# CHALLENGE A ANATOMY PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE**

https://challengeaanatomy.examzify.com

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# 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


SAMPLE

# 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.

SAMPLE

# 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!

SAMPLE

# Questions

SAMPLE

**1. Which structure connects the left and right cerebral hemispheres?**

A. Corpus callosum

B. Thalamus

C. Hippocampus

D. Amygdala

**2. What is the basic building block of the nervous system?**

A. Dendrites

B. Neuron

C. Nucleus

D. Muscle fiber

**3. Which valve between the left atrium and left ventricle has two flaps?**

A. Bicuspid valve (mitral valve)

B. Tricuspid valve

C. Aortic valve

D. Pulmonary valve

**4. What term refers to the material inside a living cell excluding the nucleus?**

A. Nucleus

B. Cytoplasm

C. Neuromuscular junction

D. Schwann cell

**5. Which bone is the first auditory ossicle that transmits vibrations from the eardrum to the incus?**

A. Incus

B. Stapes

C. Pinna

D. Malleus

**6. What is the opening through which sweat reaches the surface of the skin?**

A. Pore

B. Hair Follicle

C. Capillaries

D. Subcutaneous Tissue

SAMPLE

**7. The clear fluid filling the space in the front of the eyeball between the lens and the cornea is the**

A. Aqueous humor

B. Choroid coat

C. Cornea

D. Iris

**8. The nerve that communicates vision to the brain from the retina is the**

A. Optic nerve

B. Lens

C. Iris

D. Cornea

**9. Which organ of soft nervous tissue contained in the skull coordinates sensation and intellectual activity?**

A. Spinal cord

B. Nerve

C. Cortex

D. Brain

**10. The nerve that transmits visual information from the retina to the brain is the**

A. Iris

B. Cornea

C. Optic nerve

D. Lens

SAMPLE

# Answers

SAMPLE

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

SAMPLE

# Explanations

SAMPLE

## 1. Which structure connects the left and right cerebral hemispheres?

A. Corpus callosum

B. Thalamus

C. Hippocampus

D. Amygdala

*The main idea here is interhemispheric communication, which is carried primarily by the corpus callosum. This thick bundle of nerve fibers spans the two cerebral hemispheres, forming the main bridge that allows corresponding areas on the left and right sides to share information and coordinate actions. The thalamus, while a major relay for sensory and motor signals to the cortex, does not connect the two hemispheres directly. The hippocampus is involved in memory formation, not cross-hemisphere wiring, and the amygdala handles emotional processing. So, the corpus callosum is the structure that connects the left and right cerebral hemispheres.*

## 2. What is the basic building block of the nervous system?

A. Dendrites

B. Neuron

C. Nucleus

D. Muscle fiber

*Neurons are the basic building blocks of the nervous system. They're specialized cells that generate and transmit electrical signals and communicate with other neurons, muscles, and glands. A neuron includes a cell body with a nucleus, plus dendrites that receive signals and an axon that sends signals onward. The nucleus is essential for cell function, but it doesn't carry messages by itself. Dendrites are important receivers, but they're only part of a neuron. Muscle fibers belong to the muscular system and respond to neural input, not to the nervous system's building blocks themselves. So the neuron is the fundamental unit because it's the cell type that actually processes and transmits information, forming the networks that underlie all nervous activity.*

## 3. Which valve between the left atrium and left ventricle has two flaps?

A. Bicuspid valve (mitral valve)

B. Tricuspid valve

C. Aortic valve

D. Pulmonary valve

*The two-flap valve between the left atrium and left ventricle is the mitral valve, also called the bicuspid valve. It has two leaflets (cusps)—anterior and posterior—that open to let blood move from the left atrium into the left ventricle during diastole and close to prevent backflow during systole. The name bicuspid reflects its two cusps, unlike the tricuspid valve on the right, which has three cusps, and the semilunar valves (aortic and pulmonary), which have three crescent-shaped cusps but sit between ventricles and the great vessels. The mitral valve's two cusps are supported by chordae tendineae and papillary muscles to prevent prolapse as the ventricle contracts.*

SAMPLE

## 4. What term refers to the material inside a living cell excluding the nucleus?

A. Nucleus

B. Cytoplasm

C. Neuromuscular junction

D. Schwann cell

*Cytoplasm is the material inside a living cell excluding the nucleus. It fills the space inside the plasma membrane and contains the cytosol (the fluid) along with the various organelles like mitochondria, endoplasmic reticulum, Golgi apparatus, and ribosomes. The nucleus is a separate, membrane-bound organelle that houses the cell's genetic material and acts as the control center, so it isn't part of the cytoplasm. This is why the term described by the question refers to the entire cellular contents outside the nucleus that support metabolism and other cellular activities. The other options point to structures that aren't the filling of the cell: the nucleus is the genetic control center; a neuromuscular junction is a synapse between nerve and muscle; and a Schwann cell is a glial cell that insulates peripheral nerves.*

## 5. Which bone is the first auditory ossicle that transmits vibrations from the eardrum to the incus?

A. Incus

B. Stapes

C. Pinna

D. Malleus

*Auditory ossicles form a chain that carries vibrations from the eardrum to the inner ear. The first bone in that chain is the malleus, the hammer, which is attached to the inner surface of the tympanic membrane. When the eardrum vibrates in response to sound, those vibrations move the malleus, which then transmits them to the next bone, the incus, and onward to the stapes, which interfaces with the oval window of the cochlea. The incus is the middle bone that receives from the malleus and passes to the stapes, not the first. The pinna is part of the outer ear, and the stapes comes after the incus in the chain.*

## 6. What is the opening through which sweat reaches the surface of the skin?

A. Pore

B. Hair Follicle

C. Capillaries

D. Subcutaneous Tissue

*Sweat reaches the skin surface through a pore. Sweat is produced by sweat glands in the dermis and travels up through ducts that pass through the dermis and epidermis, ending at tiny openings on the surface called pores. The pore is the visible exit for sweat. Structures like a hair follicle are related to hair growth, not sweat exits; capillaries are blood vessels, and subcutaneous tissue lies beneath the dermis, neither of which are openings for sweat.*

SAMPLE

**7. The clear fluid filling the space in the front of the eyeball between the lens and the cornea is the**

A. Aqueous humor

B. Choroid coat

C. Cornea

D. Iris

*The fluid filling the front part of the eye between the cornea and the lens is the aqueous humor. This clear, watery fluid fills the anterior and posterior chambers, produced by the ciliary processes, circulating around the iris and lens, and draining out via the trabecular meshwork into Schlemm's canal. It nourishes the cornea and lens and helps maintain intraocular pressure. The other structures listed are not fluids in that space: the choroid coat is a vascular layer at the back of the eye, the cornea is the transparent front window, and the iris is the colored part that controls pupil size.*

**8. The nerve that communicates vision to the brain from the retina is the**

A. Optic nerve

B. Lens

C. Iris

D. Cornea

*Transport of visual information from the retina to the brain is carried by the optic nerve. After light is detected by photoreceptors in the retina, the resulting neural signals travel through retinal ganglion cells whose axons bundle together to form the optic nerve. This nerve exits the eye and routes the signals toward the brain, where the visual cortex processes what we see. The other structures—lens, iris, and cornea—play roles in focusing and regulating light but do not transmit visual information to the brain.*

**9. Which organ of soft nervous tissue contained in the skull coordinates sensation and intellectual activity?**

A. Spinal cord

B. Nerve

C. Cortex

D. Brain

*The brain is the organ of soft nervous tissue housed in the skull that coordinates sensation and intellectual activity. It processes sensory input from the body and governs thinking, memory, and planning. While the cortex handles many higher functions and sensory processing, the whole organ responsible for these roles is the brain. The spinal cord isn't in the skull, a nerve is a fiber bundle outside the brain, and the cortex is a part of the brain rather than the entire organ.*

SAMPLE

**10. The nerve that transmits visual information from the retina to the brain is the**

A. Iris

B. Cornea

C. Optic nerve

D. Lens

*Vision starts with photoreceptors in the retina, and the signals they generate travel via retinal ganglion cell axons that come together to form the optic nerve. This nerve exits the eye and carries the information toward the brain, first synapsing in the lateral geniculate nucleus of the thalamus and then reaching the visual cortex for processing. The other structures listed—iris, cornea, and lens—are parts of the eye that control light entry and focus, not neural transmission. The optic nerve is the pathway that conveys the visual signal to the brain.*

SAMPLE

# 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://challengeaanatomy.examzify.com

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

SAMPLE