UT HIGH SCHOOL HEALTH 1 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 of the following is not listed as one of the six areas of health?

A. Physical health
B. Social health
C. Financial health
D. Environmental health

2. Who should be screened for tobacco use?

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

3. Which lobe is associated with personality, emotions, thinking skills, problem solving, and movement?

A. Temporal Lobe
B. Frontal Lobe
C. Parietal Lobe
D. Occipital Lobe

4. Which practice is a strategy to enhance emotional wellbeing?

A. Develop skills to manage emotions
B. Isolate from others
C. Ignore feelings
D. Avoid setting goals

5. What is sex trafficking?

A. Human trafficking for forced labor
B. Sexually explicit dating
C. Transporting people for safe travel
D. Action of illegally transporting people for purpose of sexual exploitation

6. Which of the following lists are types of communicable diseases?

A. Bacteria and Virus
B. Protozoa only
C. Fungi only
D. Bacteria, Virus, Fungi, and Protozoa

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7. Which is a common risk factor for Generalized Anxiety Disorder?

A. Regular exercise

B. Stress exposure

C. Watching TV

D. Healthy diet

8. 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

9. Who first introduced the idea of immunizations?

A. Edward Jenner

B. Louis Pasteur

C. Jonas Salk

D. Alexander Fleming

10. Which statement best describes physical activity recommendations for children aged 3 to 5?

A. Physical activity only on weekends

B. No physical activity is necessary

C. Physical activity every day through a variety of enjoyable activities

D. Only screen time is recommended

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Answers

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

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Explanations

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1. Which of the following is not listed as one of the six areas of health?

A. Physical health

B. Social health

C. Financial health

D. Environmental health

Understanding health in a holistic way means looking at several domains that describe overall well-being, not just how the body functions. In many health education models, the six areas include physical health, mental/emotional health, social health, environmental health, spiritual health, and intellectual health. Financial health isn't listed as one of these six domains, even though money matters can influence stress, lifestyle, and access to resources that affect other areas. So, while physical, social, and environmental health are recognized parts of overall health, financial health is not categorized as one of the six core health areas.

2. 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.

3. Which lobe is associated with personality, emotions, thinking skills, problem solving, and movement?

A. Temporal Lobe

B. Frontal Lobe

C. Parietal Lobe

D. Occipital Lobe

The frontal lobe handles high-level thinking, planning, problem solving, and issuing voluntary movements, and it also influences personality and emotional regulation. The motor cortex within the frontal lobe controls movement, while the prefrontal areas contribute to planning, decision making, and regulating behavior and emotions. In contrast, the temporal lobe mainly handles memory and hearing, the parietal lobe processes touch and spatial information, and the occipital lobe manages vision. So the combination of personality, emotions, thinking skills, problem solving, and movement points to the frontal lobe.

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4. Which practice is a strategy to enhance emotional wellbeing?

A. Develop skills to manage emotions

B. Isolate from others

C. Ignore feelings

D. Avoid setting goals

Developing skills to manage emotions is a fundamental strategy for emotional wellbeing. When you can identify what you're feeling, name the emotion, and choose how to respond, you reduce stress, prevent impulsive reactions, and build resilience for future challenges. Practical techniques like deep breathing, journaling, talking with someone you trust, and reframing thoughts help regulate emotions rather than letting them control you. In contrast, isolating yourself from others cuts you off from support and can worsen loneliness; ignoring feelings delays processing and can make emotions stronger later; avoiding setting goals removes direction and motivation, which can hurt mood and overall wellbeing. So building emotional regulation skills directly supports healthier moods, better relationships, and a stronger sense of wellbeing.

5. What is sex trafficking?

A. Human trafficking for forced labor

B. Sexually explicit dating

C. Transporting people for safe travel

D. Action of illegally transporting people for purpose of sexual exploitation

Sex trafficking is the illegal movement or transportation of people for the purpose of sexual exploitation, typically achieved through coercion, deception, or force for financial gain. The option describing the illegal transport of people for the purpose of sexual exploitation directly captures the core elements of this crime—illegal transportation plus sexual exploitation. By contrast, trafficking for labor targets work, sexually explicit dating isn't trafficking, and transporting people for safe travel is legitimate and non-exploitative.

6. Which of the following lists are types of communicable diseases?

A. Bacteria and Virus

B. Protozoa only

C. Fungi only

D. Bacteria, Virus, Fungi, and Protozoa

Communicable diseases are illnesses that can be spread from one person to another, from animals to humans, or through the environment. They can be caused by a variety of microorganisms, including bacteria, viruses, fungi, and protozoa. Because all four groups can produce infections that spread between hosts, the list that includes bacteria, viruses, fungi, and protozoa covers all the kinds of organisms capable of causing communicable diseases. Examples include bacteria causing strep throat, viruses like the flu, fungi such as ringworm, and protozoa like malaria. The other options miss one or more groups, so they don't capture all the possible sources of communicable diseases.

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7. Which is a common risk factor for Generalized Anxiety Disorder?

A. Regular exercise

B. Stress exposure

C. Watching TV

D. Healthy diet

Stress exposure monotonously or chronically activates the body's stress response, which can contribute to the development of ongoing worry and anxiety seen in Generalized Anxiety Disorder. That is why stress exposure is a common risk factor. Regular exercise and a healthy diet tend to lower anxiety and promote resilience, so they are protective, not risk factors. Watching TV doesn't by itself increase the risk for GAD.

8. 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.

9. Who first introduced the idea of immunizations?

A. Edward Jenner

B. Louis Pasteur

C. Jonas Salk

D. Alexander Fleming

Immunization began with the idea that exposing the body to a harmless form of a pathogen can train the immune system to fight the real disease. Edward Jenner put that idea into practice by using material from cowpox to protect against smallpox. He observed that milkmaids who had cowpox didn't get smallpox and tested the concept by inoculating a healthy boy with cowpox and later exposing him to smallpox; the boy remained healthy. This demonstrated that a deliberate, milder infection could confer protection, which is the essence of vaccination. Jenner's work established the first successful vaccine and the practice of immunization, while others later expanded on vaccines for different diseases.

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10. Which statement best describes physical activity recommendations for children aged 3 to 5?

A. Physical activity only on weekends

B. No physical activity is necessary

C. Physical activity every day through a variety of enjoyable activities

D. Only screen time is recommended

Daily movement through a variety of enjoyable activities is essential for preschoolers. For children aged 3 to 5, being physically active every day supports growth and development, builds motor skills, and helps establish healthy habits. The activities should be play-based and fun—think running, jumping, dancing, climbing, outdoor exploration, and simple games—so kids stay engaged and motivated. Short bursts of activity throughout the day add up to the total time recommended, rather than limiting activity to specific days. Options suggesting activity only on weekends, no activity at all, or prioritizing screen time miss the ongoing, playful movement that supports a healthy, active lifestyle for this age.

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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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