

SHHS Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	15

SAMPLE

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

SAMPLE

1. Which statement about Pythagorean triples is true for the pairs 3-4-5 and 5-12-13?
 - A. Only 3-4-5 is a Pythagorean triple
 - B. Only 5-12-13 is a Pythagorean triple
 - C. Neither
 - D. Both 3-4-5 and 5-12-13 are Pythagorean triples

2. What does direct access mean in physical therapy practice?
 - A. Patient can see a PT without physician referral
 - B. Patient must obtain a physician referral before seeing a PT
 - C. PTs can only see patients referred by a physician
 - D. Direct access allows PTs to order surgical procedures

3. Why is health equity important?
 - A. Focuses on clinician satisfaction
 - B. Improves hospital revenue
 - C. Provides equal resources for all
 - D. Reduces disparities and improves outcomes

4. When the author uses 'all,' 'never,' or 'always' as absolutes, what rhetorical technique is likely being used?
 - A. Metaphor
 - B. Irony
 - C. Hyperbole or overgeneralization
 - D. Anecdote

5. What is the area of a circle with radius 5 units?
 - A. 20π square units
 - B. 30π square units
 - C. 25π square units
 - D. 35π square units

6. Solve for x: $3x + 7 = 25$.
 - A. $x = 6$
 - B. $x = 7$
 - C. $x = 8$
 - D. $x = 9$

- 7. What is the volume of a rectangular prism with length 4, width 3, and height 2?**
- A. 12 cubic units**
 - B. 18 cubic units**
 - C. 30 cubic units**
 - D. 24 cubic units**
- 8. PRAPARE stands for?**
- A. Patient Resources and Access Plan Evaluation.**
 - B. Protocol for Responding to and Assessing Patients' Assets, Risks, and Experiences.**
 - C. Primary Response and Assessment of Environmental factors.**
 - D. People and Resources Assessment for Engagement.**
- 9. Which statement best defines Social Determinants of Health (SDOH)?**
- A. Biological determinants such as genes and metabolism**
 - B. Personal lifestyle choices**
 - C. Non-medical factors that influence health outcomes, including the conditions in which people are born, grow, live, work, and age, as well as broader systems like policy, economics, and social norms**
 - D. Healthcare system quality only**
- 10. Secondary care is typically delivered in which locations?**
- A. Private clinics or home settings**
 - B. Hospitals and specialist clinics**
 - C. Online telemedicine platforms only**
 - D. Community health fairs**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which statement about Pythagorean triples is true for the pairs 3-4-5 and 5-12-13?

- A. Only 3-4-5 is a Pythagorean triple
- B. Only 5-12-13 is a Pythagorean triple
- C. Neither
- D. Both 3-4-5 and 5-12-13 are Pythagorean triples**

Pythagorean triples are integer triples that satisfy $a^2 + b^2 = c^2$, which describes a right triangle with integer side lengths. For 3-4-5, $3^2 + 4^2 = 9 + 16 = 25$, and $25 = 5^2$, so it fits the relation. For 5-12-13, $5^2 + 12^2 = 25 + 144 = 169$, and $169 = 13^2$, so this pair also fits. Since each set satisfies the Pythagorean equation, both are Pythagorean triples. These particular triples are primitive as well, meaning they aren't multiples of a smaller triple. Therefore, both pairs form Pythagorean triples.

2. What does direct access mean in physical therapy practice?

- A. Patient can see a PT without physician referral**
- B. Patient must obtain a physician referral before seeing a PT
- C. PTs can only see patients referred by a physician
- D. Direct access allows PTs to order surgical procedures

Direct access means you can start physical therapy services directly, without needing a physician referral first. This allows an initial evaluation and treatment plan to be developed by the PT based on their assessment. It doesn't give the PT permission to order surgery or do anything beyond their scope; if imaging, medications, or medical clearance are needed, the PT will refer you to the appropriate clinician. The exact rules can vary by state and insurer, but the key idea is access to PT care without a pre-referral step.

3. Why is health equity important?

- A. Focuses on clinician satisfaction
- B. Improves hospital revenue
- C. Provides equal resources for all
- D. Reduces disparities and improves outcomes**

Health equity means ensuring fair opportunities to be as healthy as possible for every person, recognizing that access to care and health outcomes are shaped by factors like income, race, geography, and social support. The best choice captures this goal: by actively reducing differences in health outcomes and access to resources, health equity leads to better overall health for communities, especially those historically underserved. Simply focusing on clinician satisfaction or hospital revenue doesn't address patient outcomes or fairness in access. Providing equal resources for everyone sounds fair, but it can miss differing needs and barriers that require targeted support. By aiming to reduce disparities and improve outcomes, health equity focuses on creating real, working improvements for all groups.

4. When the author uses 'all,' 'never,' or 'always' as absolutes, what rhetorical technique is likely being used?

- A. Metaphor
- B. Irony
- C. Hyperbole or overgeneralization**
- D. Anecdote

Using words like all, never, or always signals a move of hyperbole or overgeneralization. These absolute claims present a statement as universal, ignoring any exceptions, and are often used to create a strong impression or simplify a complex idea. Hyperbole exaggerates for emphasis, so phrases that blanket an entire group or situation point to that exaggerated generalization rather than a literal, precise claim. Metaphor involves a direct comparison between unlike things, not an overall, sweeping statement. Irony centers on meaning the opposite of what is said, often with tone or context that reveals the true intent, whereas an anecdote is a brief story used to illustrate a point. The use of universal absolutes best aligns with hyperbole or overgeneralization.

5. What is the area of a circle with radius 5 units?

- A. 20π square units
- B. 30π square units
- C. 25π square units**
- D. 35π square units

The area of a circle is π times the radius squared. With a radius of 5 units, the area is $\pi \times 5^2 = 25\pi$ square units. The other values come from different radii, but since the given radius is 5, 25π is the correct area.

6. Solve for x: $3x + 7 = 25$.

- A. $x = 6$**
- B. $x = 7$
- C. $x = 8$
- D. $x = 9$

Solving a linear equation means undoing the operations on the variable to isolate it. For $3x + 7 = 25$, first subtract 7 from both sides to cancel the added seven: $3x = 18$. Then divide both sides by 3 to undo the multiplication: $x = 6$. Verifying by substitution shows $3(6) + 7 = 18 + 7 = 25$, which matches the right side. The essential idea is applying inverse operations step by step to get x by itself.

7. What is the volume of a rectangular prism with length 4, width 3, and height 2?
- A. 12 cubic units
 - B. 18 cubic units
 - C. 30 cubic units
 - D. 24 cubic units**

Volume is the amount of space inside a rectangular prism, found by multiplying its three edge lengths: length \times width \times height. With 4, 3, and 2, you compute $4 \times 3 = 12$, then $12 \times 2 = 24$. So the volume is 24 cubic units. This reflects using all three dimensions to fill the object. The other numbers come from using only two dimensions or missing a factor, so they don't represent the full space inside.

8. PRAPARE stands for?

- A. Patient Resources and Access Plan Evaluation.
- B. Protocol for Responding to and Assessing Patients' Assets, Risks, and Experiences.**
- C. Primary Response and Assessment of Environmental factors.
- D. People and Resources Assessment for Engagement.

PRAPARE is a standardized approach used by health care teams to assess patients' social determinants of health—factors in a patient's life that can affect health outcomes—by focusing on assets, risks, and experiences. The acronym expands to Protocol for Responding to and Assessing Patients' Assets, Risks, and Experiences, which is why this option is the best fit. Clinics use PRAPARE to screen for needs like housing, food security, transportation, safety, and other social factors, so care teams can connect patients with appropriate services and collect consistent data for population health. The other phrasings don't match the established title of the protocol.

9. Which statement best defines Social Determinants of Health (SDOH)?

- A. Biological determinants such as genes and metabolism**
- B. Personal lifestyle choices**
- C. Non-medical factors that influence health outcomes, including the conditions in which people are born, grow, live, work, and age, as well as broader systems like policy, economics, and social norms**
- D. Healthcare system quality only**

The main idea being tested is that health is shaped by non-medical conditions and the social environment in which people live, not just by biology or medical care. Social Determinants of Health are the non-medical factors that influence health outcomes. They include the conditions people are born into, grow up in, live, work, and age, such as housing, income, education, neighborhood safety, access to nutritious food, and social support. They also cover broader systems like policy, economic structures, and social norms that shape those conditions and the resources available to people. These determinants help explain why health disparities exist and why two individuals with similar medical care can have different health outcomes due to the surrounding social context. The other statements are narrower: biology and genetics describe innate factors that influence health but are not the social determinants; lifestyle choices refer to individual behaviors without the broader social framework; and focusing only on the healthcare system misses the wide range of social and economic factors that drive health outcomes.

10. Secondary care is typically delivered in which locations?

- A. Private clinics or home settings**
- B. Hospitals and specialist clinics**
- C. Online telemedicine platforms only**
- D. Community health fairs**

Secondary care means specialized medical services provided after a referral, typically in settings equipped for advanced diagnosis and treatment. Hospitals and specialist clinics are where these focused, often more complex, services are delivered because they have the necessary physicians, diagnostic tools, and treatment facilities. This is different from primary care, which is usually delivered in general practice clinics or community health centers, where ongoing, first-contact care happens. While telemedicine can connect patients with specialists, the usual location for secondary care is the hospital or a specialist outpatient clinic. Community health fairs are outreach events and not where ongoing secondary care takes place.

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://shhs.examzify.com>

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

SAMPLE