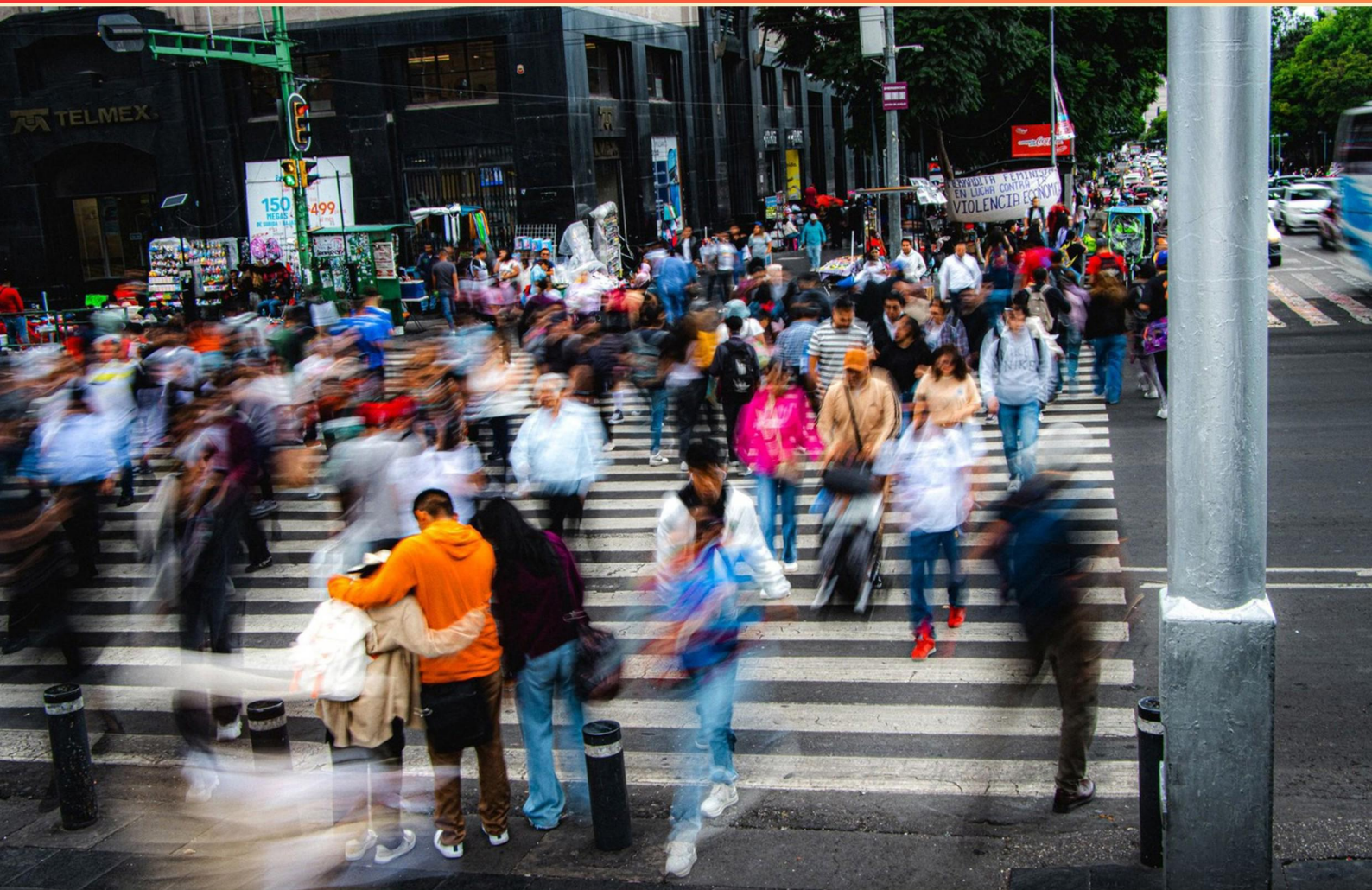


POPULATION DEVELOPMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
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. International Youth Day occurs on which date?**
 - A. September 26
 - B. September 4
 - C. August 12
 - D. November 19
- 2. Where was the 8th billionth person born?**
 - A. Makati, Manila
 - B. Tondo, Manila
 - C. Cebu City
 - D. Davao City
- 3. When did President Gloria Macapagal-Arroyo issue Executive Order No. 188 attaching POPCOM to the Department of Health?**
 - A. March 24, 2001
 - B. March 24, 2002
 - C. March 24, 2004
 - D. March 24, 2003
- 4. Migration commonly flows from rural to urban areas and affects urban growth; what is a likely outcome when services lag behind?**
 - A. Rural-to-urban migration has little effect on urban growth.
 - B. Migration commonly flows from rural to urban areas, affecting urban growth, labor markets, and rural depopulation.
 - C. Migration from urban to rural areas is the primary driver of urban growth.
 - D. Migration has no impact on demographic disparities.
- 5. What Executive Order issued in 1990 placed POPCOM under the Office of the President to facilitate coordination of population policies and programs?**
 - A. Executive Order No. 408
 - B. Executive Order No. 501
 - C. Executive Order No. 233
 - D. Executive Order No. 1066

- 6. Which law is commonly known as the Population Act of the Philippines?**
- A. Republic Act 10667
 - B. Republic Act 7649
 - C. Republic Act 6365
 - D. Republic Act 1234
- 7. What is age heaping in demographic surveys?**
- A. Respondents provide ages based on memory with occasional recall errors.
 - B. Ages are cross-checked with birth certificates for all respondents.
 - C. Ages are recorded using administrative records for every participant.
 - D. Respondents report ages rounded to tens or fives due to memory or misreporting.
- 8. What is intrahousehold inequality, and how can it affect demographic outcomes?**
- A. Differences in resources and decision-making within households that influence fertility, education, nutrition, and child health.
 - B. The disparity in household sizes between urban and rural areas.
 - C. The total number of households in an urban area.
 - D. The external socio-economic policy impacts only.
- 9. What policy approach was identified as the lynchpin of the Population Management Program in 1999?**
- A. Zero Population Growth
 - B. Responsible Parenthood
 - C. Population Stabilization Policy
 - D. Family Planning Emphasis
- 10. If Sally has ovaries but strongly identifies as male, which term best describes this condition?**
- A. Transgender
 - B. Gender dysphoria
 - C. Intersex
 - D. Androgynous

Answers

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

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Explanations

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1. International Youth Day occurs on which date?

- A. September 26
- B. September 4
- C. August 12**
- D. November 19

International Youth Day is observed on August 12 each year. The United Nations designated this date in 1999 to celebrate young people and to highlight issues facing youth, including education, employment, health, and participation in society. The day provides a global platform for youth voices and action, which is why August 12 is the correct date. The other dates are not the official day associated with International Youth Day.

2. Where was the 8th billionth person born?

- A. Makati, Manila**
- B. Tondo, Manila
- C. Cebu City
- D. Davao City

Understanding population milestones and how they are identified helps explain this question. The 8th billionth person isn't counted individually in real time; international agencies use updated census data, birth rates, and projections to estimate when the global population will reach eight billion, and they sometimes designate a specific newborn in a country to symbolize that milestone. In 2022, the designation highlighted a newborn in the Philippines—specifically Makati City in Metro Manila—as the 8th billionth person, marking the approximate date when the world was estimated to reach eight billion inhabitants. This choice is symbolic, meant to draw attention to population growth, health, and development in that region. The other locations listed are not the official designation for the milestone.

3. When did President Gloria Macapagal-Arroyo issue Executive Order No. 188 attaching POPCOM to the Department of Health?

- A. March 24, 2001
- B. March 24, 2002
- C. March 24, 2004
- D. March 24, 2003**

Executive orders are tools presidents use to reorganize agencies and shift responsibilities. In this case, issuing Executive Order No. 188 attached the Population Commission to the Department of Health, signaling a move to align population programs with health services and improve coordination on related policies like family planning and reproductive health. The date this reorganization was enacted is March 24, 2003, which situates the action in the early 2000s during President Arroyo's administration when such health-population integration steps were pursued. The other dates don't correspond to this specific restructuring, making March 24, 2003 the correct reference for when this attachment occurred.

4. Migration commonly flows from rural to urban areas and affects urban growth; what is a likely outcome when services lag behind?

- A. Rural-to-urban migration has little effect on urban growth.
- B. Migration commonly flows from rural to urban areas, affecting urban growth, labor markets, and rural depopulation.**
- C. Migration from urban to rural areas is the primary driver of urban growth.
- D. Migration has no impact on demographic disparities.

When people move from rural areas to cities, they add to the urban population and push urban growth. If city services—like housing, water and sanitation, schools, healthcare, and transportation—don't keep up with that growth, the result is a strain on the system. Crowded housing and longer waits for services become common, and the job market can't always absorb new workers, leading to higher unemployment or more informal work and growing poverty and inequality. Meanwhile, those leaving rural areas contribute to rural depopulation as residents seek better opportunities in the city. This combination—strong urban growth, stressed labor markets, and rural depopulation—is the likely outcome when services lag behind migration.

5. What Executive Order issued in 1990 placed POPCOM under the Office of the President to facilitate coordination of population policies and programs?

- A. Executive Order No. 408**
- B. Executive Order No. 501
- C. Executive Order No. 233
- D. Executive Order No. 1066

Placing a population coordinating body under the Office of the President emphasizes that population issues are a nationwide priority requiring unified direction. This arrangement gives POPCOM the political backing and high-level access needed to align policies, budgeting, and programs across different agencies, ensuring coherence with national development goals rather than working in isolation. In 1990, an executive order created that centralized setup, making POPCOM answer directly to the President to facilitate coordinated population policies and programs. This elevation helps reduce duplication, clarifies responsibilities, and strengthens monitoring and implementation across the whole government. The other executive orders relate to different reorganizations or reforms and do not establish POPCOM under the President's Office for policy coordination in the same way, so they aren't the ones that fit the described arrangement.

6. Which law is commonly known as the Population Act of the Philippines?

- A. Republic Act 10667
- B. Republic Act 7649
- C. Republic Act 6365**
- D. Republic Act 1234

The Population Act is the law that established the national framework for population and development in the Philippines, focusing on promoting responsible parenthood and family planning and creating the Population Commission to coordinate population programs nationwide. That connection to population planning and education is why it is the best choice here. The other laws listed deal with topics outside population policy, so they are not referred to as the Population Act.

7. What is age heaping in demographic surveys?

- A. Respondents provide ages based on memory with occasional recall errors.
- B. Ages are cross-checked with birth certificates for all respondents.
- C. Ages are recorded using administrative records for every participant.
- D. Respondents report ages rounded to tens or fives due to memory or misreporting.**

Age heaping is when people report ages that are rounded to the nearest 5 or 10 rather than their exact age, usually because they can't recall the precise birth date or choose to misreport. This creates artificial spikes in the population's age distribution at ages ending in 0 or 5 and can bias analyses that rely on accurate age structure, such as fertility, mortality, and life expectancy calculations. The description that fits this phenomenon is that respondents report ages rounded to tens or fives due to memory or misreporting. Other statements describe general memory errors or the use of administrative records, which do not capture the specific rounding pattern characteristic of age heaping.

8. What is intrahousehold inequality, and how can it affect demographic outcomes?

- A. Differences in resources and decision-making within households that influence fertility, education, nutrition, and child health.**
- B. The disparity in household sizes between urban and rural areas.
- C. The total number of households in an urban area.
- D. The external socio-economic policy impacts only.

Intrahousehold inequality means the uneven distribution of resources and decision-making power inside a family. This internal dynamic shapes demographic outcomes because who controls money, assets, time, and important choices determines how a household invests in children and plans its activities. When the person who controls resources also has influence over decisions about education, health care, and birth timing, families may prioritize different investments: for instance, more resources and bargaining power for women can lead to greater emphasis on daughters' schooling, child nutrition, and health care, which improves child health and educational attainment and can influence fertility choices and birth spacing. If decision-making is concentrated in the hands of a few, those preferences drive how resources are allocated, affecting fertility rates, child survival, and long-term human capital. Options focusing on differences between households, urban–rural disparities, or external policy effects don't capture this inside-household distribution, which is why intrahousehold inequality best explains the link to demographic outcomes.

9. What policy approach was identified as the lynchpin of the Population Management Program in 1999?

- A. Zero Population Growth
- B. Responsible Parenthood**
- C. Population Stabilization Policy
- D. Family Planning Emphasis

The main idea being tested is that population management hinges on giving people real choices about how many children to have, through responsible parenthood. This approach treats family planning as part of a broader, rights based framework that emphasizes informed decision-making, voluntary use of services, and alignment with a family's health, education, and economic situation. In the 1999 Population Management Program, responsible parenthood was the lynchpin because it ties together contraceptive access with maternal and child health, women's empowerment, and development goals, ensuring policy actions support people's choices rather than coercing outcomes. This makes the program more sustainable and acceptable, since it centers on individuals' autonomy and well being. Other options don't fit as the central guiding principle: Zero Population Growth is more of a demographic target than a policy stance; Population Stabilization Policy is a vague label that lacks the explicit rights and choices focus; and a general emphasis on family planning services, while important, doesn't capture the broader, voluntary, and development oriented mindset of responsible parenthood.

10. If Sally has ovaries but strongly identifies as male, which term best describes this condition?

- A. Transgender
- B. Gender dysphoria**
- C. Intersex
- D. Androgynous

Understanding gender identity means recognizing that a person's inner sense of being male, female, or something else can differ from the sex they were assigned at birth. In Sally's case, she was assigned female at birth because she has ovaries, but she identifies as male. The most accurate label here is transgender, specifically a transgender man, because her gender identity is male rather than female. Gender dysphoria is about distress that can accompany the mismatch between gender identity and assigned sex, and not everyone who is transgender experiences it. Intersex refers to variations in biological sex characteristics, not to a person's gender identity. Androgynous describes a blend of masculine and feminine traits in appearance or behavior, not a person's true gender identity.

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://populationdev.examzify.com>

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

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