

Praxis Health Education (5551) 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. What are non-locomotor movements primarily characterized by?**
 - A. Movement from one location to another**
 - B. Manipulating objects**
 - C. Staying in place and using the body**
 - D. Running or walking**

- 2. Which of the following is NOT a personality type recognized in personality classifications?**
 - A. Type A**
 - B. Type B**
 - C. Type C**
 - D. Type E**

- 3. What is a key element in creating a supportive health education environment?**
 - A. Strictly regulating student discussions**
 - B. Fostering open communication and trust**
 - C. Minimizing the involvement of school staff**
 - D. Promoting competition amongst students**

- 4. What is the first step in the responsible decision-making model?**
 - A. Evaluate alternatives and consequences**
 - B. Act on the decision and evaluate**
 - C. List possible decisions and share with a trusted adult**
 - D. Identify the decision to be made**

- 5. What is a common symptom associated with chlamydia?**
 - A. Severe abdominal pain**
 - B. Rash all over the body**
 - C. Vaginal and urethral irritation**
 - D. Fever with chills**

- 6. What term describes the malicious following or harassment of someone?**
- A. Cyberstalking**
 - B. Bullying**
 - C. Stalking**
 - D. Intimidation**
- 7. Which system is responsible for moving the skeletal muscles?**
- A. Autonomic system**
 - B. Nervous system**
 - C. Somatic system**
 - D. Lymphatic system**
- 8. Which of the following is a benefit of integrating health education into the curriculum?**
- A. Improved academic performance solely in science**
 - B. Increased overall student engagement and well-being**
 - C. Higher dropout rates in schools**
 - D. Reduction of physical activity during school hours**
- 9. Which condition is characterized by inflammation of the urethra not caused by gonorrhea?**
- A. Nongonococcal Urethritis**
 - B. Chlamydia**
 - C. Pelvic Inflammatory Disease**
 - D. Syphilis**
- 10. Which type of fat has a better impact on cholesterol levels?**
- A. Saturated fats**
 - B. Trans fats**
 - C. Monounsaturated fats**
 - D. Polyunsaturated fats**

Answers

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

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Explanations

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1. What are non-locomotor movements primarily characterized by?

- A. Movement from one location to another**
- B. Manipulating objects**
- C. Staying in place and using the body**
- D. Running or walking**

Non-locomotor movements are actions that are executed while the body remains in a stationary position, exhibiting a variety of movements without traveling from one place to another. These movements involve actions such as bending, twisting, swaying, and stretching, which utilize different parts of the body to enhance flexibility, strength, and balance while staying grounded. This focus on using the body's capabilities without changing its overall location differentiates non-locomotor movements from locomotor movements that involve travel, such as running or walking. Understanding this distinction is crucial in dance, physical education, and movement therapy, where both types of movements play an integral role in developing motor skills and coordination.

2. Which of the following is NOT a personality type recognized in personality classifications?

- A. Type A**
- B. Type B**
- C. Type C**
- D. Type E**

The classification of personality types has long been a topic of interest in psychology, leading to various models to categorize behavior and traits. Type A and Type B personality types are widely recognized in the context of stress and behavior. Type A individuals are often described as competitive, driven, and time-urgent, while Type B individuals are seen as more relaxed and less pressured by time constraints. Type C personality, although less common than Type A and B, has been recognized in the context of health psychology. Type C individuals are generally characterized by being detail-oriented, conscientious, and often suppressing their emotions, which may lead to stress and health issues. However, Type E does not exist as a widely accepted personality type in established psychological classifications. This makes it clear why the correct response identifies D as the option that does not belong in this context. By focusing on the established personality frameworks, it becomes evident that Type E is not recognized in the same way that Types A, B, and C are, leading to the conclusion that it is the correct choice for the question.

3. What is a key element in creating a supportive health education environment?

- A. Strictly regulating student discussions
- B. Fostering open communication and trust**
- C. Minimizing the involvement of school staff
- D. Promoting competition amongst students

Creating a supportive health education environment heavily relies on fostering open communication and trust. This approach encourages students to express their thoughts, questions, and concerns without fear of judgment. By fostering an environment where students feel safe to engage openly, they are more likely to participate actively, share experiences, and collaborate with peers. This trust not only enhances learning but also helps in addressing health-related topics more effectively, as students feel supported by their educators and peers. In contrast, other methods that emphasize strict control or competition can stifle discussion and diminish the quality of the educational experience. For instance, regulating discussions strictly can inhibit the flow of ideas and discourage students from voicing their opinions. Minimizing the involvement of school staff could lead to a lack of guidance and support that is crucial in health education. Lastly, promoting competition among students may create anxiety and distract from the collaborative learning that is essential in discussing sensitive health topics. Thus, the focus on open communication and trust is fundamental to a supportive learning environment in health education.

4. What is the first step in the responsible decision-making model?

- A. Evaluate alternatives and consequences
- B. Act on the decision and evaluate
- C. List possible decisions and share with a trusted adult
- D. Identify the decision to be made**

Identifying the decision to be made is the foundational step in the responsible decision-making model because it sets the stage for all subsequent actions and considerations. Without clearly establishing what decision needs to be addressed, the process cannot effectively move forward. This initial step involves recognizing the specific situation or problem that requires a decision, which allows individuals to focus their thoughts and ensure that they are addressing the right issue. By pinpointing the decision at the outset, individuals can then gather relevant information, evaluate alternatives, and consider potential consequences. This clarity is essential for the integrity of the decision-making process, as it guides users through the later stages with a focused intention. Once the decision is identified, the individual can proceed to list possible options, evaluate them, and take informed action, all of which hinge on having that initial clarity.

5. What is a common symptom associated with chlamydia?

- A. Severe abdominal pain**
- B. Rash all over the body**
- C. Vaginal and urethral irritation**
- D. Fever with chills**

Chlamydia is a sexually transmitted infection that often presents with certain symptoms related to the genitourinary system. Vaginal and urethral irritation is a common manifestation, as the infection can cause inflammation in these areas. This irritation might be characterized by symptoms such as discomfort, burning sensations during urination, and abnormal discharge. In many cases, chlamydia is asymptomatic, particularly in women, which makes it difficult to diagnose without routine screenings. When symptoms do appear, irritation of the vaginal and urethral area is frequently reported, making it a key indicator of the infection. Other symptoms mentioned in the options, while they can be associated with various conditions, do not specifically link to chlamydia in the same direct manner. Severe abdominal pain, rash all over the body, and fever with chills can indicate different infections or health issues but are not the primary symptoms typically associated with chlamydia infection.

6. What term describes the malicious following or harassment of someone?

- A. Cyberstalking**
- B. Bullying**
- C. Stalking**
- D. Intimidation**

The term that best describes the malicious following or harassment of someone is stalking. Stalking involves a repeated pattern of unwanted behavior directed at an individual, which can include physical following and various forms of intimidation or harassment. This behavior often leads to the victim feeling fear or distress, as it combines elements of both surveillance and emotional manipulation. Stalking distinguishes itself from other forms of harassment by its persistent nature and the specific focus on an individual, sometimes involving various methods to invade privacy, such as tracking, monitoring online activity, or making direct, unwanted contact. The emphasis on the targeted and repeated aspect underscores the severity and potential psychological impact on the victim. While cyberstalking refers specifically to stalking that occurs online, and bullying typically involves a power imbalance and can take many forms (including physical, emotional, and social), stalking remains a broader and more specific term for the persistent and malicious nature of the behavior described in the question. This focus on relentless pursuit and violation of personal space makes stalking the most appropriate term in this context.

7. Which system is responsible for moving the skeletal muscles?

- A. Autonomic system**
- B. Nervous system**
- C. Somatic system**
- D. Lymphatic system**

The somatic system is responsible for moving the skeletal muscles because it is part of the peripheral nervous system that controls voluntary movements. This system includes all the motor pathways that activate skeletal muscles, allowing for conscious control over muscle contraction and coordination of movement. In contrast, the autonomic system governs involuntary functions such as heart rate and digestion, and does not directly control skeletal muscle movement. The nervous system, in a broader sense, encompasses both the somatic and autonomic systems but does not specifically focus on the voluntary movement of skeletal muscles alone. The lymphatic system plays a critical role in immune function and fluid balance but does not have any direct role in muscle movement. Therefore, the somatic system is the most accurate choice regarding which system is specifically responsible for the movement of skeletal muscles.

8. Which of the following is a benefit of integrating health education into the curriculum?

- A. Improved academic performance solely in science**
- B. Increased overall student engagement and well-being**
- C. Higher dropout rates in schools**
- D. Reduction of physical activity during school hours**

Integrating health education into the curriculum offers numerous benefits, one of which is the increase in overall student engagement and well-being. When health education is part of the curriculum, it can lead to a more holistic approach to learning, helping students understand the importance of physical, mental, and emotional health. This comprehensive understanding allows students to make informed decisions about their health, leading to improved lifestyle choices. Moreover, when students are engaged in health-related topics, they often find the material more relevant to their lives, which can boost their enthusiasm for learning and participation in school activities. This engagement can enhance their sense of belonging and improve their emotional well-being, fostering a positive school atmosphere. In contrast, the other options reflect outcomes that are not aligned with the goals of effective health education integration. Improved academic performance solely in science suggests a narrow focus, while higher dropout rates and a reduction of physical activity during school hours are generally undesirable and counterproductive to the aims of a comprehensive health education program.

9. Which condition is characterized by inflammation of the urethra not caused by gonorrhea?

- A. Nongonococcal Urethritis**
- B. Chlamydia**
- C. Pelvic Inflammatory Disease**
- D. Syphilis**

Nongonococcal Urethritis is characterized specifically by inflammation of the urethra that is not attributed to gonococcal infection (which is caused by the bacterium *Neisseria gonorrhoeae*). This condition is often caused by various infections, including those by *Chlamydia trachomatis*, *Mycoplasma*, or *Ureaplasma*, but it encompasses a broader range of non-gonococcal causes. Individuals with nongonococcal urethritis may experience symptoms such as pain during urination, discharge, and itching but without the presence of gonorrhea. This distinction is important in both diagnosis and treatment, as it impacts the management approach for the individual. The other options provided point to various sexually transmitted infections or conditions but do not fit the described condition as they are typically linked with specific pathogens or have different primary characteristics. Chlamydia, for example, is a common cause of nongonococcal urethritis but is an STD itself. Pelvic Inflammatory Disease involves infection of female reproductive organs rather than solely the urethra, and syphilis is a systemic STD caused by *Treponema pallidum*, not limited to urethral inflammation.

10. Which type of fat has a better impact on cholesterol levels?

- A. Saturated fats**
- B. Trans fats**
- C. Monounsaturated fats**
- D. Polyunsaturated fats**

Monounsaturated fats have a beneficial impact on cholesterol levels primarily because they can help increase levels of high-density lipoprotein (HDL), often referred to as "good" cholesterol. HDL cholesterol is important for heart health as it helps remove low-density lipoprotein (LDL), or "bad" cholesterol, from the bloodstream, reducing the risk of heart disease. Foods high in monounsaturated fats include olive oil, avocados, and certain nuts. Incorporating these fats into a balanced diet can lead to improved heart health outcomes compared to saturated and trans fats, which are typically associated with higher LDL cholesterol levels. Polyunsaturated fats also have positive effects on cholesterol levels, but monounsaturated fats have been specifically highlighted for their LDL-lowering benefits while helping to maintain or raise HDL levels.

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://praxis5551.examzify.com>

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

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