

Fellowship of the Higher Education Academy (FHEA) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. What is the main risk associated with Metformin in patients with a GFR less than 45 mL/min/1.73 m²?**
 - A. Hypokalemia**
 - B. Worsening renal function**
 - C. Lactic acidosis**
 - D. Hypocalcemia**

- 2. What is a common symptom in increased intracranial pressure?**
 - A. Severe bilateral headaches**
 - B. Localized headache behind the eye**
 - C. Altered mental status**
 - D. Throbbing pain with nausea**

- 3. Which assessment type provides ongoing insights into student understanding?**
 - A. Summative assessment**
 - B. Formative assessment**
 - C. Diagnostic assessment**
 - D. Norm-referenced assessment**

- 4. When prescribing levothyroxine therapy for the elderly, which statement is true?**
 - A. The dose needed by the elderly is higher than younger adults**
 - B. Rapid initiation of therapy is recommended**
 - C. TSH should be suppressed to a non-detectable level**
 - D. Presentation of thyroxine excess may include worsening angina symptoms**

- 5. Why is engagement with research important for higher education educators?**
 - A. It hinders the teaching process**
 - B. It informs teaching practices and enhances the academic rigor of courses**
 - C. It distracts from student interaction**
 - D. It focuses solely on theory without practical application**

- 6. What is the function of the cranial nerve III?**
- A. Ocular movement**
 - B. Facial sensation**
 - C. Smell**
 - D. Hearing**
- 7. Which of the following is an exception to normal physiologic changes that occur with aging?**
- A. Decrease in muscle mass**
 - B. Decrease in total body water**
 - C. Increase in gastric pH**
 - D. Increase in serum albumin**
- 8. What condition can be related to the long-term use of thiazide diuretics in older patients?**
- A. Hypernatremia**
 - B. Hypertensions**
 - C. Hypokalemia**
 - D. Hyperglycemia**
- 9. What is the significance of setting clear expectations for students in a course?**
- A. It helps orient students regarding course objectives and assessment criteria**
 - B. It discourages independent thinking among students**
 - C. It creates unnecessary pressure on students**
 - D. It has little impact on student engagement**
- 10. Which of the following is a benefit of interdisciplinary teaching in higher education?**
- A. It restricts learning to particular disciplines**
 - B. It enhances understanding by integrating diverse perspectives**
 - C. It complicates the curriculum for students**
 - D. It reduces collaboration among faculty**

Answers

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

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Explanations

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1. What is the main risk associated with Metformin in patients with a GFR less than 45 mL/min/1.73 m²?

- A. Hypokalemia**
- B. Worsening renal function**
- C. Lactic acidosis**
- D. Hypocalcemia**

Lactic acidosis is a significant risk associated with the use of Metformin in patients who have a glomerular filtration rate (GFR) of less than 45 mL/min/1.73 m². Metformin is primarily eliminated by the kidneys, and impaired renal function can lead to an accumulation of the drug in the body. When Metformin levels rise excessively, there is an increased risk of lactic acidosis due to the drug's mechanism of action, which can contribute to lactate production and interfere with lactate clearance. Patients with decreased renal function may have difficulty excreting lactate, further exacerbating the situation. This condition is serious and can be life-threatening, with symptoms that include hyperventilation, abdominal pain, and altered mental status. Due to these risks, it is crucial for healthcare providers to monitor kidney function regularly and to be cautious with Metformin prescription in these populations, often recommending alternative treatments when GFR falls below a certain threshold. In contrast, while worsening renal function, hypokalemia, and hypocalcemia can be concerns in various clinical scenarios, they are not the primary risks directly associated with the use of Metformin at reduced GFR levels.

2. What is a common symptom in increased intracranial pressure?

- A. Severe bilateral headaches**
- B. Localized headache behind the eye**
- C. Altered mental status**
- D. Throbbing pain with nausea**

Increased intracranial pressure (ICP) can lead to a variety of symptoms, one of the most significant being altered mental status. When pressure within the skull rises, it can affect the brain's ability to function normally. This can manifest as confusion, decreased responsiveness, disorientation, or other changes in consciousness. The brain is highly sensitive to changes in pressure, and as ICP increases, it can lead to a reduction in cerebral blood flow, resulting in these cognitive disturbances. While other symptoms such as severe headaches can also be present with increased ICP, altered mental status is particularly important as it indicates a direct impact on the brain's functionality and requires urgent medical attention. Understanding these symptoms helps in the timely diagnosis and management of conditions associated with increased intracranial pressure, making it crucial for healthcare professionals to recognize them.

3. Which assessment type provides ongoing insights into student understanding?

- A. Summative assessment
- B. Formative assessment**
- C. Diagnostic assessment
- D. Norm-referenced assessment

Formative assessment is aimed at gauging student understanding throughout the learning process rather than at the end of an instructional unit. It involves a variety of feedback mechanisms, such as quizzes, discussions, peer assessments, and observational techniques, which can be used to identify students' strengths and weaknesses in real time. This ongoing interaction allows educators to adjust their teaching strategies and provide support as needed, fostering a more responsive learning environment. Unlike summative assessments, which evaluate student learning after a unit has been completed and mainly focus on outcomes, formative assessments emphasize the learning process itself. Diagnostic assessments serve to identify specific areas of knowledge and skills before instruction begins, while norm-referenced assessments compare student performance against a norm group and do not focus on ongoing insights. Therefore, formative assessment stands out for its capacity to provide continuous feedback that enhances learning by informing both students and instructors.

4. When prescribing levothyroxine therapy for the elderly, which statement is true?

- A. The dose needed by the elderly is higher than younger adults
- B. Rapid initiation of therapy is recommended
- C. TSH should be suppressed to a non-detectable level
- D. Presentation of thyroxine excess may include worsening angina symptoms**

The choice stating that "presentation of thyroxine excess may include worsening angina symptoms" is accurate because levothyroxine, a synthetic form of the thyroid hormone thyroxine (T4), can lead to symptoms of hyperthyroidism if administered in excess. In elderly patients, especially those with pre-existing cardiovascular conditions, such as angina or coronary artery disease, even mild excess of thyroid hormone can exacerbate these conditions. This is due to the increased metabolic demand and enhanced cardiac output associated with elevated thyroid hormone levels, which can lead to increased heart rate, palpitations, and chest pain. Therefore, it is crucial to monitor elderly patients closely when initiating levothyroxine therapy and adjust dosage carefully to avoid complications such as worsening angina. This highlights the need for cautious treatment approaches tailored to the elderly population.

5. Why is engagement with research important for higher education educators?

- A. It hinders the teaching process
- B. It informs teaching practices and enhances the academic rigor of courses**
- C. It distracts from student interaction
- D. It focuses solely on theory without practical application

Engagement with research is critical for higher education educators as it informs teaching practices and enhances the academic rigor of courses. When educators engage with current research, they stay up-to-date with the latest advancements in their field, which allows them to incorporate new knowledge and methodologies into their teaching. This practice not only enriches the learning environment for students but also fosters critical thinking and innovation within the curriculum. By grounding their teaching in evidence-based practices, educators can improve their instructional strategies and adapt their pedagogical approaches based on what has been shown to be effective in the literature. This commitment to integrating research into teaching ensures that courses are relevant and intellectually challenging, which can lead to improved student outcomes and a deeper understanding of the subject matter. In contrast to the other options, engagement with research does not hinder the teaching process, distract from student interaction, or focus solely on theory without practical application. Instead, it actively supports and enhances the educational experience by linking theory with practice and promoting a dynamic learning environment.

6. What is the function of the cranial nerve III?

- A. Ocular movement**
- B. Facial sensation
- C. Smell
- D. Hearing

The function of cranial nerve III, also known as the oculomotor nerve, is primarily related to ocular movement. It plays a crucial role in controlling several eye muscles, which are responsible for various eye movements such as looking up, down, and inward. Additionally, cranial nerve III is involved in controlling the muscles that adjust the size of the pupil and the shape of the lens for focusing. This means that its role goes beyond just moving the eyes; it also contributes significantly to visual acuity and light regulation. While cranial nerve III is involved in functions essential for vision, the other options pertain to different cranial nerves: facial sensation is primarily linked to cranial nerve V (trigeminal nerve), smell is associated with cranial nerve I (olfactory nerve), and hearing involves cranial nerve VIII (vestibulocochlear nerve). Therefore, understanding the specific role of cranial nerve III in eye movement enhances the overall comprehension of cranial nerve functions in the human body.

7. Which of the following is an exception to normal physiologic changes that occur with aging?

- A. Decrease in muscle mass**
- B. Decrease in total body water**
- C. Increase in gastric pH**
- D. Increase in serum albumin**

The option referring to an increase in serum albumin is recognized as an exception to the typical physiological changes that occur with aging. As individuals age, there is generally a decrease in the production of serum proteins, including albumin, which can lead to lower levels of serum albumin in the bloodstream. This decrease is associated with various age-related physiological changes such as diminished liver function and changes in body composition. In contrast, the other options listed represent normal physiological changes commonly observed in aging individuals. A decrease in muscle mass, for example, is a widely acknowledged occurrence known as sarcopenia, where muscle tissue diminishes over time, impacting strength and mobility. A decrease in total body water also typically occurs, as older adults generally have a lower percentage of water in their bodies due to changes in body composition and renal function. Furthermore, an increase in gastric pH is common due to a reduction in gastric acid production, which can affect digestion and nutrient absorption. Therefore, the assertion that serum albumin increases with age distinctly deviates from the expected physiological trends, making it the correct answer in identifying an exception to the normal changes associated with aging.

8. What condition can be related to the long-term use of thiazide diuretics in older patients?

- A. Hypernatremia**
- B. Hypertensions**
- C. Hypokalemia**
- D. Hyperglycemia**

Long-term use of thiazide diuretics in older patients is commonly associated with hypokalemia, which is a condition characterized by low levels of potassium in the blood. Thiazide diuretics function by inhibiting sodium reabsorption in the distal convoluted tubule of the nephron, which not only promotes the excretion of sodium and chloride but also often leads to the loss of potassium. This potassium wasting can result in electrolyte imbalances over time, particularly in older individuals who may already have a diminished ability to manage electrolyte levels due to age-related physiological changes or concomitant health issues. Since potassium plays critical roles in various bodily functions, including muscle contractions and nerve signaling, the risk of hypokalemia can lead to symptoms such as muscle weakness, cramps, and arrhythmias. Therefore, close monitoring and potentially potassium supplementation or dietary adjustments may be necessary when prescribing thiazide diuretics for chronic use, especially in populations that are more vulnerable to electrolyte disturbances, like older patients.

9. What is the significance of setting clear expectations for students in a course?

- A. It helps orient students regarding course objectives and assessment criteria**
- B. It discourages independent thinking among students**
- C. It creates unnecessary pressure on students**
- D. It has little impact on student engagement**

Setting clear expectations for students in a course plays a crucial role in their learning journey. When students understand the course objectives and assessment criteria, it provides a framework for what is expected of them throughout the course. This clarity helps to orient students, allowing them to focus their efforts on the key goals of the course, and understand how their performance will be evaluated. Clear expectations enable students to engage more effectively. They can manage their study time, seek assistance when necessary, and work towards achieving specific outcomes. This understanding fosters a sense of ownership over their learning as they are aware of the benchmarks they need to meet. Moreover, clear objectives can act as motivational tools, guiding students toward achieving both academic and personal growth. In contrast, options that suggest discouraging independent thinking, creating unnecessary pressure, or having a negligible impact on student engagement do not capture the importance of clarity in expectations, which primarily serves to empower students and enhance their educational experience. The ability to align individual efforts with defined course objectives ultimately supports a more engaging and successful learning environment.

10. Which of the following is a benefit of interdisciplinary teaching in higher education?

- A. It restricts learning to particular disciplines**
- B. It enhances understanding by integrating diverse perspectives**
- C. It complicates the curriculum for students**
- D. It reduces collaboration among faculty**

Interdisciplinary teaching in higher education greatly enhances understanding by integrating diverse perspectives. This approach allows students to connect concepts, theories, and methodologies from different disciplines. By exposing learners to multiple viewpoints, they are better equipped to analyze complex issues, think critically, and develop holistic solutions. For instance, a course that combines insights from both environmental science and economics can provide a more comprehensive view of sustainability challenges, better preparing students for real-world situations. This integration of knowledge promotes deeper learning, encouraging students to apply their understanding in varied contexts. Additionally, it fosters collaboration among students, enabling them to appreciate the interconnectedness of knowledge and address multifaceted problems effectively. Overall, the benefit of enhancing understanding through diverse perspectives is a key strength of interdisciplinary teaching.

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://fellowshiphigheredacademy.examzify.com>

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

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