

ENERGY BALANCES AND WEIGHT MANAGEMENT PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://energybalancesweightmgmt.examzify.com>



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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. True or False: Waist circumference is a more accurate assessment of obesity compared to BMI.**
 - A. True
 - B. False
 - C. Depends on age
 - D. Depends on gender
- 2. What is a potential risk for post-surgery patients?**
 - A. Increased risk of infections
 - B. Increased risk of systemic complications
 - C. Increased risk of food intolerances
 - D. Increased risk of weight gain
- 3. Which substance can be converted to glucose when blood glucose levels fall?**
 - A. Fats
 - B. Proteins
 - C. Vitamins
 - D. Minerals
- 4. Which eating disorder is characterized by a pattern of binge eating and purging?**
 - A. Anorexia nervosa
 - B. Pica
 - C. Bulimia nervosa
 - D. Bed (Binge Eating Disorder)
- 5. How does social support facilitate weight management?**
 - A. By providing financial aid for healthy foods
 - B. By offering motivation and accountability
 - C. By enabling competition among peers
 - D. By replacing the need for personal commitment

- 6. Vitamin D deficiency may affect which nutritional aspect in patients after gastro-surgery?**
- A. Calcium absorption
 - B. Protein metabolism
 - C. Carbohydrate digestion
 - D. Fat storage
- 7. What kind of screenings should be performed at every appointment for a patient who just had gastric surgery?**
- A. Only visual examinations
 - B. Intraoral and extraoral screenings for lesions
 - C. Blood pressure checks
 - D. Initial intake interviews
- 8. Younger populations with overall and abdominal obesity typically show increased levels of what?**
- A. Cardiovascular health
 - B. Muscle mass
 - C. Periodontal disease
 - D. Metabolic rate
- 9. What effect does insufficient sleep have on weight management?**
- A. It decreases overall energy levels
 - B. It has no noticeable impact
 - C. It increases hunger and disrupts appetite-regulating hormones
 - D. It improves mental well-being and reduces cravings
- 10. Which of the following factors can alter hormone levels during weight management?**
- A. Hydration levels
 - B. Metabolic rate
 - C. Caloric intake
 - D. All of the above

Answers

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

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Explanations

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1. True or False: Waist circumference is a more accurate assessment of obesity compared to BMI.

A. True

B. False

C. Depends on age

D. Depends on gender

Waist circumference is indeed recognized as a more accurate assessment of obesity for certain health-related factors compared to Body Mass Index (BMI). While BMI is a useful screening tool that evaluates an individual's weight in relation to their height, it does not account for the distribution of body fat. Waist circumference specifically measures abdominal fat, which is a key indicator of visceral fat accumulation that is linked to increased health risks, such as cardiovascular disease and type 2 diabetes. Research has shown that abdominal fat can be a more significant predictor of health risks than overall body weight or BMI alone. For example, individuals with a normal BMI but a high waist circumference may still be at risk for obesity-related complications. This makes waist circumference an essential measurement to consider, especially when evaluating health risks associated with obesity. In summary, waist circumference provides a more nuanced view of an individual's health status by focusing on fat distribution rather than simply weight and height, making it a valuable tool in obesity assessment.

2. What is a potential risk for post-surgery patients?

A. Increased risk of infections

B. Increased risk of systemic complications

C. Increased risk of food intolerances

D. Increased risk of weight gain

The selection of increased risk of systemic complications as the correct response is well-founded, as post-surgery patients often experience alterations in bodily functions and resilience. Surgery can lead to a range of physiological changes, including inflammation, stress responses, and potential impacts on the immune system. After undergoing surgery, patients can be susceptible to systemic complications such as respiratory issues, blood clots, and cardiovascular problems. These complications can arise due to factors like reduced mobility, the body's response to trauma, and alterations in fluid balance. While increased risk of infections, food intolerances, and weight gain are also valid concerns in a post-surgery context, the systemic complications are often broader and can affect multiple organ systems, creating a more comprehensive concern for patient health immediately following surgical procedures. Therefore, focusing on the systemic response to surgery encapsulates a key risk faced by these patients.

3. Which substance can be converted to glucose when blood glucose levels fall?

- A. Fats
- B. Proteins**
- C. Vitamins
- D. Minerals

The correct choice is proteins because they contain amino acids, some of which can be converted into glucose through a process called gluconeogenesis. This process primarily takes place in the liver and allows the body to maintain blood glucose levels during times of fasting or low carbohydrate intake. When blood glucose levels fall, the body can draw on amino acids derived from the breakdown of proteins to synthesize glucose, ensuring a consistent energy supply for vital functions. Fats, while they can be converted into energy, do not form glucose directly and are instead broken down into fatty acids and glycerol. Vitamins and minerals play crucial roles in metabolic processes and overall health but do not provide a direct source of glucose when blood sugar levels drop. Therefore, proteins are the primary macronutrient that can be converted to glucose in response to decreased blood glucose levels.

4. Which eating disorder is characterized by a pattern of binge eating and purging?

- A. Anorexia nervosa
- B. Pica
- C. Bulimia nervosa**
- D. Bed (Binge Eating Disorder)

The eating disorder characterized by a pattern of binge eating followed by purging is Bulimia nervosa. Individuals with this disorder often engage in episodes of consuming large quantities of food in a short period (bingeing) and then attempt to compensate for this behavior through unhealthy mechanisms like self-induced vomiting, excessive exercise, or misuse of laxatives (purging). This cycle can be driven by feelings of loss of control around food and an intense concern about body weight and shape. In contrast, anorexia nervosa involves extreme restriction of food intake and a fear of gaining weight, rather than binge eating. Pica refers to the consumption of non-food substances and is not related to bingeing or purging behaviors. Binge Eating Disorder (BED) involves binge eating without the compensatory behaviors seen in Bulimia nervosa. Thus, Bulimia nervosa uniquely encompasses both the bingeing and purging cycles, making it the correct answer.

5. How does social support facilitate weight management?

- A. By providing financial aid for healthy foods
- B. By offering motivation and accountability**
- C. By enabling competition among peers
- D. By replacing the need for personal commitment

Social support is a crucial element in the process of weight management, as it significantly enhances an individual's motivation and accountability. When someone has a support system—such as friends, family, or even a community—they are more likely to stay committed to their weight management goals. This support can come in various forms, such as encouragement to stick to a diet, participating in physical activities together, or simply holding each other accountable for eating habits and exercise routines. Having people to share experiences with can also help reduce feelings of isolation that might arise during the challenges of weight loss. This sense of community creates an environment where individuals feel understood and supported, which can bolster their perseverance and resilience in the face of setbacks. Consequently, the presence of social support can lead to more sustainable and successful weight management outcomes. Other options may suggest benefits related to resources or competition, but they do not intrinsically address the emotional and psychological reinforcement that social support provides, which is vital for maintaining long-term changes in behavior.

6. Vitamin D deficiency may affect which nutritional aspect in patients after gastro-surgery?

- A. Calcium absorption**
- B. Protein metabolism
- C. Carbohydrate digestion
- D. Fat storage

Vitamin D plays a crucial role in calcium absorption in the body. After gastro-surgery, patients often experience changes in their digestive system that can affect nutrient absorption, particularly for fat-soluble vitamins like vitamin D. Adequate levels of vitamin D are necessary for the intestine to effectively absorb calcium from the diet. Therefore, a deficiency in vitamin D can lead to decreased calcium absorption, which is particularly concerning for post-surgical patients who may already be at risk for deficiencies due to altered digestive anatomy and functions. This context highlights how important it is for gastro-surgery patients to monitor not only their vitamin D levels but also their calcium intake to ensure they maintain bone health and prevent potential complications like osteoporosis. Understanding this relationship helps in managing the nutritional needs of patients recovering from gastro-surgery effectively.

7. What kind of screenings should be performed at every appointment for a patient who just had gastric surgery?

- A. Only visual examinations
- B. Intraoral and extraoral screenings for lesions**
- C. Blood pressure checks
- D. Initial intake interviews

The appropriate choice involves conducting intraoral and extraoral screenings for lesions at every appointment for a patient who has recently undergone gastric surgery. This is essential because patients after gastric surgery may experience various changes in their oral and overall health due to alterations in their nutrition and metabolism. Regular screenings allow for the early detection of any potential lesions, infections, or other complications that can arise from dietary changes or surgical impacts on the body. Monitoring these areas is critical not just for the patient's oral health, but also for their overall well-being since lesions may indicate nutritional deficiencies or other health concerns post-surgery. Other options such as only performing visual examinations, checking blood pressure, or conducting initial intake interviews do not specifically address the unique needs of post-gastric surgery patients. While visual examinations might include some aspects of intraoral and extraoral assessments, they may not be comprehensive. Blood pressure checks and intake interviews are important, but they do not provide the specific focus on oral health that is crucial after such surgery. Therefore, the choice to prioritize intraoral and extraoral screenings effectively addresses the comprehensive care necessary for these patients.

8. Younger populations with overall and abdominal obesity typically show increased levels of what?

- A. Cardiovascular health
- B. Muscle mass
- C. Periodontal disease**
- D. Metabolic rate

Younger populations with overall and abdominal obesity typically show increased levels of periodontal disease. This correlation can be attributed to several factors. Obesity often leads to systemic inflammation, and individuals with obesity may have poorer oral hygiene, which can exacerbate dental issues. The increased levels of fat tissue can also produce inflammatory markers that contribute to gum disease. Inflammation is a key factor in the development of periodontal disease, and thus those with obesity may be at a higher risk for these oral health issues. The link between obesity and periodontal disease underscores the importance of addressing obesity not just for physical health but also for maintaining oral health. Managing weight through proper diet and exercise can help mitigate these risks and improve overall health outcomes.

9. What effect does insufficient sleep have on weight management?

- A. It decreases overall energy levels
- B. It has no noticeable impact
- C. It increases hunger and disrupts appetite-regulating hormones**
- D. It improves mental well-being and reduces cravings

Insufficient sleep significantly impacts weight management by increasing hunger and disrupting appetite-regulating hormones. When a person does not get enough sleep, the body experiences alterations in the hormones responsible for appetite control, such as leptin and ghrelin. Leptin, which signals fullness, tends to decrease, while ghrelin, which stimulates hunger, increases. This hormonal imbalance often leads to increased feelings of hunger and cravings, particularly for high-calorie or high-carbohydrate foods, making it challenging to maintain a healthy weight. Additionally, lack of sleep can affect metabolic processes, leading to reduced energy expenditure and a potential increase in body fat over time. Thus, the cumulative effect of these hormonal changes and metabolic impacts can hinder effective weight management, resulting in weight gain or difficulty in losing weight. Understanding the connection between sleep and appetite regulation highlights the importance of adequate sleep as a critical component of weight management strategies.

10. Which of the following factors can alter hormone levels during weight management?

- A. Hydration levels
- B. Metabolic rate
- C. Caloric intake
- D. All of the above**

All of the factors listed—hydration levels, metabolic rate, and caloric intake—play significant roles in altering hormone levels during weight management. Hydration levels can impact various physiological processes, including hormone production and regulation. For example, dehydration can lead to increased levels of hormones like cortisol, which can affect metabolism and appetite regulation. Metabolic rate is crucial as it determines how the body uses energy. Changes in metabolic rate can influence hormones such as leptin and ghrelin, which are involved in hunger and satiety signals. When someone loses or gains weight, their metabolic rate can change, subsequently affecting these hormones. Caloric intake directly impacts energy balance, which in turn influences hormonal levels. A significant change in caloric intake—either an increase or decrease—can lead to shifts in insulin sensitivity, leptin levels, and other hormones that regulate metabolism and appetite. Considering these factors collectively is essential for weight management strategies, as they all interplay to regulate how hormones function in the context of body weight and energy balance. Thus, the answer that includes all these elements is comprehensive and accurate.

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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