

PRCC Public and Community Health Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 a defining characteristic of anorexia nervosa?**
 - A. A strong desire to gain weight**
 - B. An intense fear of gaining weight**
 - C. A lack of interest in food**
 - D. An obsession with healthy eating**

- 2. What is the formula used to determine Heart Rate Reserve (HRR)?**
 - A. Maximum Heart Rate - Resting Heart Rate**
 - B. Resting Heart Rate + Exercise Heart Rate**
 - C. Maximum Heart Rate + Resting Heart Rate**
 - D. Maximum Heart Rate - Average Heart Rate**

- 3. In behavior change, what does the 'H' in HALT stand for?**
 - A. Happy**
 - B. Hungry**
 - C. Help**
 - D. Health**

- 4. What percentage of TEF foods accounts for daily energy requirements?**
 - A. 1-3%**
 - B. 5-10%**
 - C. 15-20%**
 - D. 25-30%**

- 5. How often should adults engage in muscle-strengthening activities?**
 - A. Once a week**
 - B. Two days a week**
 - C. Three days a week**
 - D. Every day**

6. Which activity is included in functional fitness training?

- A. Weightlifting for aesthetics**
- B. Training for competitive sports**
- C. Activities that mimic everyday life tasks**
- D. Strict cardio routines**

7. Which physical change is associated with the fight or flight response?

- A. Decrease in heart rate**
- B. Increase in heart rate**
- C. Increased appetite**
- D. Slowed breathing**

8. Which type of fat is the predominant form found in foods and stored in the human body?

- A. Cholesterol**
- B. Triglycerides**
- C. Phospholipids**
- D. Saturated fats**

9. Which nutrient is walnuts particularly known for?

- A. Potassium**
- B. Omega-3 fatty acids**
- C. Vitamin C**
- D. Iron**

10. Stability ball exercises are specifically designed to develop which group of muscles?

- A. Leg muscles**
- B. Abdominal, hip, chest, spinal**
- C. Forearm and wrist muscles**
- D. Neck and shoulder muscles**

Answers

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

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Explanations

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1. What is a defining characteristic of anorexia nervosa?

- A. A strong desire to gain weight
- B. An intense fear of gaining weight**
- C. A lack of interest in food
- D. An obsession with healthy eating

Anorexia nervosa is primarily defined by an intense fear of gaining weight or becoming fat, despite being underweight. This fear drives the individual to engage in restrictive eating behaviors and an extreme focus on weight loss. People with anorexia may perceive themselves as overweight, even when they are significantly underweight, leading to a distorted body image. They might adopt extreme measures to lose weight, including severe caloric restriction, excessive exercise, or purging behaviors. This intense fear is a core aspect of the disorder and fundamentally influences their thoughts and behaviors regarding food and body image. Other options do not capture this fear, as a desire to gain weight, lack of interest in food, or an obsession with healthy eating do not encompass the key psychological component that characterizes anorexia nervosa.

2. What is the formula used to determine Heart Rate Reserve (HRR)?

- A. Maximum Heart Rate - Resting Heart Rate**
- B. Resting Heart Rate + Exercise Heart Rate
- C. Maximum Heart Rate + Resting Heart Rate
- D. Maximum Heart Rate - Average Heart Rate

The formula used to determine Heart Rate Reserve (HRR) is based on the difference between Maximum Heart Rate and Resting Heart Rate. This calculation is essential for understanding an individual's cardiovascular fitness and for designing exercise programs that improve aerobic capacity. To establish this reserve, you first need to determine your Maximum Heart Rate, which is commonly estimated by subtracting your age from 220. The Resting Heart Rate is typically measured when a person is at rest, usually first thing in the morning. The difference between these two values — Maximum Heart Rate and Resting Heart Rate — gives you the Heart Rate Reserve, which represents the range of heart rate increase that can be achieved during exercise. This calculation is particularly valuable for setting training intensities, especially in programs that aim for specific heart rate zones corresponding to different levels of exercise intensity. Understanding HRR allows fitness professionals and individuals to tailor their workout intensities more effectively to meet specific health and performance goals.

3. In behavior change, what does the 'H' in HALT stand for?

- A. Happy
- B. Hungry**
- C. Help
- D. Health

In the context of behavior change, the acronym HALT is commonly used as a tool to help individuals recognize their emotional and physical states that may influence their behavior, especially in relation to eating and emotional well-being. The 'H' in HALT specifically stands for "Hungry." Understanding this is pivotal because recognizing hunger is key to maintaining healthy eating habits and managing behaviors associated with emotional eating. When individuals pause to assess their state of hunger, they can make more informed decisions about when to eat, how much to eat, and to differentiate between physical hunger and emotional triggers. This self-awareness can assist in avoiding overeating or unhealthy eating habits that stem from emotional states rather than physical needs. The other options, while related to feelings or states one might experience, do not fit into the established framework of HALT, which focuses precisely on hunger, anger, loneliness, and tiredness as critical factors in understanding and modifying behavior.

4. What percentage of TEF foods accounts for daily energy requirements?

- A. 1-3%
- B. 5-10%**
- C. 15-20%
- D. 25-30%

The thermic effect of food (TEF) refers to the energy expended by our bodies to digest, absorb, and metabolize the nutrients from the foods we consume. This process requires energy, and it is estimated that TEF accounts for approximately 5-10% of the total daily energy expenditure. This percentage reflects the increase in energy needs during the digestion of food compared to the resting metabolic rate and is considered a normal part of energy balance in healthy individuals. Understanding this percentage helps in discussions about nutrition and energy management since it highlights the importance of food choices in caloric intake and metabolic processes.

5. How often should adults engage in muscle-strengthening activities?

- A. Once a week
- B. Two days a week**
- C. Three days a week
- D. Every day

Engaging in muscle-strengthening activities two days a week is aligned with the recommendations set forth by health organizations, such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). These guidelines recommend that adults participate in activities that enhance muscle strength on two or more days each week as part of their overall physical activity regimen. This frequency allows for adequate recovery time between sessions, which is crucial for muscle repair and growth, reducing the risk of injury while still promoting muscular fitness effectively. By performing strength training activities twice a week, individuals can achieve significant improvements in muscle strength and overall health without overwhelming their bodies. It is essential to include exercises targeting all major muscle groups among these sessions to optimize health outcomes. Engaging in strength training every day may lead to overtraining and insufficient recovery, while once a week may not provide the consistent stimulus needed to maintain or increase muscle strength. Three days a week might be beneficial for some individuals but is not the baseline recommendation for all adults. Consequently, two days a week strikes an appropriate balance for most people looking to maintain or improve their muscular fitness.

6. Which activity is included in functional fitness training?

- A. Weightlifting for aesthetics
- B. Training for competitive sports
- C. Activities that mimic everyday life tasks**
- D. Strict cardio routines

Functional fitness training focuses on exercises that enhance your ability to perform everyday activities. This type of training emphasizes movements that mimic real-life tasks, improving strength, balance, coordination, and endurance in a way that translates directly to daily life situations. For example, exercises may include squats, lunges, or lifting movements that are similar to how one would pick up groceries or bend down to tie shoes. This approach is beneficial as it not only aids in improving physical capabilities but also reduces the risk of injury by training the body to move efficiently and effectively in day-to-day activities. In contrast, options like weightlifting for aesthetics or training for competitive sports often prioritize specific physical outcomes or performance in a sport rather than enhancing functional movement in everyday scenarios. Strict cardio routines, while excellent for improving cardiovascular health, may not incorporate the functional movements that are essential for daily tasks.

7. Which physical change is associated with the fight or flight response?

- A. Decrease in heart rate**
- B. Increase in heart rate**
- C. Increased appetite**
- D. Slowed breathing**

The correct answer is an increase in heart rate, which is a crucial component of the fight or flight response, a physiological reaction to perceived threats or danger. When an individual encounters a stressful situation, the body activates the autonomic nervous system, specifically the sympathetic branch. This results in the release of stress hormones like adrenaline and cortisol, which prepare the body to respond effectively. An increase in heart rate enables more blood to flow to vital organs and muscles, enhancing physical readiness and stamina. This heightened cardiac output allows for improved oxygen delivery, energy mobilization, and responsiveness, which are essential for quick reactions in confrontational or escaping situations. This physiological response exemplifies how the body prepares for potential danger, enabling rapid decision-making and action. Other options, like a decrease in heart rate, increased appetite, or slowed breathing, would not align with the body's need for immediate action in stressful scenarios and do not reflect the typical characteristics of the fight or flight response.

8. Which type of fat is the predominant form found in foods and stored in the human body?

- A. Cholesterol**
- B. Triglycerides**
- C. Phospholipids**
- D. Saturated fats**

Triglycerides are the predominant form of fat found in both foods and the human body. They consist of three fatty acids bonded to a glycerol molecule, making them the most common type of fat in the diet and the primary storage form of fat in adipose (fat) tissue. When people consume dietary fats, most of them are in the form of triglycerides, which are either used for immediate energy or stored in fat cells for later use. Cholesterol, while an important lipid in the body, is primarily involved in the formation of cell membranes and certain hormones rather than serving as a major energy source or storage form. Phospholipids, which are crucial for cellular membranes, are not predominantly found as a form of dietary fat nor are they stored in significant quantities in the body. Saturated fats refer to a specific type of fatty acid that can be a component of triglycerides, but they do not represent the whole category of dietary fats or body fat. Collectively, the prevalence of triglycerides highlights their critical role in nutrition and energy metabolism.

9. Which nutrient is walnuts particularly known for?

- A. Potassium
- B. Omega-3 fatty acids**
- C. Vitamin C
- D. Iron

Walnuts are particularly known for their high content of omega-3 fatty acids, specifically alpha-linolenic acid (ALA). Omega-3 fatty acids are essential fats that the body cannot produce on its own, making it important to obtain them through diet. These fats play a crucial role in supporting heart health by reducing inflammation and lowering the risk of heart disease. They also contribute to brain health and cognitive function, making walnuts a great choice for those looking to enhance their overall health with beneficial nutrients. While other nutrients listed, such as potassium, vitamin C, and iron, are important for various bodily functions, walnuts are most commonly recognized and recommended for their rich omega-3 fatty acid profile. This unique characteristic sets them apart as an excellent source for incorporating healthy fats into the diet.

10. Stability ball exercises are specifically designed to develop which group of muscles?

- A. Leg muscles
- B. Abdominal, hip, chest, spinal**
- C. Forearm and wrist muscles
- D. Neck and shoulder muscles

Stability ball exercises are particularly effective for developing the abdominal, hip, chest, and spinal muscles. These exercises require the core to engage for balance and stability, which enhances strength and coordination in these muscle groups. When using a stability ball, the body must stabilize itself while maintaining posture, thus activating the deep core muscles, including the transverse abdominis, rectus abdominis, obliques, and the muscles around the hips and spine. This engagement leads to improved core strength, balance, and overall functional movement. Moreover, many exercises performed on a stability ball also involve the chest and shoulders, particularly when incorporating movements like presses or flys. The dynamic nature of performing movements on a stability ball not only develops these muscle groups but also enhances proprioception and coordination. In contrast, leg muscles, forearm and wrist muscles, or neck and shoulder muscles do not receive the same targeted engagement during stability ball workouts as the primary focus is on core stability and strength. While those muscle groups may still be worked in some exercises, they are not the main emphasis of stability ball routines.

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://prccpubliccommunityhealth.examzify.com>

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

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