

Growth and Development Nursing Health Promotion 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 factor is essential in assessing growth in infants?**
 - A. Head circumference**
 - B. Height**
 - C. Weight gain**
 - D. Skin color**

- 2. Which characteristic typically defines the start of puberty in females?**
 - A. Breast development**
 - B. Menstruation**
 - C. Height increase**
 - D. Pubic hair growth**

- 3. What is the primary focus during the Autonomy vs. Shame stage?**
 - A. Developing a sense of personal control over skills and independence**
 - B. Learning to initiate activities without guilt**
 - C. Mastering skills and knowledge effectively**
 - D. Forming intimate relationships with peers**

- 4. What is one of the first physical signs of development in toddlers?**
 - A. Running smoothly**
 - B. Walking independently**
 - C. Jumping over objects**
 - D. Cycling without training wheels**

- 5. What could be the reason for a teenager's unusual clothing style, according to nursing assessments?**
 - A. The child is establishing self-image in relation to others**
 - B. The child is establishing gender-role identification with the mother**
 - C. The child is displaying group identity to develop a personal identity**
 - D. The child is identifying as a separate entity from the mother**

- 6. Which finding in a 12-month-old infant should a nurse report to the provider?**
- A. Closed anterior fontanel**
 - B. Eruption of 6 teeth**
 - C. Birth weight has doubled**
 - D. Birth length increased by 50%**
- 7. During which stage do individuals typically engage in career development?**
- A. Adolescence**
 - B. Young adulthood**
 - C. Middle adulthood**
 - D. Late adulthood**
- 8. According to Erikson, what is the first stage of psychosocial development?**
- A. Autonomy vs. Shame and Doubt**
 - B. Trust vs. Mistrust**
 - C. Intimacy vs. Isolation**
 - D. Generativity vs. Stagnation**
- 9. Which activities can a nurse encourage for a preschool-aged child with chronic illness?**
- A. Special Olympics participation**
 - B. Trips to the park**
 - C. Club memberships such as Scouts**
 - D. Daycare experiences**
- 10. Which age range corresponds to the "Industry vs. Inferiority" stage in Erikson's theory?**
- A. 0-18 months**
 - B. 3-6 years**
 - C. 6-12 years**
 - D. 12-18 years**

Answers

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

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Explanations

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1. What factor is essential in assessing growth in infants?

- A. Head circumference
- B. Height
- C. Weight gain**
- D. Skin color

Weight gain is essential in assessing growth in infants because it reflects the infant's nutritional status and overall health. Regular monitoring of weight helps healthcare providers determine if an infant is growing adequately or if there are any concerns regarding feeding, metabolic issues, or underlying health problems. In the early stages of life, weight gain is a critical indicator of whether an infant is receiving enough nourishment. Infants generally gain weight rapidly in the first few months, and consistent weight gain is crucial as it supports developmental milestones and healthy growth patterns. While head circumference, height, and other factors can also provide important information about an infant's growth and development, weight gain is specifically a direct measure of how well the infant is feeding and thriving in those early stages.

2. Which characteristic typically defines the start of puberty in females?

- A. Breast development**
- B. Menstruation
- C. Height increase
- D. Pubic hair growth

The onset of puberty in females is typically marked by breast development, which is the first physical sign that signifies the body is entering this developmental phase. This change is triggered by hormonal shifts in the body, particularly an increase in estrogen production, which influences the growth of breast tissue. While other changes, such as the development of pubic hair and height increases, also occur during puberty, they usually follow breast development or occur concurrently but are not the defining characteristic that marks the beginning of this stage. Menstruation is another important milestone, but it occurs later in puberty, typically after breast development has started. Therefore, breast development is recognized as the earliest and most significant indicator of the initiation of puberty in females.

3. What is the primary focus during the Autonomy vs. Shame stage?

A. Developing a sense of personal control over skills and independence

B. Learning to initiate activities without guilt

C. Mastering skills and knowledge effectively

D. Forming intimate relationships with peers

During the Autonomy vs. Shame stage, which typically occurs in early childhood ages two to four, the primary focus is on developing a sense of personal control over skills and fostering independence. This stage is crucial for children as they begin to explore their environment more actively and assert their autonomy by making choices and developing self-sufficiency. Successful navigation of this stage enables children to build confidence in their abilities, such as toilet training, dressing themselves, or choosing toys. When caregivers support these explorations and provide opportunities for autonomy, children feel secure and develop a strong sense of self. Conversely, if caregivers are overly controlling or dismissive, children may experience shame and doubt regarding their abilities, potentially hindering their development of independence. In contrast to the other options presented, the focus here is specifically on autonomy and the assertion of personal control rather than the initiation of activities, mastery of skills, or forming peer relationships, which align with different developmental stages in Erikson's psychosocial theory.

4. What is one of the first physical signs of development in toddlers?

A. Running smoothly

B. Walking independently

C. Jumping over objects

D. Cycling without training wheels

Walking independently is one of the first physical signs of development in toddlers because it signifies a major milestone in gross motor skills. This transition from crawling to walking marks an important stage in a child's physical, cognitive, and social development. Achieving this skill showcases not only the strength and coordination of the toddler's muscles but also their growing confidence and autonomy. At this age, toddlers typically begin to explore their environment more actively, which is directly linked to their ability to walk independently. This newfound mobility supports further exploration, encouraging cognitive development as they interact with their surroundings. Other skills like running, jumping, or cycling are developed later as the child's strength and coordination improve, building on the foundational skill of walking.

5. What could be the reason for a teenager's unusual clothing style, according to nursing assessments?

- A. The child is establishing self-image in relation to others**
- B. The child is establishing gender-role identification with the mother**
- C. The child is displaying group identity to develop a personal identity**
- D. The child is identifying as a separate entity from the mother**

A teenager's unusual clothing style can often be understood as a means of displaying group identity, which is a significant aspect of adolescent development. During this stage, teens are exploring their individuality and are influenced by their peers. They may adopt specific clothing styles to align with a particular group or subculture, which helps them forge connections and express belonging. By emphasizing group identity, teenagers are not just following trends but are actively participating in the social dynamics that shape their self-image and personal identity. This process is crucial as they navigate their transition from childhood to adulthood, experimenting with different looks and styles as a way to assert their uniqueness while still seeking acceptance from peers. In contrast, establishing self-image in relation to others involves a broader sense of identity formation that could include peers or family influences but does not specifically focus on the dynamic of group identity found in teenage social contexts. Similarly, establishing gender-role identification or identifying as a separate entity from the mother may play roles in development, but they do not capture the specific behavior of adopting an unusual clothing style to reflect peer association.

6. Which finding in a 12-month-old infant should a nurse report to the provider?

- A. Closed anterior fontanel**
- B. Eruption of 6 teeth**
- C. Birth weight has doubled**
- D. Birth length increased by 50%**

The correct choice is that the nurse should report to the provider when the birth weight has doubled. While it is expected for a baby to have weight gain as they grow, by 12 months, typically the birth weight will have tripled, not just doubled. Doubling the birth weight at this age might indicate potential issues such as inadequate nutrition or a growth disorder, and it warrants further investigation by the provider. On the other hand, the closure of the anterior fontanel is expected around this age; it usually closes between 9 to 18 months. The eruption of six teeth is also a normal finding for a 12-month-old, as babies often have several teeth by this age. Lastly, an increase in birth length by 50% is a typical growth milestone for infants and doesn't raise red flags for health concerns. Thus, only the finding of the birth weight doubling requires immediate concern and further evaluation.

7. During which stage do individuals typically engage in career development?

- A. Adolescence**
- B. Young adulthood**
- C. Middle adulthood**
- D. Late adulthood**

Young adulthood is a critical period for career development as individuals transition from education to the workforce. During this stage, individuals often begin to explore various career options, establish their professional identities, and may make significant decisions regarding their future career paths, including pursuing further education or specialized training. This phase is characterized by a heightened focus on independence and establishing personal and financial stability, making it the ideal time for individuals to seek and solidify their career aspirations. Networking, gaining work experience, and developing professional skills also play pivotal roles during this time, as young adults begin to navigate the complexities of their chosen fields. In contrast, other life stages, such as adolescence, may involve exploring interests and skills but typically lack the direct focus on career development that characterizes young adulthood. Middle adulthood often involves career consolidation and advancement rather than initial development. Late adulthood usually includes considerations of retirement and reflection on past career achievements rather than active career growth.

8. According to Erikson, what is the first stage of psychosocial development?

- A. Autonomy vs. Shame and Doubt**
- B. Trust vs. Mistrust**
- C. Intimacy vs. Isolation**
- D. Generativity vs. Stagnation**

The first stage of psychosocial development according to Erikson is Trust vs. Mistrust. This stage occurs from birth to approximately 18 months of age, during which the infant is dependent on caregivers for sustenance, comfort, and safety. If caregivers provide reliable care and affection, infants develop a sense of trust toward the world and their capacity to influence their own environment. This foundational stage sets the tone for future relationships and forms the basis for a child's sense of security. Trust vs. Mistrust is critical because it influences how individuals perceive subsequent relationships and their ability to believe that their needs will be met throughout life. If infants experience inconsistent care or neglect, they may develop suspicion and fear, leading to a sense of mistrust that can affect their interactions and relationships as they grow. The other stages listed, such as Autonomy vs. Shame and Doubt, Intimacy vs. Isolation, and Generativity vs. Stagnation, come later in Erikson's model. Each subsequent stage builds upon the outcomes of the earlier stages, making Trust vs. Mistrust the foundational beginning in Erikson's theory of psychosocial development.

9. Which activities can a nurse encourage for a preschool-aged child with chronic illness?

- A. Special Olympics participation**
- B. Trips to the park**
- C. Club memberships such as Scouts**
- D. Daycare experiences**

Encouraging trips to the park for a preschool-aged child with a chronic illness is particularly beneficial because these outings can provide essential opportunities for physical activity, social interaction, and emotional well-being. Parks typically offer a safe and accessible environment where children can engage in free play, explore nature, and interact with peers, which are all important for healthy growth and development. For preschoolers, play is a crucial aspect of learning and socialization. Being outdoors allows them to develop motor skills, improve cognitive functions, and build social skills through interactions with other children. This aligns well with the developmental needs of preschool-aged children, who benefit greatly from play experiences. Additionally, participating in outdoor activities can enhance a child's sense of normalcy and help them cope with the challenges of managing a chronic illness. While other options might offer valuable experiences, trips to the park directly support active engagement and enjoyment suited to the typical energy levels and socialization needs of preschoolers, particularly in a way that accommodates their health conditions.

10. Which age range corresponds to the "Industry vs. Inferiority" stage in Erikson's theory?

- A. 0-18 months**
- B. 3-6 years**
- C. 6-12 years**
- D. 12-18 years**

The "Industry vs. Inferiority" stage, according to Erik Erikson's psychosocial development theory, occurs during the age range of 6 to 12 years. In this stage, children begin to develop a sense of pride in their accomplishments and abilities. They become more involved in school and other social interactions, and learning new skills becomes a primary focus. Success in this stage fosters a sense of competence and achievement, while failure may result in feelings of inferiority and a lack of self-esteem. This developmental period is crucial as children compare themselves to their peers, seek approval from teachers and parents, and engage in cooperative play. Achieving a sense of industry leads to confidence in their ability to work and contribute, which is essential for their growth into adolescence and adulthood. Understanding this stage is fundamental for those in nursing and health promotion, as supporting children in developing a positive sense of industry can impact their overall psychological development and well-being.

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://growthdevnursinghealth.examzify.com>

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

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