

# Western Governors University (WGU) HLTH1010 C458 Health, Fitness, and Wellness 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

- 1. How do stress management techniques contribute to wellness?**
  - A. They decrease physical activity levels**
  - B. They promote unhealthy eating habits**
  - C. They reduce anxiety and promote mental well-being**
  - D. They have no effect on wellness**
- 2. Which nutrient helps to transport vitamins in the body?**
  - A. Proteins**
  - B. Fats**
  - C. Carbohydrates**
  - D. Minerals**
- 3. Which muscle type is found only in the heart?**
  - A. Skeletal muscle**
  - B. Smooth muscle**
  - C. Cardiac muscle**
  - D. Striated muscle**
- 4. What is the relationship between physical activity and chronic diseases?**
  - A. Physical activity increases chronic disease risk**
  - B. Physical activity has no relationship with chronic diseases**
  - C. Physical activity can reduce chronic disease risk**
  - D. Physical activity causes chronic diseases**
- 5. What does the term "health equity" refer to?**
  - A. The condition where some people have better health than others**
  - B. The condition in which everyone has a fair and just opportunity to be as healthy as possible**
  - C. The statistic measuring average health outcomes**
  - D. The condition when health resources are distributed equally**

- 6. Which substance is commonly associated with legal impairments to driving?**
- A. Caffeine**
  - B. Alcohol**
  - C. Heroin**
  - D. Cocaine**
- 7. What is a key aspect of positive mental health?**
- A. Ability to ignore stress**
  - B. Positive and upbeat outlook on the world**
  - C. Complete detachment from community**
  - D. Being consistently happy**
- 8. Watching instructional videos to prepare for data analysis courses reflects which SEL competency?**
- A. Executive function**
  - B. Self-awareness**
  - C. Responsible decision-making**
  - D. Empathy**
- 9. What is the recommended technique for performing chest compressions on an infant during CPR?**
- A. Using the palms of both hands**
  - B. Using two or three fingers**
  - C. Using one hand**
  - D. Using the heel of the hand**
- 10. Which SEL skill is characterized by the ability to practice empathy for people from different backgrounds?**
- A. Self-management**
  - B. Social-awareness**
  - C. Relationship skills**
  - D. Self-regulation**



## **Answers**

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

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## **Explanations**

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**1. How do stress management techniques contribute to wellness?**

- A. They decrease physical activity levels**
- B. They promote unhealthy eating habits**
- C. They reduce anxiety and promote mental well-being**
- D. They have no effect on wellness**

Stress management techniques play a crucial role in enhancing overall wellness by specifically targeting mental health and emotional stability. By employing such techniques—like mindfulness, deep breathing exercises, yoga, or journaling—individuals can effectively reduce feelings of anxiety and stress, which are common contributors to mental health issues. When anxiety levels decrease, individuals often experience improved mood, greater resilience in facing everyday challenges, and enhanced cognitive function, leading to a higher quality of life. Additionally, effective stress management can prevent the escalation of stress-related physical health issues, thereby promoting overall well-being. Engaging in these practices not only helps individuals to feel more centered and calm but also empowers them to maintain a healthier lifestyle through better decision-making regarding their physical health and relationships.

**2. Which nutrient helps to transport vitamins in the body?**

- A. Proteins**
- B. Fats**
- C. Carbohydrates**
- D. Minerals**

Fats are essential for transporting certain vitamins within the body, particularly the fat-soluble vitamins A, D, E, and K. These vitamins require dietary fats for proper absorption in the intestines. When fats are consumed, they facilitate the formation of micelles—tiny droplets that combine the vitamins and help them pass through the intestinal wall into the bloodstream. Once in circulation, fats continue to play a crucial role by allowing these vitamins to be stored in body tissues and made available when needed. Other nutrients, like proteins, carbohydrates, and minerals, serve important functions in the body but do not have the same role in transporting fat-soluble vitamins. Proteins primarily function in building and repairing tissues and facilitating biochemical reactions, while carbohydrates serve as a primary energy source. Minerals are vital for various physiological processes but do not directly aid in transporting these specific vitamins.

### 3. Which muscle type is found only in the heart?

- A. Skeletal muscle
- B. Smooth muscle
- C. Cardiac muscle**
- D. Striated muscle

Cardiac muscle is a specialized type of muscle found exclusively in the heart. It is uniquely adapted to its function of pumping blood throughout the body and is characteristics that set it apart from other muscle types. Unlike skeletal muscle, which is under voluntary control and striated in appearance, cardiac muscle operates involuntarily and is also striated, but with features that ensure its endurance and rhythmic contractions. This muscle type includes intercalated discs, which allow for rapid transmission of electrical impulses between heart cells, facilitating synchronized contractions essential for effective heart function. The presence of these unique structural and functional aspects makes cardiac muscle integral to maintaining life through the continuous pumping of blood, fulfilling the heart's essential role in the circulatory system.

### 4. What is the relationship between physical activity and chronic diseases?

- A. Physical activity increases chronic disease risk
- B. Physical activity has no relationship with chronic diseases
- C. Physical activity can reduce chronic disease risk**
- D. Physical activity causes chronic diseases

The selection of physical activity as a factor that can reduce chronic disease risk is well-supported by extensive research in health and wellness. Engaging in regular physical activity offers numerous benefits that contribute to the prevention and management of various chronic diseases, such as heart disease, diabetes, and certain cancers. Physical activity helps to improve cardiovascular health by strengthening the heart muscle and improving blood circulation. It also aids in weight management, which is crucial since obesity is a significant risk factor for many chronic conditions. Moreover, physical activity enhances insulin sensitivity and glucose metabolism, playing a vital role in the prevention of type 2 diabetes. Additionally, regular exercise can reduce inflammation and strengthen the immune system, further decreasing the risk of chronic illnesses. Overall, a consistent routine of physical activity promotes overall health and can significantly lower the likelihood of developing chronic diseases, aligning with the current understanding of lifestyle medicine.

**5. What does the term "health equity" refer to?**

- A. The condition where some people have better health than others**
- B. The condition in which everyone has a fair and just opportunity to be as healthy as possible**
- C. The statistic measuring average health outcomes**
- D. The condition when health resources are distributed equally**

The term "health equity" refers to the condition in which everyone has a fair and just opportunity to be as healthy as possible. It emphasizes the importance of addressing the underlying social determinants of health that contribute to disparities in health outcomes among different populations. This concept acknowledges that various factors, including socio-economic status, education, environment, and access to healthcare, can influence an individual's ability to achieve optimal health. Health equity goes beyond just the equal distribution of resources; it focuses on giving individuals the specific resources and opportunities they need to overcome barriers to health. By ensuring that all individuals, regardless of their backgrounds, have equitable access to healthcare and resources, a healthier and more just society can be developed where everyone can thrive.

**6. Which substance is commonly associated with legal impairments to driving?**

- A. Caffeine**
- B. Alcohol**
- C. Heroin**
- D. Cocaine**

The substance most commonly associated with legal impairments to driving is alcohol. This is because alcohol consumption directly affects cognitive functions such as judgment, reflexes, and motor coordination, which are critical for safe driving. The legal blood alcohol concentration (BAC) limit, typically set at 0.08% in many regions, reflects the level of impairment associated with alcohol use. In contrast, while other substances can impair driving abilities, they might not have the same legal parameters or common associations with driving impairments recognized by law enforcement and public policy. Caffeine, for example, is generally considered safe and can even enhance alertness and performance in some contexts. Heroin and cocaine are illegal substances that certainly cause impairments, but they are not typically the focus of legal blood alcohol limits or public service campaigns regarding safe driving. Thus, alcohol stands out as the substance most widely recognized and legislated against in the context of legal impairments to driving.

## 7. What is a key aspect of positive mental health?

- A. Ability to ignore stress
- B. Positive and upbeat outlook on the world**
- C. Complete detachment from community
- D. Being consistently happy

A key aspect of positive mental health is having a positive and upbeat outlook on the world. This perspective enables individuals to approach life's challenges with resilience and optimism, fostering better coping strategies and healthier relationships. An upbeat attitude encourages individuals to engage more fully with their environment and can enhance their overall well-being, including emotional, social, and psychological aspects. While it may be tempting to think that ignoring stress or achieving constant happiness are indicators of good mental health, true mental wellness involves recognizing, managing, and responding to stressors appropriately rather than ignoring them. Additionally, a complete detachment from community undermines social support systems that are vital for mental health; connection and support from others are critical components of well-being. Lastly, the notion of being consistently happy is misleading; mental health is more about the ability to experience a range of emotions, including sadness and frustration, while maintaining a general sense of positivity and resilience.

## 8. Watching instructional videos to prepare for data analysis courses reflects which SEL competency?

- A. Executive function**
- B. Self-awareness
- C. Responsible decision-making
- D. Empathy

The correct answer is that watching instructional videos to prepare for data analysis courses reflects executive function. Executive function encompasses cognitive processes that allow for the planning, organizing, and managing of tasks and information. By engaging with instructional videos, a learner is actively employing skills related to self-regulation, time management, and strategic learning. This approach indicates the ability to set goals (such as understanding a subject), monitor progress (by watching videos), and adapt learning strategies to enhance comprehension and retention. This focus on cognitive organization and task management illustrates the fundamental aspects of executive function, such as prioritization and problem-solving, which are essential for academic success, particularly in subjects requiring analytical thinking like data analysis. In contrast, other competencies such as self-awareness refer to understanding one's emotions and strengths, responsible decision-making relates to making ethical choices, and empathy involves the ability to understand others' feelings and perspectives. Watching instructional videos is less connected to these competencies and more aligned with cognitive processes involved in learning and task execution.

**9. What is the recommended technique for performing chest compressions on an infant during CPR?**

- A. Using the palms of both hands**
- B. Using two or three fingers**
- C. Using one hand**
- D. Using the heel of the hand**

Using two or three fingers is the recommended technique for performing chest compressions on an infant during CPR because it allows for a more controlled and gentle application of force, which is crucial given the fragility of an infant's chest. This method involves placing the fingers just below the nipple line on the infant's sternum and compressing at a depth of about one-third the depth of the chest. Using the palms of both hands, one hand, or the heel of the hand can be inappropriate for infants, as these methods may generate too much force and could potentially cause injury to the developing ribcage or organs. Proper technique is essential not only to ensure effective circulation during cardiac arrest but also to minimize the risk of harm to the patient in such a vulnerable age group.

**10. Which SEL skill is characterized by the ability to practice empathy for people from different backgrounds?**

- A. Self-management**
- B. Social-awareness**
- C. Relationship skills**
- D. Self-regulation**

The ability to practice empathy for people from different backgrounds is best characterized by social-awareness. Social-awareness is a core component of social and emotional learning (SEL) that involves recognizing one's own emotions and understanding the emotions of others, especially those who come from diverse backgrounds. This skill enables individuals to be attentive to social cues, appreciate cultural differences, and respond to the needs and perspectives of others with compassion and understanding. Practicing empathy requires an awareness of the different experiences and challenges that individuals face, which helps foster respectful and positive interactions. Social-awareness goes beyond just recognizing emotions; it also encompasses understanding social dynamics, societal norms, and the impact of diverse backgrounds on individual experiences. This deep understanding is essential for building inclusive environments and developing meaningful relationships. In contrast, self-management focuses on regulating one's own emotions and behaviors, relationship skills pertain to effectively communicating and interacting with others, and self-regulation refers to the ability to manage one's own emotional responses in various situations. While these skills are important in the context of emotional and social growth, they do not specifically address the empathy and understanding required to connect with others from different backgrounds, which is the hallmark of social-awareness.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://wgu-hlth1010-c458.examzify.com>**

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