

UT High School Health 1 Practice Exam (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. How often is hepatitis B/C screening performed?**
 - A. Annual screening for everyone**
 - B. Every 5 years**
 - C. 1-time screening/periodic screening for high risk**
 - D. Never screen again**

- 2. Which of the following is an autoimmune disorder?**
 - A. Asthma**
 - B. Hypertension**
 - C. Diabetes**
 - D. Lupus**

- 3. Which of the following is NOT a type of anxiety disorder?**
 - A. Social anxiety disorder**
 - B. Phobias**
 - C. Separation anxiety disorder**
 - D. Schizophrenia**

- 4. Which statement best lists the factors that influence health?**
 - A. Heredity, environment, family, friends, culture, and media**
 - B. Diet and exercise**
 - C. Only genetics**
 - D. Personal choices alone**

- 5. Stages of pregnancy: 2nd trimester**
 - A. Fetus begins movement & continues to develop organs & systems**
 - B. Major organs & nervous system develops**
 - C. Development is complete and grows to birth size**
 - D. Heart forms**

6. Process of fertilization

- A. Egg is released from ovary and travels down the fallopian tubes**
- B. Egg joins with sperm**
- C. If collision happens, the fertilized egg rests on the lining of the uterus**
- D. The placenta forms**

7. Which statement correctly matches a diabetes type to its description?

- A. Type 1: little or no insulin**
- B. Type 1: insulin resistance with excess insulin**
- C. Type 2: high blood glucose in pregnancy**
- D. Gestational diabetes: autoimmune destruction of pancreas**

8. Who should be screened for tobacco use?

- A. Not screened**
- B. Only those who smoke**
- C. All adults & adolescents**
- D. Only healthcare workers**

9. Who is obesity screening and counseling recommended for?

- A. Children**
- B. Pregnant women**
- C. All adults**
- D. Those with BMI over 30**

10. Fifth Disease is caused by which virus?

- A. Rhinovirus**
- B. Parvovirus B19**
- C. Varicella-zoster**
- D. Adenovirus**

Answers

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

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Explanations

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1. How often is hepatitis B/C screening performed?

- A. Annual screening for everyone
- B. Every 5 years
- C. 1-time screening/periodic screening for high risk**
- D. Never screen again

Screening frequency for hepatitis B and C is based on exposure risk. Most people don't need repeated testing every year; you're typically tested at most once in a lifetime, and if you still have ongoing risk factors, you should be re-tested periodically. This is why the best approach is to screen one time, with periodic screening for those whose risk remains active—such as ongoing injection drug use, repeated exposure to infected partners, or certain occupational exposures. Screening everyone annually would be unnecessary and costly, and never screening again would miss new infections from new exposures. The one-time test, plus periodic testing for high-risk individuals, best fits how these infections spread and are detected.

2. Which of the following is an autoimmune disorder?

- A. Asthma
- B. Hypertension
- C. Diabetes
- D. Lupus**

Autoimmune disorders happen when the immune system mistakenly attacks the body's own tissues, causing inflammation and damage. Lupus is a clear example of this, because the immune system produces antibodies that can target many parts of the body—joints, skin, kidneys, and more—leading to a wide range of symptoms and organ involvement. Asthma involves inflammation of the airways triggered by allergens or irritants, but it isn't an autoimmune disease. Hypertension is high blood pressure, a cardiovascular issue with different causes. Diabetes is a metabolic/endocrine disorder related to insulin production or use (though type 1 diabetes involves autoimmune destruction of insulin-producing cells, the common understanding of diabetes in many health contexts isn't described as autoimmune). So lupus fits the autoimmune category.

3. Which of the following is NOT a type of anxiety disorder?

- A. Social anxiety disorder
- B. Phobias
- C. Separation anxiety disorder
- D. Schizophrenia**

Anxiety disorders are defined by patterns of excessive fear or worry that disrupt daily life. Among the options, the first three fit that idea: social anxiety disorder involves intense fear of social or performance situations, phobias are irrational fears of specific objects or situations, and separation anxiety disorder is excessive worry about being apart from home or caregivers. Schizophrenia, on the other hand, is a psychotic disorder characterized by delusions, hallucinations, disorganized thinking, and other cognitive changes rather than primarily by fear or anxiety. So the one that is not an anxiety disorder is schizophrenia, because its core features are distinct from anxiety-based problems.

4. Which statement best lists the factors that influence health?

- A. Heredity, environment, family, friends, culture, and media**
- B. Diet and exercise**
- C. Only genetics**
- D. Personal choices alone**

Health is shaped by many factors, not just personal habits. The statement that includes heredity, environment, family, friends, culture, and media best captures all the influences on health. Genetics set predispositions, but the places you live and the safety and resources available to you affect your health opportunities and risks. The people around you and the support you receive influence your behavior and mental well-being. Culture guides beliefs and practices about health, food, exercise, and attitudes toward illness. Media messages can shape what you think is normal or important for health. Together, these factors create a network of influences beyond what you choose for yourself. Focusing only on diet and exercise misses genetic and social/environmental factors. Genetics alone doesn't account for the surrounding context, while personal choices without considering external influences can overlook barriers and supports that shape what you can or will do.

5. Stages of pregnancy: 2nd trimester

- A. Fetus begins movement & continues to develop organs & systems**
- B. Major organs & nervous system develops**
- C. Development is complete and grows to birth size**
- D. Heart forms**

In the second trimester the focus shifts to movement and maturation. This period, roughly weeks 13 through 26, is when many mothers first feel fetal movement (quickening) and the fetus continues to grow and fine-tune its organ systems. While organ formation and nervous system development largely occur earlier in pregnancy, during the second trimester those organs are maturing and gaining function, rather than being newly formed. The heart and major organs were already forming in the first trimester, so the best description of the second trimester is the combination of starting movement and ongoing development of organs and systems. The stage after this continues toward further growth and readiness for birth.

6. Process of fertilization

- A. Egg is released from ovary and travels down the fallopian tubes
- B. Egg joins with sperm
- C. If collision happens, the fertilized egg rests on the lining of the uterus**
- D. The placenta forms

After fertilization occurs, the fertilized egg (zygote) travels to the uterus and embeds itself into the uterine lining. This implantation is essential for pregnancy to continue, and the placenta forms later to support the growing embryo. The other statements describe earlier steps or later developments (ovulation and transport to the fallopian tube, the actual join of egg and sperm, and placenta formation), so the statement about the fertilized egg resting on the uterine lining best captures what happens following fertilization.

7. Which statement correctly matches a diabetes type to its description?

- A. Type 1: little or no insulin**
- B. Type 1: insulin resistance with excess insulin
- C. Type 2: high blood glucose in pregnancy
- D. Gestational diabetes: autoimmune destruction of pancreas

The main idea is how insulin production and action define different diabetes types. Type 1 occurs when the immune system destroys the cells that make insulin, so there's little or no insulin produced. Without insulin, glucose can't enter body cells, causing high blood glucose, and people with Type 1 require insulin therapy to survive. This is different from Type 2, where the body becomes resistant to insulin or doesn't make enough to overcome that resistance. Gestational diabetes describes high blood glucose that develops during pregnancy due to hormones that cause temporary insulin resistance, not autoimmune destruction. So the statement that Type 1 has little or no insulin correctly matches the actual mechanism, making it the best fit.

8. Who should be screened for tobacco use?

- A. Not screened
- B. Only those who smoke
- C. All adults & adolescents**
- D. Only healthcare workers

Universal screening of tobacco use is essential because it allows you to identify current users and those at risk in every patient, not just those who smoke or those in certain groups. Many adolescents may start using tobacco or hide their use, and adults who have quit or use occasionally can still benefit from brief counseling. A quick question about tobacco use during routine visits opens the door for brief intervention and resources to help quit, improving health outcomes across the board. Screening everyone reflects preventive care practices and ensures no one is overlooked. Limiting screening to only people who smoke or to healthcare workers would miss many individuals who could benefit or who are at risk.

9. Who is obesity screening and counseling recommended for?

- A. Children**
- B. Pregnant women**
- C. All adults**
- D. Those with BMI over 30**

Universal screening for obesity in adults is recommended because identifying overweight and obesity early lets clinicians offer counseling on diet, physical activity, and behavior changes to reduce health risks. The focus is on adults in general, not limited to those with a very high BMI or a specific subgroup, so every patient can be assessed during routine care. Counseling or referral for weight management should be provided when obesity is present, and even those who are overweight (BMI in the 25-29.9 range) can benefit from guidance to prevent progression. There are separate considerations for pregnant women and for children, but the standard approach for adults is to screen everyone. This broad, universal approach is why all adults is the correct choice.

10. Fifth Disease is caused by which virus?

- A. Rhinovirus**
- B. Parvovirus B19**
- C. Varicella-zoster**
- D. Adenovirus**

Fifth disease is caused by Parvovirus B19. This small, nonenveloped DNA virus infects red blood cell precursors in the bone marrow and commonly produces the telltale slapped-cheek facial rash in children, followed by a lacy, spreading rash on the body. Other viruses listed cause different illnesses—Rhinovirus gives the common cold, Varicella-zoster causes chickenpox and shingles, and Adenovirus can lead to conjunctivitis or respiratory infections—so Parvovirus B19 is the match for erythema infectiosum.

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://uthshealth1.examzify.com>

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

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