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37	A	B	C	D	E
38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

DANTES Eligible Military Service Member (DSST)

SN508

Health & Human Development

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for DANTES Eligible Military Service Member (DSST) **SN508**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **SN508**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1 SINGLE CHOICE

According to Erikson's psychosocial stages of development, what is the primary psychosocial conflict faced during adolescence (approximately ages 12-18)?

- ☐ A Trust vs. Mistrust
- ☐ B Initiative vs. Guilt
- ☒ C Identity vs. Role Confusion
- ☐ D Industry vs. Inferiority

ANSWER C

WHY Erikson's stage of Identity vs. Role Confusion corresponds to adolescence, during which individuals work to develop a coherent sense of self. Trust vs. Mistrust occurs in infancy, Initiative vs. Guilt in early childhood (preschool), and Industry vs. Inferiority in the school-age years.

QUESTION 2 SINGLE CHOICE

Which of the following nutrients is the body's preferred source of energy for cellular metabolism under normal dietary conditions?

- ☐ A Proteins
- ☒ B Carbohydrates
- ☐ C Vitamins
- ☐ D Minerals

ANSWER B

WHY Carbohydrates are the body's primary and preferred source of energy, supplying roughly 4 kilocalories per gram. Proteins are primarily used for tissue building and repair, while vitamins and minerals do not provide energy (calories).

QUESTION 3 SINGLE CHOICE

The General Adaptation Syndrome (GAS), proposed by Hans Selye, describes the body's response to prolonged stress in three sequential stages. Which of the following correctly lists these stages in order?

- ☐ A Exhaustion, Alarm, Resistance
- ☒ B Alarm, Resistance, Exhaustion
- ☐ C Resistance, Alarm, Exhaustion
- ☐ D Alarm, Exhaustion, Resistance

ANSWER B

WHY Selye's General Adaptation Syndrome proceeds through three stages: Alarm (the initial fight-or-flight reaction), Resistance (the body adapts and attempts to cope with the ongoing stressor), and Exhaustion (prolonged stress depletes resources, potentially leading to illness or collapse).

QUESTION 4 SINGLE CHOICE

Which family function involves providing emotional support, affection, and a sense of belonging to family members?

- ☐ A Economic function
- ☐ B Reproductive function
- ☒ C Affective function
- ☐ D Socialization function

ANSWER C

WHY The affective (emotional) function of the family centers on nurturing, affection, and emotional security. The economic function relates to providing material resources, the reproductive function to bearing and raising children, and the socialization function to teaching cultural norms and behaviors.

QUESTION 5

MULTIPLE CHOICE

Which of the following are examples of noncommunicable (chronic) diseases? (Choose two.)

- ☐ A Influenza
- ☒ B Type 2 diabetes
- ☐ C Tuberculosis
- ☒ D Coronary heart disease

ANSWER B - D

WHY Type 2 diabetes and coronary heart disease are chronic, noncommunicable diseases typically associated with lifestyle and long-term physiological factors. Influenza and tuberculosis are communicable diseases caused by pathogens (a virus and a bacterium, respectively) that can be transmitted between people.

QUESTION 6

SINGLE CHOICE

Jean Piaget's theory of cognitive development proposes that children actively construct knowledge as they interact with their environment. According to Piaget, what term describes the mental framework a child uses to interpret experiences, which must be modified when new information does not fit existing knowledge?

- ☒ A Schemata
- ☐ B Egocentrism
- ☐ C Conservation
- ☐ D Object permanence

ANSWER A

WHY Piaget used the term 'schemata' (or schemas) to describe the cognitive structures through which people organize and interpret information. When new experiences do not fit existing schemata, the processes of assimilation (fitting into existing schemata) and accommodation (modifying schemata) occur. Egocentrism, conservation, and object permanence are specific developmental concepts within Piaget's theory, not the general framework itself.

QUESTION 7

SINGLE CHOICE

According to the Dietary Guidelines for Americans, which food group should form the foundation of a healthy meal pattern, with the largest recommended proportion of daily intake?

- ☐ A Protein foods
- ☐ B Dairy
- ☒ C Vegetables and fruits
- ☐ D Grains (with at least half being whole grains)

ANSWER C

WHY The Dietary Guidelines for Americans emphasize that vegetables and fruits should make up the largest portion of the plate/meal pattern, providing essential vitamins, minerals, fiber, and phytonutrients. Grains are recommended as the next largest group, with at least half being whole grains, followed by protein foods and dairy in smaller proportions.

QUESTION 8

MULTIPLE CHOICE

Which of the following are commonly classified as depressants that slow the activity of the central nervous system? (Choose two.)

- ☒ A Alcohol
- ☐ B Cocaine
- ☒ C Barbiturates
- ☐ D Caffeine

ANSWER A - C

WHY Alcohol and barbiturates are both central nervous system depressants, slowing brain activity and producing sedative effects. Cocaine is a stimulant, and caffeine is also classified as a stimulant (a mild one), though it is the most widely consumed psychoactive substance.

QUESTION 9

SINGLE CHOICE

Which sexually transmitted infection (STI) is caused by a bacterium and is commonly treated with antibiotics such as penicillin?

- ☐ A Human Immunodeficiency Virus (HIV)
- ☐ B Genital herpes
- ☒ C Syphilis
- ☐ D Hepatitis B

ANSWER C

WHY Syphilis is caused by the bacterium *Treponema pallidum* and is typically treated with penicillin. HIV, genital herpes, and Hepatitis B are all caused by viruses and have no cure, although antiviral medications can manage or suppress them.