

HOSA HEALTHY LIVING 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 is the average global alcohol consumption for women?**
 - A. 5.5 litres
 - B. 6.1 litres
 - C. 7.0 litres
 - D. 8.3 litres

- 2. What is the prevalence of obesity among youth in the U.S.?**
 - A. About 1 in 5 children are obese
 - B. Nearly half of all children are obese
 - C. Less than 1 in 10 children are obese
 - D. 1 in 3 children are underweight

- 3. What percentage of the global population breathes air that exceeds WHO guideline limits?**
 - A. 50%
 - B. 75%
 - C. 99%
 - D. 100%

- 4. What does it mean to have a “growth mindset”?**
 - A. Belief that abilities are fixed
 - B. Believing abilities can be developed through effort and learning
 - C. Avoiding challenges
 - D. Seeking constant praise

- 5. What is self-care?**
 - A. Activities that promote physical, mental, and emotional health
 - B. Prioritizing work over personal life
 - C. Engaging in social media for validation
 - D. Neglecting personal needs for productivity

- 6. What global health issue does pneumonia represent for adolescents aged 10-14 years?**
- A. Minor health risk
 - B. Treatment challenge
 - C. Top five causes of death
 - D. Negligible threat
- 7. What is a common effect of dehydration on physical performance?**
- A. Increased endurance
 - B. Reduced muscle strength
 - C. Improved focus
 - D. Enhanced recovery time
- 8. Which of the following components is essential for improving cardiovascular health?**
- A. Increased sugar intake
 - B. Regular physical activity
 - C. Extended hours of sleep
 - D. Reduced calcium consumption
- 9. Among adolescent girls, what percentage of new HIV infections occur?**
- A. One half
 - B. Three quarters
 - C. One third
 - D. Two thirds
- 10. What is one effect of chronic stress on the body?**
- A. Increased energy levels
 - B. Weakened immune system
 - C. Improved digestion
 - D. Heightened sense of well-being

Answers

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

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Explanations

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1. What is the average global alcohol consumption for women?

- A. 5.5 litres
- B. 6.1 litres
- C. 7.0 litres**
- D. 8.3 litres

The average global alcohol consumption for women is accurately reflected in the figure of 7.0 liters. This statistic provides a benchmark for understanding the drinking patterns among women worldwide and highlights trends in alcohol consumption that can influence public health policies and initiatives. It's important to note that this average can vary significantly based on geographical location, culture, and social norms regarding alcohol consumption. When discussing global alcohol consumption, it's crucial to consider how it relates to health outcomes, including the risk of alcohol-related diseases, mental health issues, and the impact on family and community well-being. The other figures presented are either underestimations or overestimations of the actual average, which is critical information for health professionals working in the field of public health and epidemiology.

2. What is the prevalence of obesity among youth in the U.S.?

- A. About 1 in 5 children are obese**
- B. Nearly half of all children are obese
- C. Less than 1 in 10 children are obese
- D. 1 in 3 children are underweight

The statement that about 1 in 5 children are obese reflects current data regarding the prevalence of obesity among youth in the United States. This statistic aligns with findings from reputable health organizations, indicating that approximately 20% of children aged 2 to 19 meet the criteria for obesity based on body mass index (BMI) percentiles. This statistic underscores significant public health concerns, as childhood obesity can lead to various health issues, such as diabetes, heart disease, and psychosocial problems. Understanding this prevalence is crucial for developing effective interventions aimed at reducing obesity rates and promoting healthier lifestyle choices among youth. Other options do not accurately represent the current situation: the assertion that nearly half of children are obese is an overestimate, and less than 1 in 10 children being obese underestimates the prevalence. The claim that 1 in 3 children are underweight is also inaccurate and does not contribute to the understanding of obesity rates, as it misrepresents the weight status categories commonly discussed in obesity research.

3. What percentage of the global population breathes air that exceeds WHO guideline limits?

- A. 50%
- B. 75%
- C. 99%**
- D. 100%

The assertion that 99% of the global population breathes air that exceeds the World Health Organization (WHO) guideline limits emphasizes the significant issue of air pollution worldwide. This statistic reflects the impact of environmental factors on air quality and public health. The WHO has established guidelines for safe levels of various air pollutants, such as particulate matter, nitrogen dioxide, and ozone. Many urban areas, industrial regions, and developing countries experience pollution levels that are considerably above these recommended limits. As urbanization and industrial activities continue to grow, the exposure to harmful air quality has unfortunately become widespread. This dramatic statistic indicates that nearly the entire global population is affected by air pollution, underscoring the critical need for effective policies, public health initiatives, and community awareness to tackle this pressing environmental health challenge. Addressing air quality issues is vital for improving health outcomes and ensuring a better quality of life for individuals across the globe.

4. What does it mean to have a “growth mindset”?

- A. Belief that abilities are fixed
- B. Believing abilities can be developed through effort and learning**
- C. Avoiding challenges
- D. Seeking constant praise

Having a “growth mindset” refers to the belief that abilities and intelligence can be developed through dedication, hard work, and learning. This concept, popularized by psychologist Carol Dweck, emphasizes the importance of resilience, effort, and a willingness to embrace challenges as opportunities for growth. When individuals have a growth mindset, they view failures and obstacles not as indications of their limitations but as essential experiences that contribute to their personal and professional development. This attitude fosters a love for learning and a tenacity that is crucial for achieving long-term goals. In contrast, believing that abilities are fixed leads to a more static view of personal potential, while avoiding challenges can result in limited growth and learning experiences. Additionally, seeking constant praise can discourage individuals from taking risks and pursuing growth opportunities, as they may prioritize external validation over their intrinsic desire to improve and learn. Understanding the implications of a growth mindset can motivate individuals to adopt strategies that enhance their learning and performance.

5. What is self-care?

A. Activities that promote physical, mental, and emotional health

B. Prioritizing work over personal life

C. Engaging in social media for validation

D. Neglecting personal needs for productivity

Self-care is defined as activities that promote physical, mental, and emotional health, making it a fundamental aspect of maintaining overall well-being. Engaging in self-care practices can include a range of activities such as exercise, proper nutrition, adequate sleep, mindfulness practices, hobbies, and spending time with loved ones. By prioritizing self-care, individuals can enhance their energy levels, reduce stress, and improve their mood, all of which contribute to better health outcomes. The focus of self-care is on fostering a supportive environment for one's body and mind, recognizing that personal well-being is essential for functioning effectively in other areas of life. This concept stands in contrast to prioritizing work, seeking validation through social media, or neglecting personal needs, all of which can lead to increased stress and decreased overall health. Therefore, understanding self-care as an essential practice is crucial for achieving and maintaining a balanced and healthy lifestyle.

6. What global health issue does pneumonia represent for adolescents aged 10-14 years?

A. Minor health risk

B. Treatment challenge

C. Top five causes of death

D. Negligible threat

Pneumonia is recognized as one of the leading causes of morbidity and mortality in adolescents, particularly in low- and middle-income countries. For individuals aged 10-14 years, it is critical to acknowledge the significant impact pneumonia can have on health outcomes, placing it among the top five causes of death within this age group. This is primarily due to factors such as inadequate access to healthcare, socioeconomic challenges, and the prevalence of infections that can lead to pneumonia. Effective prevention, early diagnosis, and treatment are essential to reduce the burden of this disease, demonstrating that pneumonia is not a minor health risk, a treatment challenge in a general sense, or a negligible threat for adolescents in this demographic. Understanding the severity of pneumonia in this age group encourages better public health initiatives and awareness, ultimately aiming to reduce the number of cases and associated fatalities.

7. What is a common effect of dehydration on physical performance?

A. Increased endurance

B. Reduced muscle strength

C. Improved focus

D. Enhanced recovery time

Dehydration significantly impacts physical performance, and one of its common effects is reduced muscle strength. When the body is dehydrated, its ability to regulate temperature, maintain blood flow, and deliver oxygen and nutrients to the muscles is compromised. This leads to decreased muscle function, making it challenging to exert the same strength and power levels that would be achievable in a well-hydrated state. Additionally, dehydration can lead to fatigue more quickly, affecting overall performance. Muscles rely on proper hydration to maintain electrolyte balance, which is essential for muscle contraction and function. Therefore, when athletes or individuals are dehydrated, they may find that their muscle strength decreases, which negatively affects their performance in physical activities. In contrast, options like increased endurance, improved focus, and enhanced recovery time are generally not associated with dehydration, as hydration is vital for sustaining endurance and cognitive function as well as facilitating recovery after physical exertion.

8. Which of the following components is essential for improving cardiovascular health?

- A. Increased sugar intake
- B. Regular physical activity**
- C. Extended hours of sleep
- D. Reduced calcium consumption

Regular physical activity is essential for improving cardiovascular health because it strengthens the heart muscle, improves circulation, and helps to lower blood pressure. Engaging in consistent exercise increases the efficiency with which the heart pumps blood throughout the body and can lower the risk of developing heart disease. It also aids in managing body weight and improving cholesterol levels, which are both crucial for maintaining a healthy cardiovascular system. Incorporating various forms of exercise, such as aerobic activities, strength training, and flexibility exercises, contributes broadly to heart health. Additionally, physical activity can enhance overall well-being, reduce stress, and improve mental health, which further supports cardiovascular health.

9. Among adolescent girls, what percentage of new HIV infections occur?

- A. One half
- B. Three quarters**
- C. One third
- D. Two thirds

The correct answer highlights a significant public health concern regarding adolescent girls and HIV infection rates. Studies indicate that a substantial proportion, specifically around three-quarters, of new HIV infections among adolescents occur in this demographic. This statistic underlines the vulnerability of adolescent girls to HIV, often due to a combination of biological factors, social determinants, and increased exposure to risky behaviors and societal conditions that put them at greater risk. Understanding this percentage is crucial as it points to the need for targeted health interventions, education, and resources specifically aimed at this group to prevent new infections and to encourage safer practices. Strategies such as increasing access to sexual health education, promoting the use of preventive measures like condoms, and providing support services can significantly impact reducing these infection rates. Although the other percentages given in the options reflect significant numbers, they do not accurately capture the current data indicating the overwhelming rate of new infections occurring among adolescent girls. Each of these other figures suggests a lower burden of infection in this subgroup than research shows, highlighting the critical importance of addressing and understanding the actual statistics to improve health outcomes.

10. What is one effect of chronic stress on the body?

- A. Increased energy levels
- B. Weakened immune system**
- C. Improved digestion
- D. Heightened sense of well-being

Chronic stress has been extensively studied and is known to have significant negative effects on the body, one of the most critical being a weakened immune system. When a person experiences chronic stress, the body releases elevated levels of stress hormones such as cortisol. While short-term stress responses can be beneficial, prolonged exposure to these hormones can hinder the functioning of the immune system. This makes the body more susceptible to infections and may lead to various health issues, as the immune response becomes less effective at fighting off pathogens. In contrast, the other choices indicate positive outcomes that are generally not associated with chronic stress. Increased energy levels, improved digestion, and a heightened sense of well-being are typically results of a balanced stress response or a healthy lifestyle rather than chronic stress. Thus, the choice indicating a weakened immune system accurately reflects the adverse consequences of prolonged stress on health.

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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://hosahealthyliving.examzify.com>

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

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