

SkillsUSA Health Knowledge 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 term for enlargement of the liver and spleen?**
 - A. Hepatosplenomegaly**
 - B. Hepatomegaly**
 - C. Splenomegaly**
 - D. Hepatosis**

- 2. Which artery is NOT a direct branch of the arch of the aorta?**
 - A. Brachiocephalic Artery**
 - B. Left Common Carotid Artery**
 - C. Left Subclavian Artery**
 - D. Coronary Artery**

- 3. What is the proper term for the hardening of an artery?**
 - A. Arteriosclerosis**
 - B. Atherosclerosis**
 - C. Angiosclerosis**
 - D. Aneurysm**

- 4. Which diagnostic test records the electrical activity of the brain?**
 - A. Electroencephalogram**
 - B. Electrocardiogram**
 - C. Electromyogram**
 - D. Gastrology**

- 5. What is the legal term for giving permission to undergo a procedure after risks have been explained?**
 - A. Informed consent**
 - B. Consent**
 - C. Approval**
 - D. Authorization**

- 6. What tiny air sacs in the lungs enable the exchange of oxygen and carbon dioxide with surrounding capillaries?**
- A. Alveoli**
 - B. Bronchi**
 - C. Trachea**
 - D. Diaphragm**
- 7. What is the medical abbreviation for after meals?**
- A. pc**
 - B. AC**
 - C. HS**
 - D. PO**
- 8. In the primary survey, after assessing responsiveness, what is the next step?**
- A. Call for help.**
 - B. Open airway.**
 - C. Check breathing and circulation.**
 - D. Provide care.**
- 9. What is the proper term for the recording of the electrical impulses of the brain?**
- A. Electroencephalogram**
 - B. Electrocardiogram**
 - C. Electromyogram**
 - D. Electroencephalograph**
- 10. Which statement best defines the standard of care in healthcare?**
- A. The most expensive treatment available.**
 - B. The level of care recommended by policy regardless of patient circumstances.**
 - C. The standard protocols mandated by policy, regardless of patient needs.**
 - D. The level of care a reasonably prudent professional would provide under similar circumstances.**

Answers

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

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Explanations

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1. What is the term for enlargement of the liver and spleen?

- A. Hepatosplenomegaly**
- B. Hepatomegaly**
- C. Splenomegaly**
- D. Hepatosis**

Enlargement of both the liver and the spleen is described using combining forms with -megaly, naming the organs involved. When both are enlarged, the term is hepatosplenomegaly, built from hepato- (liver), spleno- (spleen), and -megaly (enlargement). This differs from hepatomegaly, which means the liver alone is enlarged, and splenomegaly, which means the spleen alone is enlarged. Hepatosis refers to a liver disease process, not specifically to enlargement. So, the term that best fits enlargement of both organs is hepatosplenomegaly.

2. Which artery is NOT a direct branch of the arch of the aorta?

- A. Brachiocephalic Artery**
- B. Left Common Carotid Artery**
- C. Left Subclavian Artery**
- D. Coronary Artery**

The arch of the aorta sends its direct branches to the upper body: the brachiocephalic trunk (which then divides into the right common carotid and right subclavian), the left common carotid, and the left subclavian. The coronary arteries, however, arise from the ascending aorta just above the aortic valve, at the base of the heart, and supply the heart muscle itself. Because they originate from the ascending aorta rather than the arch, they are not direct branches of the arch. This distinction helps you remember that the heart's blood supply comes from the upward-facing part of the aorta, while the arch distributes to the head, neck, and upper limbs.

3. What is the proper term for the hardening of an artery?

- A. Arteriosclerosis**
- B. Atherosclerosis**
- C. Angiosclerosis**
- D. Aneurysm**

Hardening of the arteries is called arteriosclerosis. This term describes the general process of arterial walls losing elasticity and becoming stiffer, which can result from aging and changes in the vessel wall. Atherosclerosis is a specific type of arteriosclerosis where plaque builds up inside the arterial walls, contributing to narrowing and stiffening. So while atherosclerosis is related to hardening, the broader term for the process is arteriosclerosis. Angiosclerosis isn't the standard term used for this condition, and an aneurysm refers to a bulging, weakened section of a vessel, not its hardening.

4. Which diagnostic test records the electrical activity of the brain?

- A. Electroencephalogram**
- B. Electrocardiogram**
- C. Electromyogram**
- D. Gastrology**

Recording the brain's electrical activity is done with an electroencephalogram, or EEG. Electrodes placed on the scalp pick up the brain's electrical waves, producing patterns that help diagnose seizures, sleep disorders, and other brain conditions. The electrocardiogram measures the heart's electrical signals, the electromyogram records muscle activity, and gastrology relates to the stomach and digestive system rather than brain activity. So the EEG is the test that directly records the brain's electrical activity.

5. What is the legal term for giving permission to undergo a procedure after risks have been explained?

- A. Informed consent**
- B. Consent**
- C. Approval**
- D. Authorization**

Informed consent means a patient's voluntary agreement to an medical procedure after they've been fully informed about what the procedure involves, including the risks, benefits, and alternatives. This concept centers on patient understanding and autonomy—the idea that a person should consent only after knowing what could happen and having the chance to ask questions. It's the best fit because it ties permission directly to having been told about the risks and other options, which is what legal and ethical standards require. Merely giving consent without discussing risks may not meet those standards, while terms like approval or authorization usually refer to permissions granted by a provider, institution, or authority rather than the patient's informed decision.

6. What tiny air sacs in the lungs enable the exchange of oxygen and carbon dioxide with surrounding capillaries?

- A. Alveoli**
- B. Bronchi**
- C. Trachea**
- D. Diaphragm**

Gas exchange occurs in the tiny air sacs called alveoli. These sacs are surrounded by a network of capillaries and have walls that are extremely thin, allowing oxygen from the alveolar air to diffuse into the blood and carbon dioxide from the blood to diffuse into the alveolar air to be exhaled. The large total surface area of countless alveoli and the thin respiratory membrane make this diffusion efficient. A layer of surfactant coats the alveolar surfaces to keep them open and prevent collapse between breaths. In contrast, the bronchi and trachea are airways that move air to and from the lungs, and the diaphragm is a muscle that helps change the chest cavity's volume to draw in or push out air.

7. What is the medical abbreviation for after meals?

- A. pc**
- B. AC**
- C. HS**
- D. PO**

Understanding meal-timing abbreviations helps you follow how a medication should be taken in relation to meals. The correct shorthand for after meals is post cibum, abbreviated PC. This tells you to take the medication after you've eaten, which can influence how well the drug is absorbed or tolerated. Other common terms: ante cibum, AC, means before meals; hora somni, HS, means at bedtime; per os, PO, means by mouth. PO indicates the route of administration (by mouth) rather than timing, so it doesn't alone specify after meals.

8. In the primary survey, after assessing responsiveness, what is the next step?

- A. Call for help.**
- B. Open airway.**
- C. Check breathing and circulation.**
- D. Provide care.**

When you're doing the primary survey, the first priority after determining whether the person is responsive is to bring in help right away. Shouting for assistance and activating the emergency medical system ensures trained responders and an AED can get to the scene as quickly as possible, which is crucial for someone who is unresponsive or potentially in cardiac arrest. This step helps address the most time-sensitive need: rapid access to advanced care. Opening the airway and checking breathing are important next actions, and you would proceed to assess breathing and start CPR if there are no signs of normal breathing. Providing care is the overarching goal, but the immediate move to summon help is what sets the rescue effort in motion and buys valuable time.

9. What is the proper term for the recording of the electrical impulses of the brain?

- A. Electroencephalogram**
- B. Electrocardiogram**
- C. Electromyogram**
- D. Electroencephalograph**

The concept here is the proper terminology for brain electrical activity. When electrodes on the scalp pick up the brain's electrical signals, the tracing or recording that results is called an electroencephalogram. The device used to perform this recording is called an electroencephalograph. Other options relate to different body systems—electrocardiogram is for the heart, electromyogram is for muscles. So the recording itself is the electroencephalogram, which is the term that best fits the question.

10. Which statement best defines the standard of care in healthcare?

- A. The most expensive treatment available.**
- B. The level of care recommended by policy regardless of patient circumstances.**
- C. The standard protocols mandated by policy, regardless of patient needs.**
- D. The level of care a reasonably prudent professional would provide under similar circumstances.**

The standard of care is the level of care a reasonably prudent professional would provide under similar circumstances. This means decisions are guided by current evidence, professional norms, and the specifics of the patient's situation, rather than by the most expensive option or by policy alone. Policies and protocols help inform practice, but you must tailor care to each patient's needs, risks, and preferences. When guidelines exist, following them is typically part of meeting the standard, provided the patient's individual context is considered. If a patient has a contraindication or special circumstance, a prudent clinician would adjust appropriately while still delivering competent, evidence-based care.

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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://skillsusahealthknowledge.examzify.com>

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

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