

GLENCOE HEALTH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Which statement correctly describes the epidermis?**
 - A. It is the outer, thinner layer of the skin composed of living and dead skin cells.
 - B. It contains blood vessels and nerves.
 - C. It stores fat.
 - D. It is the deepest layer of skin.
- 2. Which statement best describes the auditory ossicle?**
 - A. The outer ear cartilage
 - B. The nerve that carries sound to the brain
 - C. The small bones in the middle ear that transmit sound
 - D. The outer ear canal
- 3. Which term best describes a condition where individuals fail to conform to social norms, disregard rights of others, and show lack of remorse?**
 - A. Anxiety
 - B. Panic Disorder
 - C. Antisocial Disorder
 - D. PTSD
- 4. Addiction is the final stage in the development of alcoholism.**
 - A. Addiction
 - B. Withdrawal
 - C. Tolerance
 - D. Craving
- 5. Which statement best describes anaerobic exercise?**
 - A. Intense, short bursts of energy
 - B. Rhythmic activities using large muscle groups for an extended period
 - C. Exert resistance with no movement
 - D. Combine movement of joints with contractions
- 6. Which type of conversation is recommended as part of suicide prevention?**
 - A. A strict disciplinary talk
 - B. A meaningful conversation
 - C. A medical exam
 - D. A group outing

- 7. Tears moving across the eye during blinking primarily serve to**
- A. Help you see in the dark
 - B. Lubricate the eye
 - C. Moisten and clean the eye
 - D. Aid in tear production
- 8. The small bones that connect the eardrum to the inner ear are collectively known as what?**
- A. The outer ear cartilage
 - B. The nerve that carries sound to the brain
 - C. Auditory ossicle
 - D. A bone in the jaw
- 9. The term for a drug that increases the action of the central nervous system, the heart, and other organs is?**
- A. Addictive drug
 - B. Stimulant
 - C. Nicotine
 - D. Carcinogen
- 10. Cognitive therapy is a type of psychotherapy in which negative patterns of thought about the self and the world are challenged in order to alter unwanted behavior patterns or treat mood disorders such as depression. Which therapy challenges negative patterns of thought to treat mood disorders?**
- A. Behavior therapy
 - B. Cognitive therapy
 - C. Psychoanalysis
 - D. Humanistic therapy

Answers

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

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Explanations

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1. Which statement correctly describes the epidermis?

- A. It is the outer, thinner layer of the skin composed of living and dead skin cells.
- B. It contains blood vessels and nerves.
- C. It stores fat.
- D. It is the deepest layer of skin.

The epidermis is the outer, thinner layer of the skin that is made up of living and dead skin cells. It forms the protective barrier that shields the body from environmental damage and water loss. The cells at the base are alive and divide to replenish the surface; as they move outward, they flatten and die, becoming the dead, keratin-filled cells you see on the skin's surface. The epidermis has no blood vessels—nutrients reach it from the underlying dermis. Fat storage, meanwhile, happens in the deeper hypodermis (subcutaneous tissue) beneath the dermis. The deepest skin layer is the dermis, which contains blood vessels, nerves, hair follicles, and glands. So the description of the epidermis as the outer, thinner layer composed of living and dead skin cells is the best match.

2. Which statement best describes the auditory ossicle?

- A. The outer ear cartilage
- B. The nerve that carries sound to the brain
- C. The small bones in the middle ear that transmit sound
- D. The outer ear canal

The auditory ossicles are the small bones in the middle ear that transmit sound. They form a tiny lever chain—the hammer, anvil, and stirrup—that moves vibrations from the eardrum to the inner ear's oval window. This transmission also helps match the air vibrations to the fluid-filled inner ear, ensuring efficient hearing. The outer ear cartilage and outer ear canal belong to the external ear, and the nerve that carries sound to the brain is the auditory nerve, not a bone.

3. Which term best describes a condition where individuals fail to conform to social norms, disregard rights of others, and show lack of remorse?

- A. Anxiety
- B. Panic Disorder
- C. Antisocial Disorder
- D. PTSD

Antisocial personality disorder describes a pervasive pattern of disregard for the rights of others and a lack of remorse, along with violating social norms. The described behavior—consistently failing to conform to norms, ignoring others' rights, and showing little or no remorse—matches this pattern in adults and often begins in childhood or adolescence with conduct problems that persist into adulthood. This is different from anxiety-related conditions or PTSD, whose core features involve fear, trauma responses, or hyperarousal rather than a repeated pattern of harming others without remorse.

4. Addiction is the final stage in the development of alcoholism.

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

Understanding how alcoholism progresses helps explain why addiction is described as the final stage. Tolerance is when a person needs larger amounts of alcohol to achieve the same effect. Withdrawal occurs when alcohol isn't used, producing physical discomfort. Craving is the strong, ongoing urge to drink. The final stage, addiction, is characterized by a compulsive pattern of drinking and a loss of control, with the person continuing to drink despite negative consequences. This stage reflects deeper biological and psychological changes that make stopping difficult, marking the end point of the progression. The other terms describe important parts of dependence, but they don't on their own denote the chronic, uncontrollable behavior that addiction represents.

5. Which statement best describes anaerobic exercise?

- A. Intense, short bursts of energy
- B. Rhythmic activities using large muscle groups for an extended period
- C. Exert resistance with no movement
- D. Combine movement of joints with contractions

Anaerobic exercise is characterized by high-intensity effort performed in short bursts. During these efforts the body can't supply oxygen quickly enough to meet the energy demand, so it relies on stored energy sources like ATP and creatine phosphate and then quickly uses glycolysis to generate more energy. That rapid, powerful work lasts only a short time—usually seconds to a couple of minutes—before fatigue sets in. This is why "intense, short bursts of energy" best describes anaerobic exercise. The other statements refer to different types of activity: sustained rhythmic movements are typical of aerobic endurance; exerting resistance with no movement describes isometric work; and combining joint movement with contractions describes dynamic resistance.

6. Which type of conversation is recommended as part of suicide prevention?

- A. A strict disciplinary talk
- B. A meaningful conversation
- C. A medical exam
- D. A group outing

A meaningful, open conversation is a powerful protective step in suicide prevention. It gives the person a chance to express distress, feel heard, and know they're not alone. In this kind of talk you listen attentively, show empathy, validate their emotions, and ask direct but compassionate questions about whether they're thinking about harming themselves and what they need to stay safe. This approach helps build trust and connects them to support resources, increasing the likelihood they'll seek help and stay safer. In contrast, a strict disciplinary talk can shut down sharing and erode trust. A medical exam centers on physical health rather than emotional risk, and a group outing, while beneficial for social connection, doesn't address the immediate risk or establish a safety plan.

7. Tears moving across the eye during blinking primarily serve to

- A. Help you see in the dark
- B. Lubricate the eye
- C. Moisten and clean the eye**
- D. Aid in tear production

Tears moving across the eye during blinking mainly serve to moisten and clean the eye. Blinking spreads a tear film over the surface, keeping the cornea hydrated and lubricated, while also washing away dust and debris. This creates a smooth, clear surface for comfortable blinking and good vision. Lubrication is part of this process, but the key outcome of tear movement in blinking is maintaining moisture and cleanliness. Tears aren't produced by blinking themselves; tear production comes from the lacrimal glands, and blinking simply distributes what's already there to protect and tidy the eye.

8. The small bones that connect the eardrum to the inner ear are collectively known as what?

- A. The outer ear cartilage
- B. The nerve that carries sound to the brain
- C. Auditory ossicle**
- D. A bone in the jaw

How the middle ear transmits sound from the eardrum to the inner ear is being tested. The tiny bones in the middle ear—the hammer, anvil, and stirrup—form a chain known collectively as the auditory ossicles. When the eardrum vibrates, these bones move in sequence, passing the motion to the oval window of the inner ear. This lever-like system boosts the sound's pressure so it can move the fluid in the inner ear efficiently. The other options aren't involved in this transmission: outer ear cartilage is part of the external ear, a nerve carries signals to the brain, and a jaw bone is unrelated. So the correct term for these bones as a group is the auditory ossicles.

9. The term for a drug that increases the action of the central nervous system, the heart, and other organs is?

- A. Addictive drug
- B. Stimulant**
- C. Nicotine
- D. Carcinogen

Stimulant is the term for a drug that increases the action of the central nervous system, the heart, and other parts of the body. By boosting nerve signaling, stimulants raise alertness, energy, and focus, and they often increase heart rate and blood pressure as well. This is why substances like caffeine or nicotine are described as stimulants: they make the body work harder and faster for a period of time. Other ideas aren't describing the general effect: an addictive drug refers to a substance's potential to cause dependence, not what it does to body systems; a carcinogen is any substance that can cause cancer; nicotine is a specific drug that is indeed a stimulant, but the question asks for the broad category that covers this action.

10. Cognitive therapy is a type of psychotherapy in which negative patterns of thought about the self and the world are challenged in order to alter unwanted behavior patterns or treat mood disorders such as depression. Which therapy challenges negative patterns of thought to treat mood disorders?

- A. Behavior therapy
- B. Cognitive therapy**
- C. Psychoanalysis
- D. Humanistic therapy

The central idea is that changing the way we think can alter how we feel and behave, especially in mood disorders like depression. Cognitive therapy targets negative automatic thoughts and cognitive distortions, helping a person identify unhelpful beliefs, test their accuracy, and replace them with more balanced ways of thinking. By restructuring these thought patterns, mood symptoms often lessen and healthier behaviors emerge. Techniques used include thought records, cognitive restructuring, and Socratic questioning to challenge the validity of distressing thoughts. Other approaches focus more on behavior without altering thought content (behavior therapy), explore unconscious roots and past experiences (psychoanalysis), or emphasize personal growth and self-acceptance without explicitly addressing present thought patterns (humanistic therapy). This makes cognitive therapy the best fit for directly addressing negative thinking to treat mood disorders, and it's a core component of cognitive-behavioral therapy used widely for depression.

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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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