HIGH SCHOOL HEALTH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

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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 of the following best defines a tumor?

A. A benign tissue growth

B. A mass of abnormal cells

C. A normal tissue

D. An infectious disease

2. Anaerobic endurance is best described as

A. The ability to run a marathon without stopping.

B. The time you can exercise with continuous oxygen supply.

C. Is exercise intense enough to trigger anaerobic metabolism.

D. The degree of flexibility in joints.

3. What is a key reason school nutritional programs matter for students?

A. They have little impact on health.

B. They replace parental responsibility.

C. They help form lifelong healthy behaviors.

D. They only affect athletes.

4. Flexibility is best described as

A. The speed at which a person can perform tasks.

B. The range of motion in joints.

C. The body's ability to use oxygen.

D. Degree to which an individual muscle will lengthen.

5. An eating disorder in which a person eats a large amount of food and then tries to remove the food from the body.

A. MyPlate

B. Bulimia Nervosa

C. Nutrients

D. Active Listening

6. Which foods provide complete proteins?

A. Legumes

B. Grains

C. Meat, fish, eggs, and dairy

D. Fruits

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7. This term means anything that causes a stress response.

A. Stressor

B. Distress

C. Eustress

D. General Adaptation System

8. What term describes a drug used to cure, prevent, or treat illness or discomfort?

A. Medicine

B. Tolerance

C. Treatment center

D. Withdrawal

9. Which term describes the positive form of stress that occurs when you are winning, succeeding, or achieving?

A. Stress

B. Eustress (positive stress)

C. Distress

D. Stressor

10. In Maslow's hierarchy, which level is directly above physiological needs?

A. Affiliation

B. Safety

C. Esteem

D. Self-actualization

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Answers

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

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Explanations

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1. Which of the following best defines a tumor?

A. A benign tissue growth

B. A mass of abnormal cells

C. A normal tissue

D. An infectious disease

A tumor is a lump formed by cells that have started to grow in an abnormal way, creating a mass. This definition fits both benign tumors (non-cancerous) and malignant tumors (cancerous), since it's about the presence of a mass of abnormal cells, not about whether it's harmful or invasive. It's not normal tissue, and it's not an infectious disease, which involves pathogens. Saying it's only a benign tissue growth misses the important idea that tumors can be either benign or malignant, so describing a tumor as a mass of abnormal cells is the most accurate and inclusive definition.

2. Anaerobic endurance is best described as

A. The ability to run a marathon without stopping.

B. The time you can exercise with continuous oxygen supply.

C. Is exercise intense enough to trigger anaerobic metabolism.

D. The degree of flexibility in joints.

Anaerobic endurance is about how long you can keep working at a high intensity when your body can't rely on oxygen alone to keep generating energy. At those intense levels, the body uses anaerobic pathways to quickly produce ATP, which powers short, powerful bursts but leads to fatigue from lactate buildup and energy depletion. That's why the best description is that the activity is intense enough to trigger anaerobic metabolism. The other ideas describe different things: a marathon relies mainly on aerobic energy over a long duration, sustained oxygen supply is characteristic of aerobic endurance rather than anaerobic, and joint flexibility isn't about endurance at all.

3. What is a key reason school nutritional programs matter for students?

A. They have little impact on health.

B. They replace parental responsibility.

C. They help form lifelong healthy behaviors.

D. They only affect athletes.

A key point is that getting nutritious meals at school helps shape everyday eating habits. When students have regular access to balanced options, they start to prefer foods like fruits, vegetables, whole grains, and lean proteins, and these preferences can carry into adulthood. School meals also provide nutrition education and a supportive environment that reinforces healthy decisions, making it easier for students to choose well even outside of school hours. This matters because the eating patterns formed during school years are strongly linked to health outcomes later in life. By forming lifelong healthy behaviors, school nutrition programs contribute to better growth, energy for learning, and reduced risk of diet-related diseases. Other choices miss the broader impact. Nutrition programs don't replace parental responsibility—home habits still matter, and schools are reinforcing partners rather than substitutes. And healthier school meals benefit all students, not just athletes, since everyone needs good nutrition to learn, grow, and stay healthy.

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4. Flexibility is best described as

A. The speed at which a person can perform tasks.

B. The range of motion in joints.

C. The body's ability to use oxygen.

D. Degree to which an individual muscle will lengthen.

Flexibility is the ability of muscles and connective tissues to lengthen so joints can move through a wide range. Describing it as the degree to which a muscle will lengthen directly captures this tissue extensibility—the more a muscle can lengthen, the more movement at the joint is possible, and thus the greater the flexibility. Other options describe different fitness aspects: speed is about how fast tasks can be done, oxygen use relates to aerobic fitness, and the range of motion describes the outcome but not the underlying tissue lengthening capability. So focusing on how much a muscle can lengthen explains what enables that usable range of motion.

5. An eating disorder in which a person eats a large amount of food and then tries to remove the food from the body.

A. MyPlate

B. Bulimia Nervosa

C. Nutrients

D. Active Listening

Bulimia nervosa is the eating disorder described. It involves binge eating—consuming a large amount of food in a short time—followed by purging or other compensatory behaviors to prevent weight gain, such as vomiting, laxatives, diuretics, fasting, or excessive exercise. This pattern directly matches the scenario, making it the correct term. The other options point to different concepts: MyPlate is a guide for balanced meals, nutrients are the substances in food, and active listening is a communication skill.

6. Which foods provide complete proteins?

A. Legumes

B. Grains

C. Meat, fish, eggs, and dairy

D. Fruits

Complete proteins provide all nine essential amino acids in the right amounts for the body's needs. Since the body can't make these essential amino acids, they must come from the diet. Foods from animal sources—meat, fish, eggs, and dairy—contain all nine essential amino acids in adequate amounts, so they are complete proteins. Plant-based options like legumes and grains are typically incomplete when eaten alone because they lack one or more of the essential amino acids, though combining different plant proteins can supply a complete amino acid profile over the day. Fruits aren't reliable sources of complete protein and don't provide all the essential amino acids in meaningful amounts. So the foods that provide complete proteins are meat, fish, eggs, and dairy.

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7. This term means anything that causes a stress response.

A. Stressor

B. Distress

C. Eustress

D. General Adaptation System

The main idea here is a term for anything that triggers the body's stress response. A stressor is any factor—external or internal—that prompts the body to react with stress. It can be a looming deadline, a loud noise, an argument, or even a scary thought. When a stressor is perceived, the body activates the stress response, releasing hormones like adrenaline and cortisol, which prepare you to deal with the demand. The other terms describe either the nature of the stress after it starts or how the body responds to stress over time: distress refers to negative, harmful stress; eustress is positive, motivating stress; and General Adaptation Syndrome is a model of the body's long-term response to stress through stages. Since the question asks for the trigger itself, stressor is the best answer.

8. What term describes a drug used to cure, prevent, or treat illness or discomfort?

A. Medicine

B. Tolerance

C. Treatment center

D. Withdrawal

Medicine is the term for a drug used to cure, prevent, or treat illness or relieve discomfort. Medicines work by counteracting disease processes, reducing symptoms, or preventing illness through vaccines and other preventive actions. Understanding this helps distinguish medicine from related ideas: tolerance is a reduced response to a drug after repeated use, not the drug itself; a treatment center is a place where care is provided, not the drug; and withdrawal refers to symptoms that occur when stopping a drug, not the drug's purpose. So medicine best fits the description.

9. Which term describes the positive form of stress that occurs when you are winning, succeeding, or achieving?

A. Stress

B. Eustress (positive stress)

C. Distress

D. Stressor

Positive forms of stress that come from winning, succeeding, or achieving are called eustress. It happens when you view the challenge as doable and worthwhile, so the body's arousal—like a quickened heartbeat and heightened focus—helps you perform better. This type of stress boosts motivation, energy, and concentration, making tasks feel exciting rather than overwhelming. It's different from distress, the negative form of stress that can drain you and impair performance. Stress is the general response, and a stressor is anything that triggers that response; eustress is the constructive, energizing kind you feel when you're achieving.

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10. In Maslow's hierarchy, which level is directly above physiological needs?

A. Affiliation

B. Safety

C. Esteem

D. Self-actualization

Directly above physiological needs are safety needs. Once basic survival needs like food, water, warmth, and rest are met, the next priority is protection and security—stable shelter, safe , health, and financial and personal security. This shift reflects the idea that after staying alive, people seek to be free from danger and uncertainty. Only after safety needs are reasonably secured do belonging or affiliation needs come into play, followed by esteem and then self-actualization. So safety is the best answer because it sits right above the basic survival level in Maslow's sequence.

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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://highschoolhealth.examzify.com

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

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