

GLENCOE HEALTH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. In FITT, what does T (fitT) stand for?**
 - A. Tempo
 - B. Training load
 - C. Type of workout
 - D. Torque
- 2. Which statement about talking about death is supported by the material?**
 - A. People who talk about death often want to die.
 - B. Talking about death means you will attempt soon.
 - C. Talking about death is a sign you are fine.
 - D. No connection between talking about death and desire to die.
- 3. Which minerals are most important for healthy teeth?**
 - A. Sodium & Potassium
 - B. Phosphorus & Calcium
 - C. Iron & Magnesium
 - D. Fluoride & Zinc
- 4. 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
- 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. Which term best describes Not being able to resist the urge to hurt themselves or others?**
- A. Bulimia
 - B. Anxiety
 - C. Phobia
 - D. Impulse Control Disorder
- 7. Drug therapy**
- A. The use of exercise to treat disease
 - B. The use of psychotherapy to treat disease
 - C. The use of medication to treat disease
 - D. The use of surgical procedures to treat disease
- 8. 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
- 9. Which factor refers to drinking alcohol faster than the liver can break it down?**
- A. Rate of intake
 - B. Amount
 - C. Food
 - D. Medicine
- 10. What does isometric mean?**
- A. Use muscle tension to improve strength with little or no movement.
 - B. Exert resistance against the muscle as it moves through a range of motion.
 - C. Combine movement of the joints with contractions.
 - D. Rhythmic activities over a long time.

Answers

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

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Explanations

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1. 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.

2. Which statement about talking about death is supported by the material?

- A. People who talk about death often want to die.**
- B. Talking about death means you will attempt soon.
- C. Talking about death is a sign you are fine.
- D. No connection between talking about death and desire to die.

Talking about death can be a signal of serious distress and may reflect an underlying wish to die. The material treats discussions about death as a potential warning sign rather than a harmless topic, suggesting that such talk can be connected to suicidal thoughts rather than simply being curiosity or a sign of being okay. Because of this, the statement that people who talk about death often want to die fits the material's emphasis on the risk indicated by verbal expressions about death. The other ideas don't fit as well. Saying talking about death guarantees an imminent attempt is too definite and not something the material asserts. Suggesting that talking about death means you are fine ignores the warning-sign interpretation the text presents. And claiming there's no connection between talking about death and a desire to die contradicts the material's emphasis on the link between discussing death and potential distress. If you or someone you know is expressing thoughts about death, it's important to take it seriously and seek help from a trusted adult or professional.

3. Which minerals are most important for healthy teeth?

- A. Sodium & Potassium
- B. Phosphorus & Calcium**
- C. Iron & Magnesium
- D. Fluoride & Zinc

Teeth are built from mineral crystals, mainly calcium and phosphorus, arranged as hydroxyapatite in enamel and dentin. This mineral matrix gives teeth their hardness and resilience. Calcium provides the density that makes enamel strong, while phosphorus partners with calcium to form the crystal structure that supports rigidity. Because of this direct role in forming tooth structure, calcium and phosphorus are the minerals most closely tied to healthy teeth. A diet that supplies these minerals supports enamel formation and helps with remineralization after acid exposure. Fluoride also helps protect teeth by making enamel more resistant to acid and by aiding remineralization, but it acts as a booster to the existing mineral framework rather than being a primary building block of tooth structure. The other mineral pairs listed (sodium and potassium; iron and magnesium; zinc with fluoride) don't contribute to the main mineral skeleton of teeth in the same fundamental way as calcium and phosphorus.

4. 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.

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. Which term best describes Not being able to resist the urge to hurt themselves or others?

- A. Bulimia
- B. Anxiety
- C. Phobia
- D. Impulse Control Disorder**

When someone cannot resist urges to harm themselves or others, the situation reflects difficulty with impulse control. Impulse control disorders involve problems delaying or stopping an impulse to act, even when that action could be harmful. In this scenario, the urge to hurt someone or oneself points to that pattern, making impulse control disorder the best fit. The other options describe different kinds of problems: bulimia is an eating disorder, anxiety involves excessive worry or fear, and phobia is an irrational fear of a specific object or situation. None of these centers on failing to resist a powerful urge to act in a harmful way, which is the core feature of impulse control disorders.

7. Drug therapy

- A. The use of exercise to treat disease
- B. The use of psychotherapy to treat disease
- C. The use of medication to treat disease**
- D. The use of surgical procedures to treat disease

The main idea here is using medications to treat disease. Drug therapy involves giving medicines to prevent, manage, or cure health problems, relieve symptoms, and help the body recover. This approach is distinct from other methods: exercise therapy uses physical activity to improve health, psychotherapy addresses mental or emotional issues through talk and behavioral techniques, and surgical procedures involve physically modifying the body. Drug therapy relies on choosing the right medicine, dosing correctly, and monitoring for side effects and interactions, all while considering individual factors like age and organ function. This is why describing treatment with medications is the best answer.

8. 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.

9. Which factor refers to drinking alcohol faster than the liver can break it down?

- A. Rate of intake**
- B. Amount
- C. Food
- D. Medicine

This item tests how quickly alcohol is consumed compared with the liver's ability to break it down. The liver handles alcohol at a fairly steady rate, so when you drink faster than it can metabolize, alcohol stays in the bloodstream longer and you become more intoxicated. That mismatch between rate of intake and metabolic processing is why the factor described is rate of intake. The total amount matters for overall exposure, but it's the speed of drinking relative to the liver's processing that determines how quickly impairment develops. Eating can slow absorption a bit, and medicines can alter processing, but they don't capture the scenario of drinking faster than the liver can break it down.

10. What does isometric mean?

- A. Use muscle tension to improve strength with little or no movement.
- B. Exert resistance against the muscle as it moves through a range of motion.
- C. Combine movement of the joints with contractions.
- D. Rhythmic activities over a long time.

Isometric exercise involves contracting a muscle without changing its length or moving the joint. This builds strength by generating tension while the body stays in a fixed position. That's why the option describing using muscle tension to improve strength with little or no movement is the best match. For contrast, actions where you resist a force as the joint moves through a range of motion involve movement and changing muscle length (dynamic contractions). Combining joint movement with contractions is also a dynamic pattern, not a static hold. Rhythmic, long-duration activity targets endurance or cardio fitness rather than static strength work. Planks, wall sits, and similar holds are classic examples of isometric efforts.

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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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