

GPSTC Health and Wellness Practice Test (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 a common effect of caffeine on the body?**
 - A. Improved sleep quality**
 - B. Increased hydration**
 - C. Enhanced alertness**
 - D. Decreased anxiety**

- 2. What is a common risk factor for heart disease?**
 - A. High blood pressure**
 - B. Low cholesterol levels**
 - C. High physical activity level**
 - D. Regular consumption of fruits**

- 3. What does glycolysis refer to in the context of anaerobic exercise?**
 - A. The process of burning fat for energy**
 - B. The conversion of glucose for energy**
 - C. The oxygen uptake during exercise**
 - D. The recovery period after exercise**

- 4. What might be a concern with high protein diets regarding kidney health?**
 - A. Increased kidney stones**
 - B. Kidney excretion**
 - C. Decreased kidney function**
 - D. Kidney inflammation**

- 5. Which practice is recommended for overall mental wellness?**
 - A. Regularly isolating oneself**
 - B. Engaging in mindfulness and meditation**
 - C. Eliminating all forms of stress**
 - D. Prioritizing social media interactions**

- 6. What is an effective way to motivate peers towards health goals?**
- A. Offering financial incentives**
 - B. Encouraging accountability through regular check-ins or group activities**
 - C. Sharing personal health struggles**
 - D. Making health goals competitive**
- 7. What is the role of leadership in promoting health and wellness?**
- A. To minimize communication between staff**
 - B. To set the tone that emphasizes health and wellness**
 - C. To focus solely on productivity**
 - D. To enforce strict regulations**
- 8. How many minutes of moderate-intensity exercise are recommended each week?**
- A. 75 minutes**
 - B. 150 minutes**
 - C. 200 minutes**
 - D. 300 minutes**
- 9. What are antioxidants, and why are they important?**
- A. Substances that promote aging**
 - B. Vitamins found only in supplements**
 - C. Compounds that protect the body from damage caused by free radicals**
 - D. Ingredients in processed foods**
- 10. Before starting a workout or fitness program, what is the first recommended step?**
- A. Join a gym**
 - B. See your doctor**
 - C. Make a workout plan**
 - D. Find a workout buddy**

Answers

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

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Explanations

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1. What is a common effect of caffeine on the body?

- A. Improved sleep quality
- B. Increased hydration
- C. Enhanced alertness**
- D. Decreased anxiety

Caffeine is primarily known for its stimulant properties, which contribute to enhanced alertness. When consumed, caffeine blocks the action of adenosine, a neurotransmitter that promotes sleep and relaxation. This action leads to increased neuronal activity in the brain and the release of other neurotransmitters, such as dopamine and norepinephrine, which improve mood, energy levels, and focus. Consequently, many individuals consume caffeine to help them stay awake and attentive, particularly during tasks that require concentration or when they are feeling fatigued. The other options do not accurately capture the most common effects of caffeine. For example, improved sleep quality is generally not associated with caffeine, as its stimulating effects can lead to increased wakefulness and difficulty in falling or staying asleep. Similarly, increased hydration is not a typical effect since caffeine can have mild diuretic properties, potentially leading to increased urine output. Lastly, while some people may experience decreased anxiety after caffeine consumption due to heightened alertness, it can often trigger increased anxiety or jitteriness in others, particularly in high doses.

2. What is a common risk factor for heart disease?

- A. High blood pressure**
- B. Low cholesterol levels
- C. High physical activity level
- D. Regular consumption of fruits

High blood pressure, also known as hypertension, is a significant risk factor for heart disease. When blood pressure remains elevated over time, it puts extra strain on the heart and blood vessels, increasing the likelihood of heart-related complications. This can lead to conditions such as heart attack, heart failure, and stroke. In contrast, low cholesterol levels, high physical activity levels, and regular consumption of fruits are generally considered protective factors against heart disease. Low cholesterol is typically associated with a reduced risk of heart disease, while high physical activity levels and a diet rich in fruits contribute to overall cardiovascular health and help maintain healthy blood pressure and cholesterol levels. Hence, high blood pressure stands out as an established risk factor in the context of heart disease.

3. What does glycolysis refer to in the context of anaerobic exercise?

- A. The process of burning fat for energy
- B. The conversion of glucose for energy**
- C. The oxygen uptake during exercise
- D. The recovery period after exercise

Glycolysis is a fundamental biochemical pathway that involves the breakdown of glucose to produce energy in the form of ATP (adenosine triphosphate). In the context of anaerobic exercise, which occurs in environments where oxygen supply is insufficient, glycolysis becomes a key energy-producing process. This pathway allows for the rapid generation of energy during high-intensity, short-duration activities, such as sprinting or weightlifting, where the body relies on glucose to fuel muscle contractions. During glycolysis, one molecule of glucose is converted into two molecules of pyruvate, yielding a net gain of two ATP molecules. Each step of glycolysis is catalyzed by specific enzymes, demonstrating its importance in energy metabolism, especially when oxygen is not readily available for aerobic respiration. This process is crucial for sustaining high-energy demands during intense workouts, making it a vital aspect of anaerobic exercise physiology. The other options relate to different physiological processes. Burning fat for energy pertains to aerobic metabolism, which occurs when there is sufficient oxygen present. Oxygen uptake during exercise is associated with aerobic activity and overall cardiovascular fitness. The recovery period after exercise involves various physiological processes that help the body restore itself, including replenishing energy stores, which is not specifically related to the glycol

4. What might be a concern with high protein diets regarding kidney health?

- A. Increased kidney stones
- B. Kidney excretion**
- C. Decreased kidney function
- D. Kidney inflammation

High protein diets can lead to increased kidney excretion, particularly of nitrogenous waste products such as urea that are generated from the breakdown of proteins. When protein intake is elevated, the kidneys often work harder to filter out these byproducts and maintain homeostasis. This increased workload may be a concern for individuals who already have compromised kidney function or are at risk for kidney disease. In healthy individuals, the kidneys typically manage increased protein intake without significant issues. However, chronic high protein consumption can place additional stress on the kidneys over time, which may lead to potential concerns if kidney health is already undermined by other factors. Other options, while they relate to kidney health, do not directly address the implications of high protein intake as clearly as the concern regarding excretion does. Increased kidney stones can be related to various dietary factors but are not solely attributable to protein intake. Decreased kidney function is a broader concern that can result from many different factors, not just protein consumption. Similarly, kidney inflammation can arise from various causes and is not explicitly linked to high protein diets.

5. Which practice is recommended for overall mental wellness?

- A. Regularly isolating oneself**
- B. Engaging in mindfulness and meditation**
- C. Eliminating all forms of stress**
- D. Prioritizing social media interactions**

Engaging in mindfulness and meditation is highly recommended for overall mental wellness because these practices promote a state of awareness and presence, allowing individuals to focus on the current moment. This can help reduce symptoms of anxiety and depression and improve emotional regulation. Mindfulness encourages relaxation and helps individuals develop a greater understanding of their thoughts and feelings, leading to improved coping strategies in stressful situations. Mindfulness techniques, such as meditation, deep breathing, and guided imagery, have been scientifically shown to reduce stress and enhance mental clarity. By incorporating these practices into daily routines, individuals can experience increased resilience, better mood stability, and an overall sense of well-being, making them invaluable tools for maintaining mental health.

6. What is an effective way to motivate peers towards health goals?

- A. Offering financial incentives**
- B. Encouraging accountability through regular check-ins or group activities**
- C. Sharing personal health struggles**
- D. Making health goals competitive**

Encouraging accountability through regular check-ins or group activities is an effective way to motivate peers towards health goals because it fosters a sense of community and support. When individuals participate in group activities, they are more likely to feel connected and committed to their health objectives. Regular check-ins provide opportunities for supportive feedback, sharing progress, and discussing challenges, which can enhance motivation. Accountability can also lead to a sense of responsibility among group members, as they want to support each other and ensure that everyone reaches their goals. This social interaction helps to create an environment where health behaviors are valued and reinforced, contributing to higher engagement and commitment to the goals set within the group. This approach can also lower feelings of isolation often experienced in personal health journeys, making the process more enjoyable and reinforcing a collective commitment to health improvement.

7. What is the role of leadership in promoting health and wellness?

- A. To minimize communication between staff**
- B. To set the tone that emphasizes health and wellness**
- C. To focus solely on productivity**
- D. To enforce strict regulations**

The role of leadership in promoting health and wellness is centered around setting a tone that emphasizes the importance of well-being within an organization or community. Effective leaders acknowledge that a healthy environment positively influences performance, morale, and job satisfaction. By prioritizing health and wellness, leaders model desirable behaviors, create policies that support work-life balance, and foster a culture that encourages self-care and collective well-being. This leadership approach helps inspire staff to integrate health and wellness practices into their daily routines, ultimately leading to a more productive and engaged workforce. When leaders advocate for wellness, they demonstrate a commitment to the overall health of individuals and the community as a whole, thereby driving a shared vision and motivating others to adopt similar attitudes and behaviors. In contrast, minimizing communication, focusing solely on productivity, or enforcing strict regulations would likely undermine the objectives of health promotion. Such approaches could create an environment that stifles collaboration, neglects well-being, and fosters stress rather than support.

8. How many minutes of moderate-intensity exercise are recommended each week?

- A. 75 minutes**
- B. 150 minutes**
- C. 200 minutes**
- D. 300 minutes**

The recommended amount of moderate-intensity exercise for adults is 150 minutes each week. This guideline is based on research that highlights the health benefits associated with regular exercise, such as improved cardiovascular health, weight management, and enhanced mental well-being. Moderate-intensity exercise typically includes activities such as brisk walking, cycling at a leisurely pace, or gardening, which can elevate the heart rate and promote better physical fitness. Engaging in 150 minutes of such activities spread over the week can provide sufficient health benefits, including reducing the risk of chronic diseases, improving mood, and enhancing overall quality of life. The recommendation emphasizes consistency and encourages individuals to find a manageable routine that fits into their lifestyles, making it more sustainable over time.

9. What are antioxidants, and why are they important?

- A. Substances that promote aging
- B. Vitamins found only in supplements
- C. Compounds that protect the body from damage caused by free radicals**
- D. Ingredients in processed foods

Antioxidants are compounds that play a crucial role in maintaining health by protecting the body from oxidative stress caused by free radicals. Free radicals are unstable molecules that can cause cellular damage, which is associated with various diseases, aging, and other health concerns. Antioxidants neutralize these free radicals, thereby reducing their harmful effects and helping to prevent cellular damage. These compounds can be found in a variety of foods, particularly fruits, vegetables, nuts, and whole grains, emphasizing the importance of a balanced diet rich in natural antioxidants. By contributing to the body's defense system, antioxidants support overall health and may reduce the risk of chronic diseases like heart disease and cancer. The incorrect options highlight misconceptions about antioxidants. While some substances may promote aging or be involved in processed foods, they do not accurately represent the protective nature of antioxidants. Additionally, antioxidants are not limited to vitamins found only in supplements; they naturally occur in many food sources that are integral to a healthy diet.

10. Before starting a workout or fitness program, what is the first recommended step?

- A. Join a gym
- B. See your doctor**
- C. Make a workout plan
- D. Find a workout buddy

The first recommended step before starting a workout or fitness program is to see your doctor. Consulting a healthcare professional is essential, especially for individuals who may have underlying health conditions, are returning to exercise after a long time, or are new to physical activity. A doctor can assess your overall health, identify any potential risks, and provide personalized recommendations tailored to your specific health needs and fitness goals. This step ensures that you can exercise safely and effectively, reducing the risk of injury and other health complications. Other options, while beneficial in contributing to a successful fitness journey, do not serve the crucial role of assessing health status. For instance, joining a gym or creating a workout plan is often facilitated by understanding one's health limits and capabilities. Finding a workout partner can enhance motivation and accountability but typically comes into play after establishing a safe baseline for your health with a doctor's advice. Therefore, the initial consultation with a healthcare provider is foundational for ensuring a safe and effective fitness regimen.

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://gpstchealthwellness.examzify.com>

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

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