DSST HEALTH AND HUMAN DEVELOPMENT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. Which type of exercise requires oxygen to produce ATP?

A. Anaerobic

B. Aerobic

C. Isometric

D. Isotonic

2. At what Blood Alcohol Content (BAC) level is coma possible?

A. 0.05

B. 0.15

C. 0.25

D. 0.35

3. What is the recommended daily sugar intake according to health guidelines?

A. 25 grams

B. 50 grams

C. 100 grams

D. 150 grams

4. What is the normal HDL cholesterol level for men?

A. 30-39 mg/dL

B. 40-49 mg/dL

C. 50-59 mg/dL

D. 60-70 mg/dL

5. What dietary component is typically recommended to maintain heart health?

A. High trans fats

B. High sodium

C. Monounsaturated fats

D. High sugar

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6. Which inherited condition involves the enlargement of the heart muscle and can lead to sudden death in young athletes?

A. Hypertrophic cardiomyopathy (HCM)

B. Dialated cardiomyopathy

C. Arrhythmogenic right ventricular cardiomyopathy

D. Restrictive cardiomyopathy

7. What is the term for any substance that can alter feelings, moods, or perceptions?

A. Psychoactive drugs

B. Stimulants

C. Antidepressants

D. Opioids

8. What represents a person's ability to influence their health outcomes through informed decisions?

A. External locus of control

B. Health literacy

C. Health care proxy

D. Morbidity rate

9. What age-related factor significantly increases the likelihood of falling injuries?

A. Poor vision

B. Muscle weakness

C. All of the above

D. Both A and B

10. What term is used for writing on a grave marker or monument?

A. Inscription

B. Epitaph

C. Tribute

D. Memorial

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Answers

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

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Explanations

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1. Which type of exercise requires oxygen to produce ATP?

A. Anaerobic

B. Aerobic

C. Isometric

D. Isotonic

The type of exercise that requires oxygen to produce ATP is aerobic exercise. During aerobic activities, the body efficiently uses oxygen to convert carbohydrates and fats into energy. This process occurs in the mitochondria of cells through aerobic metabolism, where oxygen is necessary for the complete breakdown of glucose or fatty acids. The result is not only the production of ATP, which powers muscle contractions, but also water and carbon dioxide as byproducts. Aerobic exercises are typically lower in intensity but can be sustained for longer periods, such as walking, jogging, swimming, or cycling, allowing the cardiovascular system to provide a continuous supply of oxygen to the working muscles. This contrasts with anaerobic exercises, which rely on energy production without the need for oxygen, leading to quicker energy bursts but for shorter durations, often resulting in the buildup of lactic acid. Understanding the distinction between aerobic and anaerobic exercise is essential for optimizing fitness regimens and overall health, as both types play important roles in physical conditioning and energy metabolism.

2. At what Blood Alcohol Content (BAC) level is coma possible?

A. 0.05

B. 0.15

C. 0.25

D. 0.35

A Blood Alcohol Content (BAC) level of 0.35 is associated with a significant risk of coma. At this level, the central nervous system is severely depressed, which can lead to a loss of consciousness and the potential for life-threatening situations. The functions that regulate vital processes such as breathing and heart rate can become impaired, making this BAC threshold critical for medical attention. Levels around 0.35 can impact motor functions, sensory perception, and cognitive abilities to the extent that an individual may not respond to stimuli, thus increasing the likelihood of losing consciousness and entering a coma. Drinking to this extent also poses a high risk of alcohol poisoning, where immediate medical intervention is necessary to prevent severe complications or death. In contrast, lower BAC levels, such as 0.05 and 0.15, while still concerning, typically do not result in coma. Individuals at these levels may experience impaired judgment, coordination, and reaction times but generally retain consciousness and awareness. Therefore, understanding the different BAC levels and their physiological effects is crucial for recognizing the dangers of excessive alcohol consumption.

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3. What is the recommended daily sugar intake according to health guidelines?

A. 25 grams

B. 50 grams

C. 100 grams

D. 150 grams

The recommended daily sugar intake, according to various health guidelines, is indeed around 25 grams of added sugars for adults and children. This recommendation is based on guidelines from organizations such as the American Heart Association and the World Health Organization, which highlight the importance of limiting added sugars in the diet to reduce the risk of obesity, type 2 diabetes, and heart disease. Consuming too much added sugar can lead to various health issues, as it contributes empty calories without essential nutrients. The focus is not only on the quantity but also on promoting a balanced diet that emphasizes whole foods and minimizes processed items that often contain high levels of added sugars. Hence, the advised limit of around 25 grams serves as a guideline to help maintain overall health and well-being.

4. What is the normal HDL cholesterol level for men?

A. 30-39 mg/dL

B. 40-49 mg/dL

C. 50-59 mg/dL

D. 60-70 mg/dL

The normal HDL cholesterol level for men typically starts around 40 mg/dL and goes up, with levels above 60 mg/dL considered protective against heart disease. Therefore, the range of 40-49 mg/dL represents the lower end of normal for men, where a level of 40 mg/dL is the minimum threshold considered healthy. Maintaining HDL levels in this range is important as higher levels are associated with a lower risk of cardiovascular disease. Understanding that HDL cholesterol is known as "good" cholesterol emphasizes its role in carrying cholesterol away from the arteries and back to the liver, which can then be removed from the body. Higher HDL levels are linked to a lower risk of heart disease, making it vital for men to achieve and maintain levels above this range.

5. What dietary component is typically recommended to maintain heart health?

A. High trans fats

B. High sodium

C. Monounsaturated fats

D. High sugar

Monounsaturated fats are typically recommended to maintain heart health due to their favorable effects on blood cholesterol levels and inflammation in the body. These fats can help reduce bad cholesterol (LDL) levels while increasing good cholesterol (HDL) levels, which is beneficial for overall cardiovascular health. Foods rich in monounsaturated fats include olive oil, avocados, and various nuts and seeds. In contrast, high trans fats are known to raise LDL cholesterol and lower HDL cholesterol, which increases the risk of heart disease. High sodium intake can lead to elevated blood pressure, another risk factor for cardiovascular issues. Additionally, high sugar consumption can contribute not only to weight gain but also to various metabolic problems such as insulin resistance, which can further exacerbate heart disease risk. Therefore, incorporating monounsaturated fats into the diet is a safe and effective strategy for promoting heart health.

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6. Which inherited condition involves the enlargement of the heart muscle and can lead to sudden death in young athletes?

A. Hypertrophic cardiomyopathy (HCM)

B. Dialated cardiomyopathy

C. Arrhythmogenic right ventricular cardiomyopathy

D. Restrictive cardiomyopathy

Hypertrophic cardiomyopathy (HCM) is indeed the condition that primarily features the abnormal thickening of the heart muscle, particularly affecting the ventricles. This condition often goes unnoticed because it can have mild or no symptoms in many individuals. However, in young athletes, especially males, HCM is particularly concerning because it can lead to arrhythmias, which are irregular heartbeats that could potentially result in sudden cardiac arrest. The thickened heart muscle can obstruct blood flow and alter the electrical signals of the heart, increasing the risk of these dangerous situations. In athletes undergo rigorous physical exertion, the strain on the heart can exacerbate these issues, making the risk of sudden death more pronounced. Screening for HCM is essential for young athletes to help identify individuals at risk and to implement preventive measures or restrictions in their athletic activities. The other conditions listed may also affect heart function but do not have the same immediate association with sudden death in young athletes as HCM does. For example, dilated cardiomyopathy typically leads to weakened heart muscle and heart failure rather than sudden death. Arrhythmogenic right ventricular cardiomyopathy often presents differently, primarily affecting the right ventricle and is associated with different genetic factors. Restrictive cardiomyopathy occurs

7. What is the term for any substance that can alter feelings, moods, or perceptions?

A. Psychoactive drugs

B. Stimulants

C. Antidepressants

D. Opioids

The term that describes any substance capable of altering feelings, moods, or perceptions is psychoactive drugs. These substances impact the central nervous system and can influence mental processes, leading to changes in awareness, emotions, cognition, and behavior. Psychoactive drugs can include a wide array of substances, ranging from legal medications like antidepressants to recreational drugs such as alcohol, cannabis, and various hallucinogens. Stimulants, antidepressants, and opioids are specific categories of psychoactive drugs but do not encompass the entire range of substances that can alter mental states. Stimulants specifically increase alertness and energy, while antidepressants are primarily used to treat mood disorders, and opioids primarily focus on pain relief and can produce euphoric feelings. However, psychoactive drugs as a broader category includes a greater variety of substances that can lead to changes in mental perception and emotional state, making it the most encompassing and accurate answer for the question.

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8. What represents a person's ability to influence their health outcomes through informed decisions?

A. External locus of control

B. Health literacy

C. Health care proxy

D. Morbidity rate

The correct answer is health literacy, which refers to an individual's ability to obtain, process, and understand basic health information and services needed to make informed health decisions. This skill enables people to effectively navigate the healthcare system, understand medical instructions, and engage in self-care, ultimately influencing their health outcomes positively. Health literacy empowers individuals to take charge of their health by understanding risks, preventive measures, and treatment options. A person with high health literacy is likely to seek care proactively, adhere to treatment regimens, and make lifestyle changes that can reduce the risk of disease. This proactive approach highlights the critical role that informed decision-making plays in determining health outcomes. In contrast, an external locus of control refers to the belief that outcomes are largely determined by external factors rather than one's own actions, which might limit proactive health behavior. A health care proxy involves appointing someone to make decisions on one's behalf in a medical context, which does not equate to one's ability to influence personal health outcomes directly. Morbidity rate is a measure of disease frequency in a population, not an individual's capacity to make informed health choices.

9. What age-related factor significantly increases the likelihood of falling injuries?

A. Poor vision

B. Muscle weakness

C. All of the above

D. Both A and B

The question addresses the age-related factors that contribute to an increased likelihood of falling injuries. The correct choice encompasses the fact that both poor vision and muscle weakness are significant risk factors for falls, particularly in older adults. As people age, their visual acuity often declines, which affects their ability to accurately judge distances, detect hazards, or respond quickly to their environment. This diminished vision can lead to missteps and falls, making poor vision a critical factor in fall risk. Additionally, muscle strength tends to decrease with age, leading to muscle weakness, which compromises balance and stability. Strong muscles are essential for supporting the body and maintaining coordination during movement. When muscle strength diminishes, an individual may struggle to catch themselves or recover from an unbalanced position, thereby increasing the risk of falling. By recognizing that both poor vision and muscle weakness significantly heighten the likelihood of falls, the correct answer reflects the combined impact of these two factors on fall risk among older adults. Therefore, saying that all of the above factors contribute collectively to the increased risk of falling is entirely justified.

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10. What term is used for writing on a grave marker or monument?

A. Inscription

B. Epitaph

C. Tribute

D. Memorial

The term "epitaph" specifically refers to a phrase or statement that is typically engraved on a grave marker or monument, often intended to honor the deceased and summarize their life or legacy. Epitaphs can serve as a personal tribute, encapsulating the essence of the person being commemorated in a succinct and meaningful way. While "inscription" can also refer to the act of writing or engraving words on a surface, it is a broader term that encompasses any written text, including epitaphs. "Tribute" refers more generally to an expression of gratitude, respect, or admiration and is not limited to grave markers. "Memorial" refers to something that serves to remember a person, especially something that is intended for that purpose but is not specifically the written text itself. Thus, epitaph is the most accurate term for the writing specifically found on grave markers.

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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:

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

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