

UT HIGH SCHOOL HEALTH 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Which of the following best represents the activities listed as contributing to getting an STD?**
 - A. Anal sex only
 - B. Vaginal sex only
 - C. Oral sex only
 - D. Anal, vaginal, and oral sex
- 2. What action should you take if the person who is choking cannot speak?**
 - A. Begin abdominal thrusts
 - B. Start chest compressions
 - C. Check for a pulse
 - D. Call 9-1-1 immediately
- 3. Which statement about HIV is true based on the material?**
 - A. HIV is an STD that attacks and weakens the immune system.
 - B. HIV is a parasite that causes digestive problems.
 - C. HIV is a bacterial infection that affects the skin.
 - D. HIV can be cured with a single antibiotic.
- 4. Which term refers to the late stage of HIV?**
 - A. Hepatitis
 - B. Tuberculosis
 - C. Herpes
 - D. AIDS
- 5. Which disease is caused by bacteria?**
 - A. Tuberculosis
 - B. Malaria
 - C. Ringworm
 - D. Polio

- 6. Which of the following is an example of an adverse childhood experience (ACE)?**
- A. Stable home environment
 - B. Substance abuse/mental health problems
 - C. High academic achievement
 - D. Regular physical activity
- 7. What is a risk behavior?**
- A. Actions or choices that may harm you or others
 - B. A choice that always leads to good health
 - C. A safe, healthy habit
 - D. Ignorance of safety rules
- 8. Which organization is listed as a source for health screening information?**
- A. Mayo Clinic
 - B. NIH
 - C. labtestonline.org
 - D. nbsalliance.org
- 9. Which symptom is associated with Panic Disorder?**
- A. Sore throat
 - B. Sweating
 - C. Feeling of doom/out of control
 - D. Chest pain
- 10. Emotional health is defined as**
- A. The ability to regulate emotions in a healthy manner
 - B. Ability to express emotions in a healthy manner
 - C. The ability to maintain physical fitness
 - D. The ability to think quickly under stress

Answers

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

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Explanations

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1. Which of the following best represents the activities listed as contributing to getting an STD?

- A. Anal sex only
- B. Vaginal sex only
- C. Oral sex only
- D. Anal, vaginal, and oral sex**

Getting an STD happens when there is exposure to infected fluids or mucous membranes during sexual activity. All three main types of sexual activity—anal, vaginal, and oral sex—can allow such exposure, so the option that includes all of them best represents the ways STDs can be acquired. STDs can be transmitted through any of these routes, depending on the pathogen, so focusing on only one type would miss other possible pathways. Using barriers like condoms and dental dams and getting regular STI testing helps reduce risk, though no single activity is completely risk-free.

2. What action should you take if the person who is choking cannot speak?

- A. Begin abdominal thrusts**
- B. Start chest compressions
- C. Check for a pulse
- D. Call 9-1-1 immediately

When someone cannot speak while choking, the airway is blocked and the immediate goal is to relieve that blockage. Abdominal thrusts push air from the lungs upward, creating pressure that can expel the obstructing object from the airway. This direct action addresses the problem right away and is the most effective first response for a conscious adult who is choking. Chest compressions, on the other hand, are used for cardiac arrest and won't clear a blocked airway; attempting them while the object remains lodged can be ineffective and even harmful. Checking for a pulse isn't the priority during a choking emergency because you need to act to clear the airway first. If you're alone, call emergency services right away and continue attempts to dislodge the object; if the person becomes unconscious, transition to CPR and call for help.

3. Which statement about HIV is true based on the material?

- A. HIV is an STD that attacks and weakens the immune system.**
- B. HIV is a parasite that causes digestive problems.
- C. HIV is a bacterial infection that affects the skin.
- D. HIV can be cured with a single antibiotic.

HIV is a virus that attacks and weakens the immune system. It targets the body's CD4 T cells, which helps explain why infection with HIV can undermine the body's defenses and lead to increased susceptibility to other illnesses. This virus is primarily transmitted through sexual contact, as well as through sharing needles or from mother to child, which is why it's described in many materials as an STD. It is not a parasite that causes digestive problems, and it is not a bacterial skin infection. Antibiotics target bacteria, not viruses, so HIV cannot be cured with a single antibiotic. There is no cure yet, but antiretroviral therapy can suppress the virus, helping the immune system recover and allowing people with HIV to live long, healthy lives.

4. Which term refers to the late stage of HIV?

- A. Hepatitis
- B. Tuberculosis
- C. Herpes
- D. AIDS**

Understanding how HIV progresses helps explain why the late stage is called AIDS. HIV damages the immune system by targeting CD4 T cells. When those cells drop to very low levels or the body develops opportunistic infections or certain cancers, the immune system is too weak to fight off illnesses, and this advanced stage is diagnosed as AIDS. The other terms listed refer to distinct infections or diseases that can occur in people with HIV or are unrelated conditions (hepatitis affects the liver; tuberculosis is a bacterial infection; herpes is a viral infection), but they are not the label for the final stage of HIV.

5. Which disease is caused by bacteria?

- A. Tuberculosis**
- B. Malaria
- C. Ringworm
- D. Polio

Bacteria are single-celled organisms that can cause infections. Tuberculosis is caused by a bacterium, *Mycobacterium tuberculosis*, so it is a bacterial disease. Malaria is caused by a parasite (*Plasmodium*) transmitted by mosquitoes. Ringworm is a fungal infection caused by dermatophyte fungi. Polio is caused by a virus. Recognizing the type of organism behind a disease helps explain why certain treatments work (antibiotics for bacteria, antivirals or vaccines for viruses, antifungals for fungi, antiparasitics for parasites).

6. Which of the following is an example of an adverse childhood experience (ACE)?

- A. Stable home environment
- B. Substance abuse/mental health problems**
- C. High academic achievement
- D. Regular physical activity

Adverse childhood experiences are traumatic events or conditions in a child's environment that can affect health later in life. Experiencing substance abuse or mental health problems in the household falls into this category because it represents household dysfunction that can create ongoing stress and instability for a child. This kind of environment can influence development and long-term health outcomes. A stable home environment provides safety and support, which reduces risk rather than adding stress. High academic achievement reflects positive outcomes and protective factors, not adversity. Regular physical activity is a healthy behavior that supports well-being, not an adverse experience.

7. What is a risk behavior?

A. Actions or choices that may harm you or others

B. A choice that always leads to good health

C. A safe, healthy habit

D. Ignorance of safety rules

Risk behavior is any action or decision that may harm you or others. It focuses on activities that increase the chance of injury or illness, not guaranteed outcomes. Examples include texting while driving, not wearing a seatbelt, smoking, or engaging in dangerous activities. This description—actions or choices that may harm you or others—fits the concept because it centers on potential harm. Safer habits reflect protective health choices, and simply not knowing safety rules isn't a definition of risk behavior, even though it can lead to it.

8. Which organization is listed as a source for health screening information?

A. Mayo Clinic

B. NIH

C. labtestonline.org

D. nbsalliance.org

Credible, evidence-based health screening information typically comes from major health organizations that fund and review scientific research. The National Institutes of Health is such an organization; as a U.S. government agency, it provides reliable, up-to-date consumer health information and screening guidelines through resources like MedlinePlus and NIH-supported research. This makes it a trusted source for understanding which screenings are recommended, what the results mean, and how to interpret findings in a general health context. Other options may offer valuable information—Mayo Clinic provides patient-focused medical guidance, labtestonline.org explains lab tests, and nbsalliance.org focuses on newborn screening—but the NIH is the most widely recognized official source for broad health screening information.

9. Which symptom is associated with Panic Disorder?

A. Sore throat

B. Sweating

C. Feeling of doom/out of control

D. Chest pain

Panic Disorder is characterized by recurrent panic attacks, which involve a sudden surge of intense fear. A hallmark experience reported during these attacks is a fear of impending doom or losing control. That sense of doom or losing control is highly distinctive of a panic attack and, in the context of Panic Disorder, explains why this symptom best fits. Sore throat isn't related to panic experiences. Sweating and chest pain can occur during a panic attack, but they are general physical symptoms that aren't as diagnostic or specific to Panic Disorder.

10. Emotional health is defined as

- A. The ability to regulate emotions in a healthy manner
- B. Ability to express emotions in a healthy manner**
- C. The ability to maintain physical fitness
- D. The ability to think quickly under stress

Expressing emotions in a healthy way shows you can recognize what you feel and communicate it constructively, which is a fundamental way emotional health shows up in daily life. Emotional health isn't just about having feelings; it's about handling them in ways that are appropriate and helpful—for yourself and for others—such as talking about your feelings, seeking support, or using constructive coping strategies when stressed. That focus on healthy expression explains why this option best defines emotional health in practical terms. The other ideas touch on related skills like inward regulation, but they don't capture how you communicate and manage emotions in real interactions, and they point to areas like physical fitness or quick thinking under pressure that aren't about emotional health.

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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://uthshealth1.examzify.com>

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

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