

GPSTC HEALTH AND WELLNESS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 percentage of muscle composition is made up of water?**
 - A. 50%
 - B. 60%
 - C. 75%
 - D. 80%
- 2. What could be a consequence of heavy lifting on women's health?**
 - A. Improved bone density
 - B. Increased muscle strength
 - C. Infrequent menstruation
 - D. Enhanced cardiovascular health
- 3. What is agility defined as in motor-related components of fitness?**
 - A. Ability to maintain core stability
 - B. Ability to rapidly change body momentum
 - C. Ability to lift maximum weight
 - D. Ability to run long distances
- 4. 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
- 5. What does the consumption of adequate water with creatine supplementation help prevent?**
 - A. Dehydration
 - B. Cramping
 - C. Stomach aches
 - D. Headaches
- 6. Name one psychological training technique beneficial for officers.**
 - A. Motivational Interviewing.
 - B. Cognitive Behavioral Therapy (CBT).
 - C. Peer mediation.
 - D. Time management training.

- 7. What is the primary role of vitamins in the body?**
- A. To provide energy for muscle contractions
 - B. To serve as a primary source of calories
 - C. To help facilitate various metabolic processes and maintain health
 - D. To act solely as antioxidants
- 8. Which of the following is NOT a side effect associated with pro-hormones?**
- A. Weight loss
 - B. Breast tissue enlargement
 - C. Hair loss
 - D. Prostate swelling
- 9. What is the most common misuse of creatine supplementation?**
- A. Excessive dosage
 - B. Improper water intake
 - C. Inconsistent usage
 - D. Lack of exercise
- 10. What can reduce isolation among law enforcement personnel?**
- A. Peer support programs
 - B. Avoiding teamwork
 - C. Increasing work hours
 - D. Discouraging shared experiences

Answers

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

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Explanations

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1. What percentage of muscle composition is made up of water?

- A. 50%
- B. 60%
- C. 75%**
- D. 80%

Muscle composition is predominantly made up of water, and the correct percentage is approximately 75%. Water plays a crucial role in muscle function, contributing to muscle contraction and maintaining hydration levels within the muscle cells. This high water content supports nutrient transport and waste removal, which is vital for overall muscle health and performance. While muscle tissue does contain proteins and other substances, the significant percentage of water underlines its foundational role in the structure and function of muscles. Other options, such as 50%, 60%, and 80%, do not accurately reflect the typical composition of muscle tissue. While all options indicate some level of water content, none align with the well-documented figure of around 75%. Understanding the water content in muscles can help in comprehending hydration requirements and optimizing physical performance.

2. What could be a consequence of heavy lifting on women's health?

- A. Improved bone density
- B. Increased muscle strength
- C. Infrequent menstruation**
- D. Enhanced cardiovascular health

Heavy lifting can indeed influence women's health in various ways, and one of the possible consequences is infrequent menstruation. This situation often arises due to the body responding to physical stress. When engaging in rigorous physical activity, such as heavy lifting, the body can enter a state of energy deficit, particularly if nutritional intake does not support the level of exertion. This can lead to hormonal imbalances, which may disrupt the regular menstrual cycle. Infrequent menstruation, medically known as oligomenorrhea, can be a sign that the body is experiencing stress, whether from rigorous exercise or inadequate nutritional intake to support that activity level. It is essential for anyone engaging in heavy lifting, especially women, to maintain a balanced diet and monitor their body's signals to ensure that their physical health remains stable and to avoid potential complications related to reproductive health. While improved bone density, increased muscle strength, and enhanced cardiovascular health can indeed result from heavy lifting, these outcomes are not typically associated with negative consequences on women's health. In contrast, infrequent menstruation highlights a direct consequence that can result from the stresses of heavy lifting combined with inadequate recovery or nutrition.

3. What is agility defined as in motor-related components of fitness?

- A. Ability to maintain core stability
- B. Ability to rapidly change body momentum**
- C. Ability to lift maximum weight
- D. Ability to run long distances

Agility is defined as the ability to rapidly change body momentum and position in response to the demands of a specific environment or task. It is a crucial component of motor-related fitness that combines speed, balance, coordination, and reflexes. This definition highlights the importance of not just moving quickly, but also being able to efficiently alter one's movement in response to changing tasks or conditions, such as in sports or physical activities that require quick directional changes. In relation to the other definitions, maintaining core stability primarily contributes to overall body control and posture, but it does not encompass the broader skill set involved in agility. Lifting maximum weight involves strength and power rather than the fluid and dynamic movements associated with agility. Additionally, running long distances focuses specifically on endurance, which is a separate aspect of fitness and does not relate to the rapid and coordinated movements that define agility.

4. 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.

5. What does the consumption of adequate water with creatine supplementation help prevent?

- A. Dehydration**
- B. Cramping
- C. Stomach aches
- D. Headaches

The consumption of adequate water with creatine supplementation is crucial for preventing dehydration. Creatine draws water into the muscle cells, which can lead to an increased demand for hydration. If sufficient water is not consumed along with creatine, the body may not be able to maintain its necessary fluid balance, which can result in dehydration. Maintaining proper hydration is vital for overall health and can enhance the effectiveness of creatine by supporting optimal muscle function and performance. Other options, such as cramping, stomach aches, and headaches, while they may be related to hydration, are less directly associated with the primary function of water in the context of creatine supplementation. Focusing on hydration specifically targets the prevention of dehydration, making it the most relevant and appropriate answer.

6. Name one psychological training technique beneficial for officers.

- A. Motivational Interviewing.
- B. Cognitive Behavioral Therapy (CBT).**
- C. Peer mediation.
- D. Time management training.

Cognitive Behavioral Therapy (CBT) is a psychological training technique that can be particularly beneficial for officers. This approach focuses on identifying and changing negative thought patterns and behaviors, which can greatly improve mental health and well-being in high-stress environments, such as law enforcement. For officers, who often encounter trauma and high-pressure situations, CBT can help them develop coping strategies to manage anxiety, depression, and other mental health issues. It teaches skills such as cognitive restructuring, where individuals learn to challenge and alter distorted thinking, and behavioral activation, encouraging engagement in meaningful activities. By equipping officers with these tools, CBT not only enhances their psychological resilience but also fosters better decision-making and emotional regulation in their professional duties. Other options, while valuable in different contexts, do not specifically target the cognitive and behavioral aspects of mental health in the way that CBT does. Hence, CBT stands out as a highly effective training technique for officers seeking to enhance their psychological fitness.

7. What is the primary role of vitamins in the body?

- A. To provide energy for muscle contractions
- B. To serve as a primary source of calories
- C. To help facilitate various metabolic processes and maintain health**
- D. To act solely as antioxidants

Vitamins play a crucial role in the body primarily by facilitating various metabolic processes and maintaining overall health. Each vitamin has specific functions that contribute to the body's biochemical functions, such as energy metabolism, immune function, and synthesis of hormones and collagen. They are essential for converting food into energy, aiding in the absorption of minerals, and supporting the functioning of enzymes that are key to metabolic pathways. For example, B vitamins are important for energy production, while vitamin C plays a role in the synthesis of collagen and acts as a cofactor in various enzymatic reactions. The diverse roles of vitamins extend beyond a single function, highlighting their necessity for optimal health and bodily processes. Other options do not accurately capture the comprehensive role of vitamins. They do not provide energy directly, nor are they a primary source of calories like macronutrients. While some vitamins do have antioxidant properties, reducing oxidative stress is just one aspect of their overall contributions to health. Hence, the answer reflecting their primary role in supporting metabolic processes and health is indeed correct.

8. Which of the following is NOT a side effect associated with pro-hormones?

- A. Weight loss**
- B. Breast tissue enlargement
- C. Hair loss
- D. Prostate swelling

The choice stating weight loss is indeed the correct response. Pro-hormones are substances often taken to increase muscle mass and strength by boosting levels of hormones such as testosterone. The primary side effects associated with pro-hormones typically include conditions resulting from increased hormonal levels, such as breast tissue enlargement, hair loss, and prostate swelling. Breast tissue enlargement, or gynecomastia, can occur because pro-hormones may convert to estrogen in the body, leading to such hormonal imbalances. Similarly, hair loss can be a side effect due to the influence of androgens on hair follicles, leading to more rapid thinning or loss of hair. Prostate swelling is also a concern as elevated testosterone can stimulate prostate tissue, leading to growth and discomfort. These effects highlight the intricate connection between hormonal levels and various body systems. In contrast, weight loss is not commonly associated with pro-hormone use; rather, individuals typically use these substances to promote muscle gain and overall weight gain in terms of muscle mass. Therefore, weight loss stands out as it does not align with the expected outcomes of pro-hormone supplementation.

9. What is the most common misuse of creatine supplementation?

- A. Excessive dosage
- B. Improper water intake**
- C. Inconsistent usage
- D. Lack of exercise

The most common misuse of creatine supplementation is often related to improper water intake. Creatine draws water into the muscle cells to promote enhanced performance and recovery, which is why adequate hydration is essential when supplementing with it. If an individual does not consume enough water, they may experience dehydration, which can lead to muscle cramps, gastrointestinal distress, and impaired exercise performance. Proper hydration helps to support the functions of creatine in the body, as water is necessary for the transport and metabolism of creatine within the cells. Therefore, without sufficient fluid intake, the benefits of creatine supplementation can be compromised, leading to potential adverse effects rather than the desired enhancement in athletic performance or muscle gains. This understanding highlights the importance of balancing supplementation with hydration to maximize the effectiveness of creatine use.

10. What can reduce isolation among law enforcement personnel?

- A. Peer support programs
- B. Avoiding teamwork
- C. Increasing work hours
- D. Discouraging shared experiences

Peer support programs are highly effective in reducing isolation among law enforcement personnel because they foster a sense of community and belonging. These programs provide officers with access to trained peers who can empathize with their experiences, promote open communication, and offer emotional support. The informal nature of peer support allows officers to share their challenges and feelings in a safe environment, leading to stronger relationships and reduced feelings of isolation. Additionally, peer support programs can help address the unique stressors associated with law enforcement work, such as exposure to traumatic incidents and the pressure of maintaining a strong exterior in high-stress situations. By connecting with others who understand these circumstances, officers are more likely to feel understood and supported, which is crucial for their mental health and overall well-being. The other options do not contribute positively to reducing isolation. Avoiding teamwork undermines collaboration and builds a culture of distance rather than support. Increasing work hours could lead to burnout and further isolation as officers might have less time to engage with colleagues outside of their duties. Discouraging shared experiences isolates personnel by not allowing them to connect over common challenges and triumphs, which is essential in fostering camaraderie and a supportive work environment.

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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