

# NHSA Module 3 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. Which statement about a control chart is most accurate?**
  - A. It is used only for financial performance**
  - B. It tracks a process but is not used to detect unusual variation**
  - C. It is computed from a single time point**
  - D. It monitors process behavior over time and detects variation beyond what randomness would predict**
  
- 2. The energy converted to heat during braking primarily comes from which energy form?**
  - A. Kinetic energy**
  - B. Potential energy**
  - C. Nuclear energy**
  - D. Thermal energy**
  
- 3. Which term describes the tilting motion from the front of the vehicle to the rear?**
  - A. Pitch**
  - B. Roll**
  - C. Yaw**
  - D. Heave**
  
- 4. What are the four phases of emergency management commonly referenced in healthcare?**
  - A. Mitigation, Preparedness, Response, and Recovery**
  - B. Recovery, Preparedness, Mitigation, and Response**
  - C. Preparedness, Mitigation, Recovery, and Response**
  - D. Mitigation, Preparedness, Recovery, and Response**
  
- 5. Which statement about the Plan-Do-Study-Act cycle is correct?**
  - A. Plan-Do-Study-Act; to test changes on a small scale, learn, and refine before broader implementation.**
  - B. Prepare-Define-Standardize-Act; to enforce compliance across departments.**
  - C. Predict-Document-Solve-Approve; to forecast patient outcomes.**
  - D. Pilot-Deliver-Sustain-Assess; to scale up implementation quickly.**

- 6. When you park facing downhill, how should you orient your wheels?**
- A. Turn your wheels away from the curb**
  - B. Turn your wheels towards the curb**
  - C. Leave your wheels straight**
  - D. Put the car in park**
- 7. What is the key difference between a budget variance and a financial forecast?**
- A. Forecast predicts past financial performance.**
  - B. Variance compares actual results to the planned budget; forecast predicts future financial performance based on current data.**
  - C. Variance is a projection of future cash flows; forecast explains past results.**
  - D. They are the same concept.**
- 8. A vehicle's kinetic energy is directly proportional to what?**
- A. Its mass**
  - B. Its speed**
  - C. Its acceleration**
  - D. Its volume**
- 9. Which of the following is true about gravity?**
- A. It is the force that pushes you away from Earth**
  - B. It is the force that slows you down**
  - C. It has no effect on motion**
  - D. It is the force that pulls you towards Earth**
- 10. Compared to objects designed to absorb impact, striking a fixed object will result in \_\_\_ damage.**
- A. Less**
  - B. Greater**
  - C. Equal**
  - D. More**

## Answers

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

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## **Explanations**

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1. Which statement about a control chart is most accurate?
- A. It is used only for financial performance
  - B. It tracks a process but is not used to detect unusual variation
  - C. It is computed from a single time point
  - D. It monitors process behavior over time and detects variation beyond what randomness would predict**

Control charts monitor how a process behaves over time and help distinguish normal, random variation from unusual, assignable variation. They plot data in the order they occur, with a center line representing the process average (or target) and upper and lower control limits that reflect natural variability. When the process is stable, most points stay within these limits and patterns look like random scatter. If a point falls outside the limits or a recognizable pattern emerges (such as a run, trend, or cycles), that signals a potential special cause that should be investigated. This is why the statement describing monitoring over time and detecting variation beyond what randomness would predict is the most accurate. Control charts are not limited to financial performance, they are used across manufacturing, services, and healthcare to detect unusual variation, they are not based on a single time point, and they rely on time-ordered data rather than a single measurement.

2. The energy converted to heat during braking primarily comes from which energy form?

- A. Kinetic energy**
- B. Potential energy
- C. Nuclear energy
- D. Thermal energy

When you brake, the car's motion is stored as kinetic energy. The braking system uses friction to oppose that motion, doing negative work on the car and converting that kinetic energy into heat. So the heat you feel in the brakes comes from the kinetic energy the car had while moving ( $\frac{1}{2} m v^2$ ) being transformed into thermal energy in the brake components and surrounding air. Potential energy isn't the primary source of the heat during braking, unless the car started on a slope and then fully converted that potential energy to kinetic first; the braking heat itself is from the kinetic energy at the moment of braking. Nuclear energy isn't involved.

3. Which term describes the tilting motion from the front of the vehicle to the rear?

- A. Pitch**
- B. Roll
- C. Yaw
- D. Heave

The movement described is pitch. Pitch is rotation about the vehicle's lateral axis (left-to-right axis), which causes the front end to tilt up or down toward the rear. So tilting from the front toward the rear corresponds to nose-up or nose-down motion—pitch. For contrast: roll is a tilt side to side about the longitudinal axis, yaw is turning about the vertical axis, and heave is vertical movement without rotation.

**4. What are the four phases of emergency management commonly referenced in healthcare?**

- A. Mitigation, Preparedness, Response, and Recovery**
- B. Recovery, Preparedness, Mitigation, and Response**
- C. Preparedness, Mitigation, Recovery, and Response**
- D. Mitigation, Preparedness, Recovery, and Response**

Four phases of emergency management guide healthcare organizations through preparing for, responding to, and recovering from disasters: mitigation, preparedness, response, and recovery. Mitigation reduces risks and potential impacts before an incident, such as strengthening infrastructure, updating risk assessments, and implementing preventive measures. Preparedness focuses on planning, training, drills, and ensuring resources and systems are ready so staff can act quickly and effectively when something happens. Response encompasses the immediate actions taken during the event to protect lives, treat patients, and maintain essential operations. Recovery aims to restore services to normal, repair and replace damaged facilities, and learn from the event to strengthen future resilience. While the cycle is continuous, the standard healthcare reference lists these four phases in the order of mitigation, preparedness, response, and recovery, which is why this sequence is considered the best fit. Other sequences misplace the timing of activities, such as putting recovery before actions or swapping pre-event activities, which disrupts the logical flow of preparation leading into response.

**5. Which statement about the Plan-Do-Study-Act cycle is correct?**

- A. Plan-Do-Study-Act; to test changes on a small scale, learn, and refine before broader implementation.**
- B. Prepare-Define-Standardize-Act; to enforce compliance across departments.**
- C. Predict-Document-Solve-Approve; to forecast patient outcomes.**
- D. Pilot-Deliver-Sustain-Assess; to scale up implementation quickly.**

PDSA cycles are about testing a change on a small scale to learn from results and refine before broader use. Plan sets the aim, predicts outcomes, and designs the test. Do carries out the test on a limited basis. Study analyzes the data to see whether the results matched predictions and what was learned. Act decides to adopt, modify, or abandon the change and prepares for the next cycle to continue improving. This iterative learning loop helps improve processes while reducing risk. The other descriptions don't capture this learning-and-refinement loop. They either misstate the sequence, focus on enforcing compliance, or emphasize rapid scaling without the data-driven evaluation and iterative testing that characterize PDSA.

**6. When you park facing downhill, how should you orient your wheels?**

- A. Turn your wheels away from the curb**
- B. Turn your wheels towards the curb**
- C. Leave your wheels straight**
- D. Put the car in park**

When parking downhill, turn your wheels toward the curb. This placement lets the curb act as a barrier if the brakes fail, so the car's front tire catches on the curb and holds the vehicle in place rather than rolling into traffic. Leaving the wheels straight offers less protection, and turning away from the curb could allow the car to roll into the street. Simply putting the car in park isn't enough on a slope because a brake or transmission issue could still let the car move.

**7. What is the key difference between a budget variance and a financial forecast?**

- A. Forecast predicts past financial performance.**
- B. Variance compares actual results to the planned budget; forecast predicts future financial performance based on current data.**
- C. Variance is a projection of future cash flows; forecast explains past results.**
- D. They are the same concept.**

A budget variance vs. a financial forecast hinge on timing and purpose. A budget variance is a retrospective measure that compares what actually happened to what was planned in the budget for a given period, highlighting where performance diverged from the plan. A financial forecast, on the other hand, is forward-looking and estimates future financial performance using current data, trends, and reasonable assumptions. This distinction is why the correct choice is the best: it states that a variance looks at actual results against the budget (retrospective), while a forecast predicts future performance based on current information. For example, if actual revenue comes in below the budget, that difference is a variance to investigate. A forecast would take the latest sales data and market conditions to project next quarter revenue and cash flow. The other ideas mix up timing or purpose: one describes forecasting as predicting past results, which isn't correct, and another reverses the roles of variance and forecast. They aren't aligned with how budgets and projections are used in planning and control.

**8. A vehicle's kinetic energy is directly proportional to what?**

- A. Its mass
- B. Its speed**
- C. Its acceleration
- D. Its volume

Kinetic energy measures how much energy an object has due to its motion, and the math behind it shows  $KE = \frac{1}{2} m v^2$ . This means the energy grows as how fast the object is moving increases (the speed variable is squared, so speed has a direct and strong effect on energy). Doubling speed makes KE increase fourfold, highlighting why speed is the key driver here. Volume has no bearing on motion energy, acceleration describes how velocity changes rather than how much energy is stored in motion, and while mass does influence KE, the aspect tied most directly to the motion itself among the options is speed.

**9. Which of the following is true about gravity?**

- A. It is the force that pushes you away from Earth
- B. It is the force that slows you down
- C. It has no effect on motion
- D. It is the force that pulls you towards Earth**

Gravity is the force of attraction between masses, so on Earth it pulls everything toward the planet's center. This inward pull is what we experience as weight and what makes dropped objects accelerate downward at about  $9.8 \text{ m/s}^2$ . Saying gravity pulls you toward Earth captures its essential effect: it draws objects toward the ground rather than pushing them away. The idea that gravity pushes you away or that it simply slows you down doesn't match what gravity does, and while gravity can influence motion by changing direction or speed over time, its fundamental action near Earth is to pull toward the center.

**10. Compared to objects designed to absorb impact, striking a fixed object will result in \_\_\_ damage.**

- A. Less
- B. Greater
- C. Equal
- D. More**

When impact energy isn't absorbed, damage goes up. Surfaces that are designed to absorb impact deform and dissipate energy over a longer time, increasing the contact duration and reducing the peak force. This means the striking object experiences a gentler, more spread-out load, which protects it from damage. A fixed, rigid object, on the other hand, doesn't deform much, so the collision happens very quickly and delivers a high peak force. That higher force causes more damage to the striking object. So, hitting a fixed object results in more damage.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nhsamodule3.examzify.com>**

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

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