

National Health Science Certificate 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. Clear exchange of information among team members is defined as which concept?**
 - A. Mutual Respect**
 - B. SDS**
 - C. Effective Communication**
 - D. PPE**

- 2. The acronym CDC stands for which phrase in health-related guidelines?**
 - A. Occupational Safety and Health Administration**
 - B. Centers for Disease Control guidelines**
 - C. Personal Protective Equipment**
 - D. Safety Data Sheets**

- 3. Which practice prevents the spread of infections?**
 - A. Pathogenic microorganisms**
 - B. Health informatics**
 - C. Support services**
 - D. Infection control**

- 4. Which framework in communication includes feedback loops between sender and receiver?**
 - A. Written communication skills**
 - B. Medical terminology**
 - C. Sender-message-receiver model**
 - D. Medical abbreviations**

- 5. The Legal Responsibilities Standard deals with which concept?**
 - A. Billing compliance**
 - B. Knowledge of legal aspects in healthcare**
 - C. Patient privacy laws**
 - D. Medical equipment maintenance**

- 6. How many total points are available on the exam?**
- A. 120**
 - B. 116**
 - C. 90**
 - D. 100**
- 7. Which process systematically aims to resolve issues by analyzing possibilities and selecting the best course of action?**
- A. Problem solving**
 - B. Diagnostic services**
 - C. Biotechnology research**
 - D. Organization**
- 8. Which term denotes partial or total inability to hear sounds?**
- A. Hearing Loss**
 - B. Impaired Vision**
 - C. Active Listening**
 - D. Attitudes**
- 9. What describes services that assist healthcare delivery?**
- A. Informed consent**
 - B. Support services**
 - C. Civility**
 - D. Health informatics**
- 10. Which statement about the exam is true?**
- A. The exam has 108 questions and 116 points**
 - B. The exam is 120 questions with 150 points**
 - C. It tests only anatomy**
 - D. It has 100 questions and 100 points**

Answers

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

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Explanations

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1. Clear exchange of information among team members is defined as which concept?

- A. Mutual Respect**
- B. SDS**
- C. Effective Communication**
- D. PPE**

Clear exchange of information among team members is defined as effective communication. This means messages are conveyed in a way that others can understand exactly what's intended, and the sender checks that the message was received and understood. It involves speaking clearly, using plain language, avoiding jargon when possible, and practicing active listening. It also includes seeking and providing feedback, confirming important details, and sharing information in a timely manner so the entire team stays coordinated. In practice, effective communication relies on a feedback loop—the receiver repeats back or confirms the message to ensure there's no misinterpretation, and barriers like interruptions or unclear wording are minimized. This kind of communication is crucial for safety and teamwork because it helps prevent errors, ensures everyone has the right information, and supports coordinated action across roles. Other options relate to aspects that support teamwork but do not define the act of exchanging information itself. For example, mutual respect underpins good collaboration, but it isn't the process of communicating. SDS and PPE pertain to safety data and protective gear, not how information is shared.

2. The acronym CDC stands for which phrase in health-related guidelines?

- A. Occupational Safety and Health Administration**
- B. Centers for Disease Control guidelines**
- C. Personal Protective Equipment**
- D. Safety Data Sheets**

Understanding what CDC stands for helps you recognize the right reference in health guidelines. The commonly used expansion is Centers for Disease Control and Prevention. This agency is the main source of national public health guidance, monitoring diseases, and advising on prevention and control measures. Among the options, the one that includes Centers for Disease Control aligns with how CDC is understood in health guidance, even though the exact official name adds "and Prevention." The other options point to a safety agency, a type of protective gear, or a type of safety document, which are not what CDC represents. So, the best choice is the option that references Centers for Disease Control, reflecting the organization responsible for these guidelines.

3. Which practice prevents the spread of infections?

- A. Pathogenic microorganisms
- B. Health informatics
- C. Support services**
- D. Infection control

Preventing the spread of infections is achieved through infection control, a set of practices designed to interrupt how pathogens move between people and surfaces. This includes hand hygiene, appropriate use of personal protective equipment, proper sterilization and disinfection, thorough environmental cleaning, safe waste management, and isolating patients when needed. It also involves vaccination programs and ongoing surveillance to catch and limit outbreaks. The other concepts aren't practices aimed at stopping transmission: pathogenic microorganisms are the agents that cause infections, health informatics focuses on health data and information systems, and support services cover logistical and non-clinical roles. By targeting the ways infections spread and implementing standard precautions, infection control directly reduces transmission.

4. Which framework in communication includes feedback loops between sender and receiver?

- A. Written communication skills
- B. Medical terminology
- C. Sender-message-receiver model**
- D. Medical abbreviations

Feedback and two-way interaction in communication are being tested here. The sender-message-receiver model explicitly includes a loop where the receiver's response goes back to the sender, allowing confirmation of understanding or adjustments to the message. This back-and-forth is what makes it a two-way exchange, unlike terms that describe skills or terminology without a built-in feedback mechanism.

5. The Legal Responsibilities Standard deals with which concept?

- A. Billing compliance
- B. Knowledge of legal aspects in healthcare**
- C. Patient privacy laws
- D. Medical equipment maintenance

The Legal Responsibilities Standard is about understanding the laws, regulations, and ethical guidelines that govern healthcare practice. It emphasizes knowing patient rights, informed consent, confidentiality and privacy requirements, mandatory reporting, licensure and professional accountability, and how these rules shape daily care and documentation. This makes it the best choice because it targets knowledge of legal aspects in healthcare rather than narrowly focused operational areas. The other options point to more specific domains—billing rules, a focus on privacy alone, or equipment maintenance—rather than the broad legal framework that guides professional responsibility and compliance.

6. How many total points are available on the exam?

- A. 120
- B. 116**
- C. 90
- D. 100

Total points on an exam come from adding up the value of every question and any extra-credit items. Different questions can be worth different amounts, and bonus or weighted sections can change the final total. If the scoring guide for this exam states a total of 116 points, that is the total you should expect for the entire exam. To verify, check the exam instructions or the scoring rubric to see the point values for each item and any bonuses, then sum them up. If everything adds to 116, that explains why this is the total.

7. Which process systematically aims to resolve issues by analyzing possibilities and selecting the best course of action?

- A. Problem solving**
- B. Diagnostic services
- C. Biotechnology research
- D. Organization

The main idea being tested is solving problems in a structured, decision-making way. This involves recognizing the issue, generating a range of possible solutions, weighing their advantages and drawbacks, and selecting the best course of action to implement. This systematic approach—define the problem, brainstorm options, evaluate, decide, and act—embodies true problem solving. Other terms refer to different activities: diagnostic services is about identifying the cause of a medical issue, biotechnology research focuses on developing new biological techniques or products, and organization deals with arranging people and resources to achieve goals. None of these describe the full, step-by-step process of analyzing possibilities and choosing the best action in response to a problem the way problem solving does.

8. Which term denotes partial or total inability to hear sounds?

- A. Hearing Loss**
- B. Impaired Vision
- C. Active Listening
- D. Attitudes

Hearing loss is the term that denotes partial or total inability to hear sounds. It spans from reduced hearing sensitivity in one or both ears to complete deafness. This differs from impaired vision, which concerns sight, not hearing. Active listening is about how someone processes and responds to what they hear—a skill, not a measure of hearing ability. Attitudes refer to a person's dispositions and are unrelated to sensory function. So the term that best fits the description is hearing loss.

9. What describes services that assist healthcare delivery?

- A. Informed consent**
- B. Support services**
- C. Civility**
- D. Health informatics**

Understanding how healthcare delivery is supported by non-clinical functions highlights the role of support services. These are the departments and activities that enable care to happen smoothly and safely, such as nutrition and dietary services, environmental services (housekeeping and facility maintenance), transportation, medical records, social work, translation, and other administrative and logistical tasks. They take care of the surroundings, logistics, and patient needs that allow clinicians to focus on direct medical care. Informed consent centers on a patient's authorization and understanding before treatment, not on supportive roles. Civility relates to respectful behavior and workplace culture, not the provision of care-support functions. Health informatics deals with managing health information and information systems; while crucial, it's a field rather than the general services that directly assist day-to-day care delivery.

10. Which statement about the exam is true?

- A. The exam has 108 questions and 116 points**
- B. The exam is 120 questions with 150 points**
- C. It tests only anatomy**
- D. It has 100 questions and 100 points**

Understanding how the exam is scored helps you identify the true statement. If there are 108 questions totaling 116 points, most questions are worth one point, with a few questions carrying extra weight to push the total above the number of questions. The average points per question here is about 1.07, which is a common setup: a mostly single-point format with a small number of higher-point items to differentiate more difficult or multi-part questions. The other described formats would imply different pacing and weightings (for example, a higher average points per question or a uniform one-point-per-question scheme) and don't align with this specific scoring pattern.

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://nationalhealthscience.examzify.com>

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

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