

High School Health Practice Exam (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. High cholesterol refers to**
 - A. An elevation in fat component (blood lipids) in blood**
 - B. A decrease in blood sugar levels**
 - C. Normal cholesterol levels**
 - D. A condition causing anemia**

- 2. Which term is the emergency procedure used to restore breathing and circulation?**
 - A. First Aid**
 - B. Rescue breathing**
 - C. Cardiopulmonary Resuscitation (CPR)**
 - D. Abdominal thrusts**

- 3. What procedure helps confirm a cancer diagnosis by examining tissue for cancer cells?**
 - A. X-ray**
 - B. MRI**
 - C. Biopsy**
 - D. Ultrasound**

- 4. What are the three main types of abuse in abusive relationships?**
 - A. Physical abuse**
 - B. Physical, emotional/verbal, and sexual abuse**
 - C. Financial abuse**
 - D. Neglect**

- 5. Which statement best describes a 'safe' claim about a product?**
 - A. It states the product is certified by experts.**
 - B. It claims the product is effective for all users.**
 - C. It mentions long-term use is recommended.**
 - D. It asserts the product is natural or non-toxic but not necessarily safe.**

- 6. Which fats are considered healthy unsaturated fats?**
- A. Saturated fats like butter**
 - B. Trans fats**
 - C. Unsaturated fats like olive oil**
 - D. Hydrogenated fats**
- 7. What are the signs of a stroke?**
- A. Fever with chills**
 - B. Chronic cough**
 - C. Mild headache that resolves quickly**
 - D. Sudden numbness or weakness on one side of the body.**
- 8. Cardiovascular fitness is best described as**
- A. The maximum force a muscle can exert against heavy resistance.**
 - B. The degree to which a muscle can lengthen.**
 - C. The ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.**
 - D. The number of steps taken daily.**
- 9. Vaccine is**
- A. A substance that is used to keep a person from getting a disease**
 - B. A medicine to cure infections**
 - C. A protein that stimulates growth**
 - D. A substance to boost metabolism**
- 10. An eating disorder that involves self-starvation, an unhealthy body image, and extreme weight loss.**
- A. Anorexia Nervosa**
 - B. Bulimia Nervosa**
 - C. Basal Metabolic Rate**
 - D. MyPlate**

Answers

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

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Explanations

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1. High cholesterol refers to

- A. An elevation in fat component (blood lipids) in blood**
- B. A decrease in blood sugar levels**
- C. Normal cholesterol levels**
- D. A condition causing anemia**

High cholesterol means there are elevated fats in the blood, specifically lipids like cholesterol and triglycerides carried by lipoproteins. This condition signals that circulating fats are higher than healthy levels, which can lead to buildup of plaque in arteries and increase the risk of heart disease and stroke. It's not about blood sugar levels, so a decrease in sugar isn't what cholesterol refers to. It's not simply normal cholesterol levels, which would indicate no excess lipids. And it isn't anemia, which involves too few red blood cells or hemoglobin and affects oxygen transport rather than lipid levels.

2. Which term is the emergency procedure used to restore breathing and circulation?

- A. First Aid**
- B. Rescue breathing**
- C. Cardiopulmonary Resuscitation (CPR)**
- D. Abdominal thrusts**

Cardiopulmonary resuscitation is the emergency procedure used to restore breathing and circulation. It combines chest compressions to push blood through the heart and rescue breaths to supply oxygen to the lungs, keeping vital organs alive until help arrives or the person begins to breathe again. This is why CPR is the best answer: it directly addresses both the airway/ventilation and the blood circulation that keep someone alive in a crisis. First aid covers general assistance but isn't a specific technique for restarting circulation. Rescue breathing focuses on breathing alone and won't circulate blood. Abdominal thrusts are for clearing a blocked airway, not resuming circulation. In adults, CPR typically uses a sequence of about 30 compressions followed by 2 breaths, repeating until help arrives.

3. What procedure helps confirm a cancer diagnosis by examining tissue for cancer cells?

- A. X-ray**
- B. MRI**
- C. Biopsy**
- D. Ultrasound**

To confirm cancer, you need tissue examined under a microscope. Imaging tests like X-ray, MRI, or ultrasound can reveal a suspicious area and guide where to sample, but they can't prove cancer. A biopsy collects a small piece of tissue from the abnormal area and the pathologist looks for cancer cells and can identify the cancer type, which provides the definitive diagnosis.

4. What are the three main types of abuse in abusive relationships?

A. Physical abuse

B. Physical, emotional/verbal, and sexual abuse

C. Financial abuse

D. Neglect

Abuse in relationships shows up in three broad forms: physical, emotional/verbal, and sexual. This framework captures the most common ways harm is inflicted and felt, not just through injuries but through threats to safety, self-worth, and autonomy. Physical abuse involves harming the body or threatening to, such as hitting, slapping, pushing, or using weapons. It's about causing or risking physical harm and creates a direct, observable danger. Emotional or verbal abuse targets a person's mind and feelings. It includes belittling, constant criticism, humiliation, manipulation, intimidation, name-calling, and isolating someone from friends or family. Even without visible injuries, it can deeply erode self-esteem and sense of safety. Sexual abuse means pressuring or forcing someone into sexual activity without consent. It treats a person's body as a tool for control and violates personal autonomy and safety. Other forms like financial abuse or neglect can occur, but these three categories form the core pattern many educators use to describe abusive dynamics in intimate relationships. Recognizing them helps people identify abuse, seek support, and plan for safer situations.

5. Which statement best describes a 'safe' claim about a product?

A. It states the product is certified by experts.

B. It claims the product is effective for all users.

C. It mentions long-term use is recommended.

D. It asserts the product is natural or non-toxic but not necessarily safe.

Safety claims hinge on evidence and context, not just labels. Being described as natural or non-toxic does not automatically mean a product is safe for everyone or in every situation. People react differently, and safety depends on proper use, dosage, potential interactions, allergies, and how the product is manufactured and labeled. So a claim that a product is safe should be supported by tested evidence and clear usage guidance, rather than relying solely on being natural or non-toxic. The statement that best fits this idea is the one that notes the product is natural or non-toxic but not necessarily safe. It highlights the important nuance that those descriptors do not guarantee safety and that true safety requires broader evidence and context. The other options emphasize endorsements, universal effectiveness, or usage recommendations, which don't directly address whether safety is guaranteed.

6. Which fats are considered healthy unsaturated fats?

- A. Saturated fats like butter
- B. Trans fats
- C. Unsaturated fats like olive oil**
- D. Hydrogenated fats

Healthy unsaturated fats are fats with one or more double bonds in their fatty acid chains. Those double bonds create kinks that keep molecules from packing tightly, so they're typically liquid at room temperature and tend to support heart health. Olive oil is a classic example, rich in monounsaturated fats like oleic acid, which can help lower bad cholesterol and protect the heart. In contrast, saturated fats—like butter—are usually solid at room temperature and can raise LDL cholesterol. Trans fats, produced by hydrogenation, are particularly harmful because they raise bad cholesterol and lower good cholesterol. Hydrogenated fats are a source of trans fats and are considered unhealthy. So, choosing foods like olive oil, avocados, nuts, seeds, and fatty fish helps you get the beneficial unsaturated fats your body needs.

7. What are the signs of a stroke?

- A. Fever with chills
- B. Chronic cough
- C. Mild headache that resolves quickly
- D. Sudden numbness or weakness on one side of the body.**

Stroke signs show up suddenly because brain tissue loses its blood supply right away, so the body's functions controlled by the affected brain area drop quickly. A key sign is sudden numbness or weakness on one side of the body, which happens because the brain controls the opposite side of the body. This can involve the face, arm, or leg and is typically abrupt and persistent. Other important signs include trouble speaking or understanding speech, confusion, trouble seeing, dizziness or loss of balance, and a severe headache with no known cause. These symptoms require immediate emergency care, so call for help right away. The other options aren't typical stroke signs: fever with chills suggests infection, a chronic cough points to a respiratory issue, and a mild headache that goes away quickly doesn't match the abrupt, lasting neurological changes a stroke causes.

8. Cardiovascular fitness is best described as

- A. The maximum force a muscle can exert against heavy resistance.
- B. The degree to which a muscle can lengthen.
- C. The ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.**
- D. The number of steps taken daily.

Cardiovascular fitness is about how efficiently the heart, lungs, and blood vessels deliver oxygen-rich blood to working muscles during sustained physical activity. This reflects aerobic capacity and endurance, meaning the body can perform prolonged exercise by using oxygen effectively and removing waste. When fitness is high, the heart can pump more blood with each beat and tissues use oxygen more efficiently, supporting longer activity without fatigue. The other options describe different aspects: muscular strength is about how much force a muscle can produce against resistance; flexibility or range of motion refers to how much a muscle or joint can move; and daily steps measure overall activity level rather than how well the cardio-respiratory system sustains activity.

9. Vaccine is

- A. A substance that is used to keep a person from getting a disease**
- B. A medicine to cure infections
- C. A protein that stimulates growth
- D. A substance to boost metabolism

Vaccines are substances designed to prevent disease by training the immune system to recognize and fight specific pathogens before you encounter them. They introduce harmless parts of a germ or instructions for your cells to make a harmless piece of it, prompting the body to develop memory cells and antibodies. Then, if you're later exposed to the real pathogen, your immune system can respond quickly and effectively, often preventing illness or reducing its severity. This preventive purpose distinguishes vaccines from cures for existing infections, and they're not proteins that drive growth or substances meant to boost metabolism.

10. An eating disorder that involves self-starvation, an unhealthy body image, and extreme weight loss.

A. Anorexia Nervosa

B. Bulimia Nervosa

C. Basal Metabolic Rate

D. MyPlate

An eating disorder defined by self-starvation, an unhealthy body image, and extreme weight loss is anorexia nervosa. It happens when someone restricts food intake due to a distorted view of being overweight and a fear of gaining weight, leading to significant weight loss and serious health risks. This description fits anorexia nervosa because the emphasis is on prolonged restriction and a preoccupation with body size, rather than episodes of bingeing or purging. In contrast, bulimia nervosa involves repeated cycles of binge eating followed by compensatory behaviors like vomiting or laxatives, which is different from the sustained self-denial of food. Basal metabolic rate is just a measure of how much energy the body uses, not a disorder, and MyPlate is a general nutrition guide, not a health condition.

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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://highschoolhealth.examzify.com>

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

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