

Glencoe Health 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. People who talk about death often want to die**
 - A. Myth**
 - B. Rumor**
 - C. Legend**
 - D. Fact**

- 2. Which word describes the final stage in alcoholism?**
 - A. Addiction**
 - B. Tolerance**
 - C. Withdrawal**
 - D. Craving**

- 3. Which term best describes a condition with out-of-control thoughts and possible delusions, along with disorganized thinking?**
 - A. Schizophrenia**
 - B. Panic Disorder**
 - C. Anorexia**
 - D. Bulimia**

- 4. Hardened arteries and decreased blood flow are risks of long-term tobacco use.**
 - A. Hardened arteries and decreased blood flow**
 - B. Increased flexibility of arteries**
 - C. Faster blood flow**
 - D. No effect on arteries**

- 5. Which statement is true about the classification of psychoactive drugs?**
 - A. They are four main types: Stimulants, Depressants, Opiates, Hallucinogens**
 - B. They are three main types: Stimulants, Depressants, Hallucinogens**
 - C. They are five main types: Stimulants, Depressants, Opiates, Hallucinogens, Antibiotics**
 - D. They are not categorized**

- 6. What is hunger?**
- A. A natural physical drive to eat prompted by the body's need for food**
 - B. A desire to try new foods**
 - C. A feeling of fullness**
 - D. Mindful eating**
- 7. Who meets children's and adolescents' behavioral health and learning needs in collaboration with educators and parents?**
- A. School counselor**
 - B. Psychiatrist**
 - C. Clinical psychologist**
 - D. School psychologist**
- 8. Which term best describes a group of disorders characterized by confused and disconnected thoughts, emotions, and perceptions?**
- A. Anxiety**
 - B. Antisocial Disorder**
 - C. Impulse Control Disorder**
 - D. Schizophrenia**
- 9. If a teen studies while using marijuana, it is likely that**
- A. They Might Be More Focused**
 - B. They Will Perform Better on the Test**
 - C. They Might Forget What Was on the Test**
 - D. They Will Not Be Affected at All**
- 10. In FITT, what does T (fitT) stand for?**
- A. Tempo**
 - B. Training load**
 - C. Type of workout**
 - D. Torque**

Answers

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

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Explanations

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1. People who talk about death often want to die

- A. Myth
- B. Rumor
- C. Legend
- D. Fact**

Talking about death is treated as a serious cue that a person may be in distress and could be thinking about self-harm. In health education, there's a real link recognized between discussing death and the presence of suicidal thoughts or intent, so this statement is presented as a fact to emphasize the importance of taking such expressions seriously and responding promptly. It's not saying everyone who mentions death wants to die, but it highlights a risk signal that needs careful attention. If someone talks about death, listen with care, check in about whether they're feeling overwhelmed or considering harming themselves, and guide them to professional help. If there's any immediate danger, seek emergency help right away.

2. Which word describes the final stage in alcoholism?

- A. Addiction**
- B. Tolerance
- C. Withdrawal
- D. Craving

Understanding how alcohol use disorder progresses helps explain why addiction is described as the final stage. Tolerance means you need more alcohol to achieve the same effect. Withdrawal refers to uncomfortable symptoms that occur if you stop drinking after becoming dependent. Craving is a strong, persistent urge to drink. The final stage is addiction, where drinking becomes compulsive and continues despite serious negative consequences. It reflects a long-term pattern of dependence and loss of control, whereas tolerance, withdrawal, and craving are features that can appear earlier in the progression.

3. Which term best describes a condition with out-of-control thoughts and possible delusions, along with disorganized thinking?

- A. Schizophrenia**
- B. Panic Disorder
- C. Anorexia
- D. Bulimia

Out-of-control thoughts and possible delusions, along with disorganized thinking, point to schizophrenia—the condition that features psychotic symptoms such as false beliefs (delusions) and disorganized or incoherent thinking or speech. Panic disorder involves sudden, intense fear and physical symptoms, not persistent delusions or disorganized thinking. Anorexia and bulimia are eating disorders driven by body image concerns and abnormal eating behaviors, not the psychotic symptoms described. So the described pattern best fits schizophrenia.

4. Hardened arteries and decreased blood flow are risks of long-term tobacco use.

A. Hardened arteries and decreased blood flow

B. Increased flexibility of arteries

C. Faster blood flow

D. No effect on arteries

Long-term tobacco use damages blood vessels by promoting atherosclerosis, where plaque builds up inside arteries. This makes the vessels stiff and narrower, reducing the space available for blood to flow and leading to decreased blood flow. Nicotine also raises heart rate and blood pressure, adding stress to the arteries, but the lasting vascular change is the reduced flow caused by narrowed, less flexible arteries. The described risk—hardened arteries with decreased blood flow—matches what smoking does to the cardiovascular system. The other ideas don't fit: increased artery flexibility would be the opposite of what tobacco causes; faster blood flow isn't the typical long-term result of smoking; and saying there's no effect on arteries ignores the well-established vascular damage from tobacco.

5. Which statement is true about the classification of psychoactive drugs?

A. They are four main types: Stimulants, Depressants, Opiates, Hallucinogens

B. They are three main types: Stimulants, Depressants, Hallucinogens

C. They are five main types: Stimulants, Depressants, Opiates, Hallucinogens, Antibiotics

D. They are not categorized

Psychoactive drugs are commonly grouped by how they affect the brain and behavior. The four main groups describe different effects: stimulants boost alertness and energy; depressants slow brain activity; hallucinogens alter perception; opiates relieve pain and can produce euphoria. This four-group framework explains why listing four main types is true. The other options miss a category, include something that isn't a psychoactive drug (antibiotics), or say there's no classification at all. So this answer best reflects how these drugs are usually categorized.

6. What is hunger?

- A. A natural physical drive to eat prompted by the body's need for food**
- B. A desire to try new foods**
- C. A feeling of fullness**
- D. Mindful eating**

Hunger is a natural physical drive to eat prompted by the body's need for food. When energy stores are low, the body releases signals—such as hormonal changes and stomach contractions—that alert the brain to seek and consume fuel. This is a bodily cue tied to energy balance, not just a wish or thought. This differs from appetite, which is the desire to eat driven by taste, mood, or variety rather than a true energy need. It also isn't fullness, which is the feeling that comes after eating when the stomach is stretched and signals reduce hunger. Mindful eating, meanwhile, is about paying attention to those hunger and fullness signals and choosing when to eat based on them, rather than reacting automatically. So the best description of hunger is the natural physical drive to eat prompted by the body's need for food.

7. Who meets children's and adolescents' behavioral health and learning needs in collaboration with educators and parents?

- A. School counselor**
- B. Psychiatrist**
- C. Clinical psychologist**
- D. School psychologist**

The key idea is the professional who is specifically positioned to address both how a child learns and how they behave within the school, while actively partnering with teachers and families. A school psychologist is trained to assess learning and behavior in the educational context, interpret psychoeducational testing, and design and monitor interventions that support both academic performance and mental health. They regularly collaborate with educators to adapt instruction and with parents to implement strategies at home, often helping to develop and oversee IEPs or 504 plans. While other roles contribute to student well-being and guidance, the school psychologist uniquely combines assessment, intervention, and collaborative planning inside the school, central to meeting these behavioral health and learning needs together with educators and parents.

8. Which term best describes a group of disorders characterized by confused and disconnected thoughts, emotions, and perceptions?

- A. Anxiety
- B. Antisocial Disorder
- C. Impulse Control Disorder
- D. Schizophrenia**

Think about a set of mental health conditions where thoughts, feelings, and perceptions become fragmented or out of touch with reality. The best fit here is schizophrenia, a psychotic disorder characterized by disorganized thinking, disturbances in perception such as hallucinations, and often delusions, as well as reduced emotional expression or motivation. This description—confused, disconnected thoughts and experiences—maps directly to the hallmark features of schizophrenia. Other options describe different issues: anxiety centers on excessive worry, antisocial personality disorder involves patterns of disregard for others, and impulse control disorders focus on problems with inhibiting impulses, none of which primarily involve disorganized thinking or perceptual disturbances.

9. If a teen studies while using marijuana, it is likely that

- A. They Might Be More Focused
- B. They Will Perform Better on the Test
- C. They Might Forget What Was on the Test**
- D. They Will Not Be Affected at All

When a teen studies while using marijuana, their ability to encode and later retrieve information is disrupted. THC can impair short-term memory and concentration, so even material that was studied may not be stored efficiently or recalled accurately during a test. Teen brains are especially vulnerable to these effects, making memory retrieval during testing more likely to falter. That's why the outcome most consistent with studying under the influence is that they might forget what was on the test. In contrast, marijuana typically doesn't sharpen focus or improve test performance; it often speeds up distractibility and slows processing, and it wouldn't leave someone unaffected since cognitive effects are common.

10. In FITT, what does T (fitT) stand for?

- A. Tempo
- B. Training load
- C. Type of workout**
- D. Torque

The T in FITT here refers to Type—the kind of workout you choose. FITT breaks down into Frequency (how often you train), Intensity (how hard you work), Time (how long each session lasts), and Type (the modality of the exercise, like running, cycling, weight training, or yoga). So selecting the Type tells you what category of activity you'll perform, which shapes the adaptations you'll get and helps balance a program. The other T in FITT is Time, which is simply the duration of each session, not the kind of exercise. Tempo, training load, and torque aren't part of this acronym, so they aren't what the T stands for.

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://glencoehealth.examzify.com>

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

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