapsulate the broader notion of generativity in the same way.

**10. What condition results from the heart's inability to effectively pump blood, leading to fluid buildup?**

- A. Heart attack**
- B. Congestive heart failure**
- C. Aortic stenosis**
- D. Arrhythmia**

Congestive heart failure is a condition that occurs when the heart's muscle is unable to pump blood effectively, which can lead to fluid accumulation in the lungs and other parts of the body. This ineffective pumping action means that the heart cannot meet the body's demands for blood and oxygen, which can cause symptoms such as shortness of breath, fatigue, and swelling in the legs and abdomen. The underlying mechanisms might involve either a weakening of the heart muscle due to damage (such as from a heart attack) or a stiffening of the heart which can prevent it from filling with enough blood. In both scenarios, the result is a failure to maintain proper circulation and fluid balance, leading to congestion in various body tissues. Understanding this condition helps clarify its distinction from other heart issues. For instance, a heart attack refers to a blockage of blood flow to the heart muscle, damaging it and potentially resulting in heart failure, but it is not synonymous with congestive heart failure itself. Similarly, aortic stenosis involves the narrowing of the aortic valve, which can complicate heart function but is a specific structural issue rather than a broad term for the heart's pumping ability. Arrhythmia represents irregular heartbeats that may or may not affect heart efficiency, yet

## 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](mailto: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!**

SAMPLE