

PRCC PUBLIC AND COMMUNITY HEALTH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which strategy is least effective for promoting long-term physical activity maintenance?**
 - A. Setting realistic goals
 - B. Tracking progress regularly
 - C. Focusing only on short-term results
 - D. Finding a workout partner
- 2. How much discrepancy in actual activity has been shown through accelerometers?**
 - A. 5%
 - B. 10%
 - C. 15%
 - D. 20%
- 3. Which form of stretching has a higher risk of strain or injury, according to stretching recommendations?**
 - A. Static stretching
 - B. Dynamic stretching
 - C. Ballistic training
 - D. Proprioceptive neuromuscular facilitation
- 4. Which factor increases the incidence of Chronic Lower Respiratory Diseases (CLRD)?**
 - A. High protein diet
 - B. Exposure to certain types of industrial pollution
 - C. Regular physical exercise
 - D. Increased water intake
- 5. Adults should engage in muscle-strengthening activities focusing on which groups?**
 - A. Only upper body muscles
 - B. All major muscle groups
 - C. Only lower body muscles
 - D. Core muscles exclusively

6. Which of the following activities contributes least to physical fitness?

- A. Running
- B. Lifting weights
- C. Watching television
- D. Swimming

7. Emotional eating disorder typically leads to what type of behavior?

- A. Controlled portion management
- B. Indulgence in healthy foods
- C. Consumption of large amounts of comfort food
- D. Strict dieting

8. Goals that are described as what often lead to failure and discouragement?

- A. Unrealistic
- B. Unattainable
- C. Ambiguous
- D. Insufficient

9. Is it true that individuals who regularly consume ultra-processed foods tend to have a lower diet quality?

- A. Yes, they tend to have lower diet quality
- B. No, they tend to have higher diet quality
- C. It depends on their overall lifestyle
- D. No, diet quality is unaffected

10. Regular physical activity has been proven to improve all of the following EXCEPT?

- A. Muscle endurance
- B. Cardiovascular health
- C. Long-term memory
- D. Flexibility

Answers

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

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Explanations

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1. Which strategy is least effective for promoting long-term physical activity maintenance?

- A. Setting realistic goals
- B. Tracking progress regularly
- C. Focusing only on short-term results**
- D. Finding a workout partner

Focusing only on short-term results is least effective for promoting long-term physical activity maintenance because it can create a mindset that prioritizes quick fixes rather than sustainable habits. When individuals concentrate solely on immediate outcomes, such as rapid weight loss or quick improvements in fitness, they may not develop the necessary strategies and intrinsic motivation to maintain those changes over time. Long-term physical activity maintenance is best supported by strategies that encourage ongoing commitment and adaptability. Setting realistic goals fosters a sense of achievement and motivation as individuals progress at a sustainable pace. Regularly tracking progress helps in identifying trends and patterns, reinforcing positive behaviors, and making adjustments when needed. Engaging a workout partner can increase accountability, provide social support, and enhance enjoyment, all of which contribute to a more enduring commitment to physical activity. Ultimately, a focus on short-term results can undermine these vital components required for lasting behavior change.

2. How much discrepancy in actual activity has been shown through accelerometers?

- A. 5%
- B. 10%
- C. 15%**
- D. 20%

The choice indicating 15% reflects findings that have shown discrepancies in actual physical activity levels when measured by accelerometers. Research has documented that accelerometers, which are widely used for tracking physical activity, might not capture the full spectrum of an individual's movement, particularly during certain types of activities or when considering the intensity of those activities. Discrepancies can arise due to various factors such as how accelerometers are worn, the algorithms used to interpret the data, or individual variations in movement patterns. A 15% discrepancy is significant because it highlights the potential underestimation of actual physical activity levels, which can impact health assessments and behavioral interventions aimed at improving community health. Understanding this discrepancy is crucial for professionals in public health since it emphasizes the importance of using multiple measures for accurately assessing physical activity in populations.

3. Which form of stretching has a higher risk of strain or injury, according to stretching recommendations?

- A. Static stretching
- B. Dynamic stretching
- C. Ballistic training**
- D. Proprioceptive neuromuscular facilitation

Ballistic stretching is characterized by high-velocity movements that involve bouncing or jerking motions to push the body beyond its normal range of motion. This method of stretching relies heavily on momentum and can lead to overstretching or strain on muscles and tendons, increasing the risk of injury during the process. In contrast, static stretching involves holding a stretch in a fixed position, which allows muscles to lengthen gradually and reduces the risk of injury. Dynamic stretching incorporates controlled, smooth movements that prepare muscles for activity without the high risks associated with bouncing motions. Proprioceptive neuromuscular facilitation (PNF) combines stretching and muscle contraction, often performed with a partner, and is used primarily for improving flexibility and range of motion without the same level of injury risk associated with ballistic methods. Thus, ballistic training stands out for its potential hazards, particularly for those who are not adequately warmed up or conditioned for such intense stretching techniques.

4. Which factor increases the incidence of Chronic Lower Respiratory Diseases (CLRD)?

- A. High protein diet
- B. Exposure to certain types of industrial pollution**
- C. Regular physical exercise
- D. Increased water intake

Exposure to certain types of industrial pollution is a well-documented factor that contributes to the incidence of Chronic Lower Respiratory Diseases (CLRD). This type of pollution often includes particulate matter and harmful chemicals that can irritate the lungs and airways, leading to chronic conditions such as chronic obstructive pulmonary disease (COPD) and other respiratory issues. The inhalation of these pollutants can damage lung tissue, decrease lung function, and exacerbate existing respiratory diseases. In contrast, a high protein diet, regular physical exercise, and increased water intake are generally associated with promoting health rather than contributing to the incidence of chronic respiratory diseases. While nutrition and hydration are important for overall health and may support the respiratory system, they do not have a direct link to the increased risk of CLRD like industrial pollution does. Moreover, regular physical exercise is known to improve lung health and function, creating a protective effect against respiratory diseases.

5. Adults should engage in muscle-strengthening activities focusing on which groups?

- A. Only upper body muscles
- B. All major muscle groups**
- C. Only lower body muscles
- D. Core muscles exclusively

Engaging in muscle-strengthening activities that focus on all major muscle groups is essential for overall health and functionality. This approach is supported by physical activity guidelines, which emphasize the importance of targeting different areas of the body to promote balanced muscular development and strength. Working on all major muscle groups—including the legs, hips, back, abdomen, chest, shoulders, and arms—contributes to better physical performance, aids in the prevention of injuries, and enhances daily functioning. By strengthening these diverse muscle groups, individuals can improve their metabolic rate, support joint health, and maintain better posture and stability. It is not sufficient to focus solely on the upper or lower body muscles or to isolate core muscles. A comprehensive strengthening routine ensures that all areas of the body are equally developed, which is crucial for achieving optimal health benefits and functional fitness. Thus, engaging in activities that target all major muscle groups is the most effective strategy for enhancing physical strength and overall well-being.

6. Which of the following activities contributes least to physical fitness?

- A. Running
- B. Lifting weights
- C. Watching television**
- D. Swimming

Watching television contributes the least to physical fitness because it is a sedentary activity that requires minimal physical effort and does not promote cardiovascular health, strength, or overall fitness levels. Engaging in activities like running, lifting weights, or swimming actively engages the body, promoting muscle development, cardiovascular endurance, and flexibility, all of which are crucial components of physical fitness. In contrast, watching television involves sitting for extended periods, which does not provide any significant health benefits and may even contribute to a sedentary lifestyle if done excessively. Therefore, it is clearly distinguished from the other options, which are all physical activities that enhance fitness and well-being.

7. Emotional eating disorder typically leads to what type of behavior?

- A. Controlled portion management
- B. Indulgence in healthy foods
- C. Consumption of large amounts of comfort food**
- D. Strict dieting

Emotional eating disorder is characterized by an individual's tendency to use food as a means of coping with emotions rather than addressing the underlying emotional issues directly. This often leads to the consumption of large amounts of comfort food, which are typically high in sugars, fats, and carbohydrates. Comfort foods can temporarily enhance mood or provide a sense of relief, making them more appealing during times of stress or emotional distress. In contrast, controlled portion management and strict dieting suggest a level of regulation and conscious decision-making regarding food intake, which is generally not associated with emotional eating behavior. Similarly, indulging in healthy foods does not align with the patterns of behavior typical in someone experiencing emotional eating, as the focus tends to be on high-calorie, comfort foods rather than nutritious options. Thus, the behavior commonly associated with emotional eating disorder is indeed the consumption of large amounts of comfort food.

8. Goals that are described as what often lead to failure and discouragement?

- A. Unrealistic
- B. Unattainable**
- C. Ambiguous
- D. Insufficient

Goals that are described as unattainable often lead to failure and discouragement because they set expectations that are beyond what can realistically be achieved given the resources, time, and circumstances surrounding an individual or organization. When a goal is unattainable, individuals may invest significant energy and effort into striving for success, only to find themselves consistently falling short. This creates a cycle of frustration and disillusionment, which can diminish motivation and confidence. Attainable goals, on the other hand, are those that consider the current capabilities and limitations of the person or group setting them. By establishing goals that are challenging yet achievable, individuals can experience a sense of accomplishment and progress, which in turn fuels further motivation and commitment. Therefore, setting unattainable goals can often result in an opposite effect to what is intended; rather than pushing individuals to succeed, it can lead to their disengagement from the goal-setting process altogether.

9. Is it true that individuals who regularly consume ultra-processed foods tend to have a lower diet quality?

- A. Yes, they tend to have lower diet quality**
- B. No, they tend to have higher diet quality
- C. It depends on their overall lifestyle
- D. No, diet quality is unaffected

Individuals who regularly consume ultra-processed foods tend to have a lower diet quality due to several prominent factors. Ultra-processed foods are often high in added sugars, unhealthy fats, and sodium, while being low in essential nutrients such as fiber, vitamins, and minerals. This imbalance can lead to inadequate nutrient intake, contributing to various health issues like obesity, heart disease, and diabetes. Additionally, the consumption of these foods is often linked to poor eating patterns, which may include less consumption of whole foods such as fruits, vegetables, whole grains, and lean proteins. As individuals rely more on ultra-processed options, they may lack the variety and quality needed for a balanced diet, resulting in lower overall diet quality. Research has consistently demonstrated that diets high in ultra-processed foods correlate with negative health outcomes, emphasizing the significance of whole and minimally processed foods in promoting better nutrition and wellness. Thus, the assertion that individuals consuming ultra-processed foods typically experience lower diet quality is well supported by nutritional science and public health perspectives.

10. Regular physical activity has been proven to improve all of the following EXCEPT?

- A. Muscle endurance
- B. Cardiovascular health
- C. Long-term memory
- D. Flexibility

Regular physical activity has a well-documented range of benefits, including improvements in muscle endurance, cardiovascular health, and flexibility, among numerous other physical and mental health advantages. Muscle endurance is enhanced through regular strength training and aerobic exercises, which help improve the efficiency of muscles to perform continuous or repeated exertions. Cardiovascular health sees significant advancements due to increased heart efficiency, better circulation, and lower blood pressure as a result of consistent exercise. Flexibility also improves with regular physical activity as exercise routines often involve stretching elements that enhance the range of motion in joints and muscles. While exercise can contribute to mental sharpness and overall cognitive function, its direct impact on long-term memory is less clear-cut. Cognitive improvements from physical activity generally relate more to mood enhancement and stress reduction rather than strengthening long-term memory specifically. Therefore, it is accurate to identify long-term memory as the area that has not been conclusively proven to benefit directly from regular physical activity, distinguishing it from the other listed benefits.

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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