

STANFIELD'S INTRODUCTION TO THE HEALTH PROFESSIONS PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Healthcare Social Worker helps patients and their families cope with which conditions?**
 - A. Chronic illness only
 - B. Acute illness only
 - C. Terminal illness only
 - D. Chronic, acute, or terminal illness

- 2. Massage Therapy is the use of touch, pressure, and/or manipulation to achieve what outcomes?**
 - A. Use of touch, pressure, and/or manipulation to ease pain or tension and reduce stress.
 - B. Use of herbal supplements to cure diseases.
 - C. A surgical procedure for musculoskeletal pain.
 - D. A diagnostic imaging technique.

- 3. Clinical Preventive Services guidelines are intended to help primary care providers screen and counsel patients to prevent or reduce risk of which categories?**
 - A. Heart disease and infections only
 - B. Cancer only
 - C. Heart disease, cancer, and infectious diseases
 - D. Neurological disorders only

- 4. The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) is best described as:**
 - A. Accredits massage therapy programs nationwide.
 - B. Certifies licensed massage therapists; certification is the highest voluntary credential for massage therapists.
 - C. Sets national practice standards for massage therapy.
 - D. Provides malpractice insurance for massage therapists.

- 5. Which term describes illness caused by pathogenic microbes and transmitted between people or through vectors?**
 - A. Chronic illnesses
 - B. Infectious disease
 - C. Epidemics
 - D. Avian influenza

- 6. CHAMPVA provides health care for which group?**
- A. TRICARE
 - B. IHS
 - C. HRSA
 - D. CHAMPVA
- 7. Which CNS variant requires a graduate degree, clinical experience, and passing of an exam?**
- A. CNS-S
 - B. CNS
 - C. Didactic Program in Dietetics
 - D. Certified Nutrition Specialist (CNS)
- 8. Which program includes clinical experience and makes graduates eligible to take the registration exam?**
- A. Didactic Program in Dietetics (DPD)
 - B. Coordinated Program in Dietetics
 - C. CNS
 - D. CNS-S
- 9. What term describes a limitation on a person's physical functioning, mobility, dexterity, or stamina, with definitions varying by medical, legal, cultural, or other context?**
- A. Physical Disabilities
 - B. Rehabilitation Center
 - C. Occupational Therapy
 - D. Home Health Care
- 10. Which term describes a form of therapy that uses activities such as sports, games, and field trips to support the well-being of patients?**
- A. Recreational Therapy
 - B. Therapeutic Recreation (TR)
 - C. Registered Art Therapist (ATR)
 - D. Registered Dance/Movement Therapist (R-DMT)

Answers

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

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Explanations

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1. Healthcare Social Worker helps patients and their families cope with which conditions?

- A. Chronic illness only
- B. Acute illness only
- C. Terminal illness only
- D. Chronic, acute, or terminal illness**

Healthcare social workers help patients and families adjust across the full range of illness experiences. Their role includes emotional support, coping strategies, and practical assistance—like coordinating care, connecting with resources, and planning for needs at home or in transition—whether the illness is chronic and ongoing, acute and urgent, or terminal with end-of-life considerations. Because their focus is on the whole trajectory of illness and its impact on families, the inclusive option best describes what they assist with. Limiting to only one type of illness would miss the broad scope of their work.

2. Massage Therapy is the use of touch, pressure, and/or manipulation to achieve what outcomes?

- A. Use of touch, pressure, and/or manipulation to ease pain or tension and reduce stress.**
- B. Use of herbal supplements to cure diseases.
- C. A surgical procedure for musculoskeletal pain.
- D. A diagnostic imaging technique.

Massage therapy uses touch, pressure, and manipulation of soft tissues to promote relaxation, ease muscle tension, and reduce pain and stress. Through these manual techniques, it can increase blood flow, help muscles relax, and trigger the body's relaxation responses, which often lowers perceived pain and helps calm the mind. It is not about using herbs to cure diseases, not a surgical procedure, and not an imaging technique, so the primary outcomes are relief of pain or tension and a reduction in stress.

3. Clinical Preventive Services guidelines are intended to help primary care providers screen and counsel patients to prevent or reduce risk of which categories?

- A. Heart disease and infections only
- B. Cancer only
- C. Heart disease, cancer, and infectious diseases**
- D. Neurological disorders only

Preventive services guidelines focus on guiding clinicians to screen and counsel patients in areas that cover the most impactful, preventable health risks. The major targets are heart disease, cancer, and infectious diseases. This broad scope reflects how primary care aims to prevent or reduce mortality and morbidity by addressing cardiovascular risk factors (like blood pressure, cholesterol, smoking, and lifestyle), by promoting appropriate cancer screening and vaccination where evidence supports benefit, and by preventing infections through immunizations, targeted screenings, and risk-reduction counseling. Choosing only one category, such as heart disease alone, or cancer alone, or infectious diseases alone, misses other major preventable risks. Therefore, the guidelines are intended for heart disease, cancer, and infectious diseases.

4. The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) is best described as:

- A. Accredits massage therapy programs nationwide.
- B. Certifies licensed massage therapists; certification is the highest voluntary credential for massage therapists.**
- C. Sets national practice standards for massage therapy.
- D. Provides malpractice insurance for massage therapists.

The main idea here is credentialing in the massage therapy field. The National Certification Board for Therapeutic Massage & Bodywork functions as a certifying body that grants credentials to individual practitioners who meet education requirements and pass the exam. This credential is voluntary and widely regarded as the top credential available to therapists, signaling a higher level of demonstrated competence beyond basic licensure. It does not accredit educational programs—that role belongs to separate accrediting bodies. It also doesn't set national practice standards, which are usually established by licensing boards or professional associations. And it doesn't provide malpractice insurance; that's offered by insurers or professional organizations. So, the best description is that it certifies massage therapists and offers the highest voluntary credential in the field.

5. Which term describes illness caused by pathogenic microbes and transmitted between people or through vectors?

- A. Chronic illnesses
- B. Infectious disease**
- C. Epidemics
- D. Avian influenza

The key idea is illnesses caused by pathogens that can spread between people or via carriers. The term that fits this description is infectious disease. These illnesses come from bacteria, viruses, fungi, or parasites and can pass from one person to another or be transmitted through vectors like mosquitoes or ticks. This keeps them distinct from chronic illnesses, which are typically noncommunicable. A term like epidemics describes how widespread an outbreak is, not the nature of the illness itself, and avian influenza is a specific example of an infectious disease rather than the general category.

6. CHAMPVA provides health care for which group?

- A. TRICARE
- B. IHS
- C. HRSA
- D. CHAMPVA**

CHAMPVA is a Veteran Affairs program that provides health benefits to civilian dependents of veterans. Specifically, it covers spouses or surviving spouses and dependent children of veterans who have a permanent and total service-connected disability or who died as a result of a service-connected condition. The focus is on family members who are not active-duty service members. This is why CHAMPVA is the correct choice: it directly serves the dependents of veterans in these circumstances. For context, TRICARE serves active-duty service members, retirees, and their families; IHS provides care for eligible American Indian/Alaska Native individuals; HRSA is a federal agency that supports health care access rather than a beneficiary program.

7. Which CNS variant requires a graduate degree, clinical experience, and passing of an exam?

- A. CNS-S
- B. CNS
- C. Didactic Program in Dietetics
- D. Certified Nutrition Specialist (CNS)**

The essential idea is that the CNS credential represents an advanced, board-certified role in nutrition that is earned through a combination of graduate-level education, supervised clinical experience, and passing a national exam. This exact mix of requirements is what defines the Certified Nutrition Specialist path. Among the options, the one that corresponds to this package is the Certified Nutrition Specialist (CNS). The other choices describe either a specialty designation that isn't defined by that particular trio of requirements (CNS-S), a pathway primarily aimed at preparing for the registered dietitian credential (Didactic Program in Dietetics), or refer to a CNS variant that isn't the standard credential described here.

8. Which program includes clinical experience and makes graduates eligible to take the registration exam?

- A. Didactic Program in Dietetics (DPD)
- B. Coordinated Program in Dietetics**
- C. CNS
- D. CNS-S

In dietetics education, eligibility to sit for the registration exam requires completing an ACEND accredited supervised practice experience. A Coordinated Program in Dietetics combines both the required didactic coursework and supervised practice within a single program, so graduates are eligible to register for and take the Registered Dietitian Nutritionist (RDN) exam. A Didactic Program in Dietetics provides only coursework; you'd still need to complete a supervised practice (such as a dietetic internship) after graduation to become eligible for the exam. The other options are nursing roles, not dietetics pathways, so they don't lead to the dietetics registration exam.

9. What term describes a limitation on a person's physical functioning, mobility, dexterity, or stamina, with definitions varying by medical, legal, cultural, or other context?

- A. Physical Disabilities**
- B. Rehabilitation Center
- C. Occupational Therapy
- D. Home Health Care

Physical disabilities describe a limitation in the ability to perform physical tasks, including movement, dexterity, or sustaining effort. This term is broad on purpose because its exact definition can vary across medical, legal, or cultural contexts, but all of these contexts point to reduced physical functioning relative to typical expectations. The other options refer to places or services (a center), a therapeutic service (occupational therapy), or a care delivery mode (home health care), rather than the limitation itself. So the term that captures the described limitation is physical disabilities.

10. Which term describes a form of therapy that uses activities such as sports, games, and field trips to support the well-being of patients?

A. Recreational Therapy

B. Therapeutic Recreation (TR)

C. Registered Art Therapist (ATR)

D. Registered Dance/Movement Therapist (R-DMT)

The idea being tested is how this therapy uses everyday leisure activities to boost health and well-being. Recreational therapy centers on engaging people in leisure-based activities—like sports, games, and field trips—to improve physical, cognitive, emotional, and social functioning. A recreational therapist plans personalized activities, implements them, and evaluates outcomes to help patients participate more fully in daily life and achieve better overall well-being. Therapeutic recreation is a term you may hear for the same field, but recreational therapy is the more commonly used label in many settings and exams, which is why it's the best fit here. The other options describe different professional approaches—art therapy and dance/movement therapy—where the primary medium is art or movement, not broad recreational activities used to support overall well-being.

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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://stanfieldsintrototohealthprof.examzify.com>

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

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