

HIGH SCHOOL 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. Which professional is a medical doctor who specializes in illnesses of the brain and body that affect emotions and behavior and can prescribe medications for depression?**
 - A. Psychologist
 - B. Psychiatrist
 - C. MyPlate
 - D. Basal Metabolic Rate
- 2. Which term describes text that uses impressive-sounding words like 'hunger stimulator point' and 'thermogenesis' to describe a product?**
 - A. Marketing fluff
 - B. Scientific jargon
 - C. Fancy terms
 - D. Pseudo-science language
- 3. Which term describes having to do with the functions of the human body and its systems?**
 - A. Mental health
 - B. Physiological
 - C. Stress
 - D. Wellness
- 4. Which fitness component is also known as cardiorespiratory fitness?**
 - A. Cardiovascular Fitness
 - B. Muscular Endurance
 - C. Aerobic Endurance
 - D. Flexibility
- 5. This term describes anything that causes a stress response.**
 - A. Stressor
 - B. Health
 - C. Wellness
 - D. Physiological

- 6. 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
- 7. Which technique is used to save a victim who isn't breathing and doesn't have a heartbeat?**
- A. Cardiopulmonary Resuscitation (CPR)
 - B. Rescue breathing
 - C. Abdominal thrusts
 - D. First Aid
- 8. Which statement explains why labeling a product as natural or non-toxic does not automatically guarantee safety?**
- A. Because safety concerns depend on dosage, interactions, and context
 - B. Because natural products are always safe
 - C. Because non-toxic guarantees there are no side effects
 - D. Because natural or non-toxic does not necessarily mean safe
- 9. What term describes a long commercial that informs or instructs, often in an entertaining manner?**
- A. Infomercial
 - B. Commercial
 - C. Public Service Announcement
 - D. Advertisement
- 10. Which statement about Type 2 diabetes is accurate?**
- A. It always requires insulin injections.
 - B. It is caused by autoimmune destruction of pancreatic beta cells.
 - C. It is primarily managed through diet and exercise with no possibility of needing medication.
 - D. It usually develops in adulthood from lifestyle factors and can be managed with diet and exercise, with some people needing medications.

Answers

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

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Explanations

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1. Which professional is a medical doctor who specializes in illnesses of the brain and body that affect emotions and behavior and can prescribe medications for depression?

- A. Psychologist
- B. Psychiatrist**
- C. MyPlate
- D. Basal Metabolic Rate

When you're looking for someone who treats mental health conditions and can prescribe medications, the professional who is a medical doctor and specializes in how the brain and body affect emotions and behavior is a psychiatrist. They go through medical school and a residency in psychiatry, learning to diagnose mental illnesses and to treat them with medications like antidepressants, sometimes alongside therapy. A psychologist, while skilled in therapy and psychological testing, isn't a medical doctor and typically does not prescribe medications. MyPlate is a dietary guidance framework, and Basal Metabolic Rate is a measure used in nutrition and metabolism—not a professional. So the option that fits best is the psychiatrist.

2. Which term describes text that uses impressive-sounding words like 'hunger stimulator point' and 'thermogenesis' to describe a product?

- A. Marketing fluff
- B. Scientific jargon
- C. Fancy terms**
- D. Pseudo-science language

The main idea here is recognizing language that relies on impressive, elevated words to describe a product, not on clear, substantive details. Phrases like "hunger stimulator point" and "thermogenesis" sound technical, which can give the impression of science even when the explanation is just marketing flair. Using these fancy terms is a style choice aimed at boosting credibility through vocabulary alone. So the best term for this is fancy terms because it highlights the use of ornate, impressive language to describe features rather than providing real, verifiable information. Marketing fluff describes the overall marketing tone, while pseudo-science language would imply false or unproven science; neither captures the specific focus on decorative, high-sounding words as effectively.

3. Which term describes having to do with the functions of the human body and its systems?

- A. Mental health
- B. Physiological**
- C. Stress
- D. Wellness

Understanding terms that describe how the body works. Physiological means related to the functions of living organisms, especially the human body and its systems. It covers the processes inside the body, like how the heart pumps blood, how digestion works, and how nerves transmit signals—the natural activities that keep the body operating. Mental health concerns emotional and psychological well-being rather than bodily processes. Stress is the body's reaction to a demand or threat, not a description of bodily functions. Wellness refers to an overall state of health and well-being, which includes physical, mental, and social aspects, but it doesn't focus specifically on the body's internal functions. So the term that describes having to do with the functions of the human body and its systems is physiological.

4. Which fitness component is also known as cardiorespiratory fitness?

A. Cardiovascular Fitness

B. Muscular Endurance

C. Aerobic Endurance

D. Flexibility

Cardiorespiratory fitness measures how efficiently the heart, lungs, and blood vessels deliver oxygen to working muscles during sustained activity. Because this describes the heart and circulatory system's ability to support ongoing aerobic effort, the standard label for this fitness component is cardiovascular fitness, which is essentially the same thing. Improving it comes from rhythmic, endurance-type activities such as running, cycling, or swimming, which train the heart and lungs to work more efficiently and raise VO₂ max. Muscular endurance focuses on how long muscles can keep contracting, flexibility is about how much joints can move through their range of motion, and while aerobic endurance relates to sustained oxygen-using activity, the term that equals cardiorespiratory fitness in common usage is cardiovascular fitness.

5. This term describes anything that causes a stress response.

A. Stressor

B. Health

C. Wellness

D. Physiological

When studying stress, the focus is on what prompts the body's stress reaction. The trigger is anything that demands a response or threatens safety, and that is called a stressor. A stressor can be something external, like a noisy environment, a looming deadline, or an injury, or something internal, like anxious thoughts. The stress response itself is the body's rapid set of changes—often called the fight-or-flight reaction—driven by hormones like adrenaline and cortisol to increase alertness and energy. The stressor best fits the description because it explains what starts the response, not what the body does or what condition it's in. The other terms describe the state of health or the body's processes, not the thing that initiates the reaction.

6. 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.

7. Which technique is used to save a victim who isn't breathing and doesn't have a heartbeat?

A. Cardiopulmonary Resuscitation (CPR)

B. Rescue breathing

C. Abdominal thrusts

D. First Aid

CPR is the technique used when a person isn't breathing and has no heartbeat because it both keeps blood flowing and provides oxygen to the body. Chest compressions push blood through the heart and vessels, helping deliver oxygen to the brain and other vital organs even without a functioning heartbeat. Rescue breaths supply air with oxygen to the lungs, which then get circulated with those compressions. The combination keeps the organs alive long enough for emergency responders to arrive or for a defibrillator to be used. If you're not trained for rescue breaths, performing chest compressions alone (hands-only CPR) is still better than doing nothing. Abdominal thrusts are for choking and won't restart breathing or a stopped heart, and First Aid is a general term rather than the specific resuscitation technique needed in this scenario.

8. Which statement explains why labeling a product as natural or non-toxic does not automatically guarantee safety?

A. Because safety concerns depend on dosage, interactions, and context

B. Because natural products are always safe

C. Because non-toxic guarantees there are no side effects

D. Because natural or non-toxic does not necessarily mean safe

When we evaluate safety, the important idea is that a label saying something is natural or non-toxic doesn't automatically mean it's safe in every situation. Safety depends on how much you use, how you use it, and the context in which it's used. Natural substances can be harmful in large amounts, or when combined with other substances or medications. Even substances labeled non-toxic can have adverse effects at certain doses or for people with specific health conditions. There can also be variability in product purity and concentration from batch to batch, plus the route of exposure matters—something safe to lick or apply topically might be dangerous if swallowed or inhaled. All of these factors—dose, interactions, exposure route, and individual differences—shape actual safety, not the label alone.

9. What term describes a long commercial that informs or instructs, often in an entertaining manner?

A. Infomercial

B. Commercial

C. Public Service Announcement

D. Advertisement

A long, informative and entertaining promotional segment is called an infomercial because it blends information with advertising. Infomercials typically run much longer than a standard ad and focus on demonstrating how a product works, showing its benefits, and often including testimonials or demonstrations. They're designed to educate the viewer while entertaining them enough to keep watching, and they usually end with a clear call to action to purchase or order. A standard commercial is shorter and aims to grab attention quickly without the extended demonstrations. A public service announcement informs the public about an issue or service and isn't designed to sell a product. An advertisement is a broad term for any paid promotional message, but it doesn't specify the length or instructional, demonstrative format that characterizes infomercials.

10. Which statement about Type 2 diabetes is accurate?

- A. It always requires insulin injections.
- B. It is caused by autoimmune destruction of pancreatic beta cells.
- C. It is primarily managed through diet and exercise with no possibility of needing medication.
- D. It usually develops in adulthood from lifestyle factors and can be managed with diet and exercise, with some people needing medications.**

Type 2 diabetes happens when the body's cells become resistant to insulin and the pancreas can't keep up with producing enough insulin to keep blood sugar in the normal range. It is strongly linked to lifestyle factors such as excess weight and inactivity and typically develops in adults, though it can occur in younger people as well. The best way to manage it starts with diet and exercise to improve how the body uses insulin and controls glucose. Many people can keep it under control with these lifestyle changes alone, but as the condition progresses, medications are often needed to help lower blood sugar, and some cases eventually require insulin. This description matches the statement that it usually develops in adulthood from lifestyle factors and can be managed with diet and exercise, with some people needing medications.

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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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