

SkillsUSA Basic Health Care 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 is the first step of first aid?**
 - A. Recognize that an emergency exists**
 - B. Check for responsiveness**
 - C. Call emergency services**
 - D. Provide care only after you assess the scene**

- 2. Using good judgement in what you say and do and making sure that the patient's rights are not violated demonstrates**
 - A. Discretion**
 - B. Integrity**
 - C. Judgment**
 - D. Sensitivity**

- 3. Bulimia is best described as?**
 - A. Bulimia**
 - B. Anorexia nervosa**
 - C. Binge eating disorder**
 - D. Pica**

- 4. If someone swallows a poison, the recommended initial action is to contact which resource?**
 - A. Poison Control Center**
 - B. Local hospital emergency department**
 - C. Pharmacist**
 - D. 911**

- 5. Which term describes the ability to say or do the kindest or most fitting thing in a difficult situation?**
 - A. Tact**
 - B. Courtesy**
 - C. Etiquette**
 - D. Diplomacy**

- 6. When cells use oxygen and nutrients to produce energy, water, and carbon dioxide, the process is called?**
- A. Cellular respiration**
 - B. Photosynthesis**
 - C. Digestion**
 - D. Metabolism**
- 7. Self-actualization refers to achieving which of the following?**
- A. Achieving full potential**
 - B. Achieving safety**
 - C. Belongingness**
 - D. Physiological needs**
- 8. Movement toward the body's midline is called?**
- A. Adduction**
 - B. Abduction**
 - C. Flexion**
 - D. Extension**
- 9. Which of the following is a physiological need essential to sustain life?**
- A. Access to air**
 - B. Friendship**
 - C. Achievement**
 - D. Respect**
- 10. Which of the following is not a salivary gland pair?**
- A. Submaxillary**
 - B. Parotid**
 - C. Sublingual**
 - D. Thyroid**

Answers

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

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Explanations

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1. What is the first step of first aid?

- A. Recognize that an emergency exists**
- B. Check for responsiveness**
- C. Call emergency services**
- D. Provide care only after you assess the scene**

Recognizing that an emergency exists is the first step because nothing else can happen correctly if you don't first realize that something is seriously wrong. This moment of awareness is what triggers you to alert others, decide whether to call emergency services, and begin any necessary assessment or care. If you skip this recognition, you may delay help and misjudge the situation. Once you know there's an emergency, you move into quick actions like checking whether the person is responsive to determine how urgently they need help, and deciding if you should call for advanced assistance. Providing care or assessing the scene follows recognition, and while safety and assessment guide what you do next, the very first move is to acknowledge that an emergency is occurring.

2. Using good judgement in what you say and do and making sure that the patient's rights are not violated demonstrates

- A. Discretion**
- B. Integrity**
- C. Judgment**
- D. Sensitivity**

Discretion is the ability to choose what to say and do in a way that protects the patient's rights and privacy. The statement focuses on making prudent, appropriate choices about communication and actions so that information isn't inappropriately shared and rights aren't violated. That emphasis on careful handling of what is said, to whom, and when, in a care setting, is what makes discretion the best fit. Integrity is about honesty and strong moral principles, which is related but centers on truthfulness rather than specifically controlling disclosures. Judgment is the overall decision-making process, not the particular skill of managing communications and rights. Sensitivity involves empathy and awareness of others' feelings, which is important but doesn't alone capture the right to limit information and actions to protect rights.

3. Bulimia is best described as?

- A. Bulimia**
- B. Anorexia nervosa**
- C. Binge eating disorder**
- D. Pica**

Bulimia is best described by the term for the disorder itself. The condition involves episodes of binge eating followed by efforts to prevent weight gain, such as vomiting, misuse of laxatives, fasting, or excessive exercise. Among the options, the others point to different eating-related conditions: anorexia nervosa is characterized by extreme restriction and fear of weight gain; binge eating disorder involves recurrent binge episodes without regular purging; pica is the urge to eat non-food items. So, the most direct fit to the prompt is simply the name of the disorder. If you were describing bulimia more fully, you'd refer to it as bulimia nervosa and describe the binge-purge pattern and its health risks.

4. If someone swallows a poison, the recommended initial action is to contact which resource?

- A. Poison Control Center**
- B. Local hospital emergency department**
- C. Pharmacist**
- D. 911**

When a poison has been swallowed, the first step is to get immediate, expert guidance tailored to the situation. Poison Control Centers are staffed with specialists who can quickly identify what was ingested, how much, when it happened, and who is affected, and then give exact instructions for what to do next. They can tell you whether it's safe to monitor at home, if you should avoid giving food or drink, whether you need to go to the emergency department, and whether emergency transport is needed. This guidance helps prevent unnecessary trips to the hospital and ensures you take the safest, most appropriate action based on the specific poison involved. If the person shows life-threatening signs—unresponsiveness, trouble breathing, seizures—you should call emergency services immediately. But for a general ingestion, starting with Poison Control provides the quickest, substance-specific direction.

5. Which term describes the ability to say or do the kindest or most fitting thing in a difficult situation?

- A. Tact**
- B. Courtesy**
- C. Etiquette**
- D. Diplomacy**

Being tactful means sensing how your words and actions will affect others and choosing the kindest, most fitting response in a challenging moment. It's about balancing honesty with kindness, reading the situation, and adjusting tone, timing, and phrasing so you don't cause unnecessary hurt or conflict. In healthcare, tact helps you deliver difficult news, address concerns, or correct behavior without embarrassing the patient and while maintaining trust. Courtesy is general politeness and good manners, which is broader than handling a sensitive moment. Etiquette refers to the expected rules and conventions for behavior in social or professional settings, guiding what to do but not necessarily how to respond empathetically in a tough moment. Diplomacy involves managing relationships and negotiations between people or groups, often in broader or longer-term contexts; tact is the skill you use in the moment to keep interactions respectful and effective.

6. When cells use oxygen and nutrients to produce energy, water, and carbon dioxide, the process is called?

- A. Cellular respiration**
- B. Photosynthesis**
- C. Digestion**
- D. Metabolism**

Cellular respiration is the process by which cells generate energy by using oxygen to break down nutrients, mainly glucose, into ATP, with water and carbon dioxide as end products. The energy-producing steps occur in the mitochondria, starting with glycolysis in the cytoplasm, then the citric acid cycle, and finally the electron transport chain where most ATP is made. This aerobic pathway is how cells efficiently extract energy from fuels when oxygen is available. Photosynthesis, on the other hand, uses light to make glucose from carbon dioxide and water and releases oxygen, so it's energy production from a different direction. Digestion is the mechanical and chemical breakdown of food for absorption, not the cellular process of energy production. Metabolism is the broader set of all chemical reactions in the body, within which cellular respiration is a specific energy-generating pathway.

7. Self-actualization refers to achieving which of the following?

- A. Achieving full potential**
- B. Achieving safety**
- C. Belongingness**
- D. Physiological needs**

Self-actualization is about realizing your full potential and growing toward who you could become. In Maslow's framework, it sits at the top of a hierarchy that starts with basic physical needs and climbs through safety, belonging, and esteem. While safety needs are about security, belongingness covers relationships, and physiological needs cover basic survival, self-actualization focuses on personal growth, using talents, creativity, and pursuing meaningful goals. So the idea of achieving full potential best captures what self-actualization means.

8. Movement toward the body's midline is called?

- A. Adduction**
- B. Abduction**
- C. Flexion**
- D. Extension**

Movement toward the body's midline is named adduction. This describes bringing a limb or part of the body closer to the centerline, such as pulling an arm in toward the torso or bringing the legs together at the midline. In contrast, moving away from the midline is abduction, like raising the arms out to the sides. Flexion and extension refer to changing the angle of a joint—flexion bends the joint (decreasing the angle), and extension straightens it (increasing the angle). So, the action described as moving toward the midline fits adduction most closely.

9. Which of the following is a physiological need essential to sustain life?

- A. Access to air**
- B. Friendship**
- C. Achievement**
- D. Respect**

Breathing air provides the oxygen your cells need to produce energy. Cellular respiration uses oxygen to convert nutrients into ATP, the fuel cells rely on to keep every bodily function running. Without enough oxygen, cells—especially brain cells—start to fail within minutes, leading to loss of consciousness and eventually death. That makes air (oxygen) a fundamental, life-sustaining physiological need. The other options relate to social and personal development rather than basic bodily survival. Friendship, achievement, and respect are important for well-being and quality of life, but they do not directly sustain the body's critical functions.

10. Which of the following is not a salivary gland pair?

- A. Submaxillary**
- B. Parotid**
- C. Sublingual**
- D. Thyroid**

Salivary glands are glands that produce saliva to keep the mouth moist and aid digestion. The three major paired glands are the parotid (near the ears), the submandibular or submaxillary (along the jawline), and the sublingual (under the tongue). The thyroid, in contrast, is an endocrine gland that sits in the neck and releases hormones that regulate metabolism; it does not produce saliva. So, the gland that is not a salivary gland is the thyroid.

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://skillsusabasichealthcare.examzify.com>

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

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