

GURNICK ACADEMY ANATOMY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://gurnickanatomy.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.

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!

Questions

SAMPLE

- 1. Which two types of sweat glands are present in the skin?**
 - A. Sebaceous and Ceruminous
 - B. Apocrine and Ceruminous
 - C. Eccrine and Apocrine
 - D. Eccrine and Sebaceous
- 2. Which system provides defense against infection and returns excess tissue fluid to the circulatory system?**
 - A. Nervous system
 - B. Circulatory system
 - C. Lymphatic system
 - D. Immune system
- 3. Which structure empties urine to the outside world?**
 - A. Kidney
 - B. Ureter
 - C. Urinary Bladder
 - D. Urethra
- 4. Which major organ system includes the heart and blood vessels?**
 - A. Endocrine
 - B. Circulatory
 - C. Nervous
 - D. Lymphatic
- 5. Which term describes structures closer to the body surface?**
 - A. Superficial
 - B. Deep
 - C. Lateral
 - D. Proximal
- 6. Which form of energy is carried by electromagnetic radiation?**
 - A. Radiant
 - B. Thermal
 - C. Chemical
 - D. Electrical

- 7. Which system stores minerals and fats and forms blood cells in bone marrow?**
- A. Skeletal system
 - B. Muscular system
 - C. Integumentary system
 - D. Endocrine system
- 8. Which of the following is a form of energy?**
- A. Mass
 - B. Chemical
 - C. Color
 - D. Time
- 9. Physiology also means which concept?**
- A. Structure
 - B. Function
 - C. Planes
 - D. Viscera
- 10. Water is involved in chemical reactions. Which statement best reflects this?**
- A. Yes
 - B. No
 - C. Sometimes
 - D. Always

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which two types of sweat glands are present in the skin?

- A. Sebaceous and Ceruminous
- B. Apocrine and Ceruminous
- C. Eccrine and Apocrine**
- D. Eccrine and Sebaceous

Two kinds of sweat glands are found in the skin: eccrine glands and apocrine glands. Eccrine glands are small, widely distributed glands that produce a clear, watery sweat and release it directly onto the skin surface. They're mainly involved in cooling the body through evaporation and are stimulated by the sympathetic nervous system. Apocrine glands are larger and located in areas like the armpits and groin; they're associated with hair follicles and secrete a thicker fluid that contains proteins and lipids, which is more active after puberty and contributes to body odor when broken down by bacteria. Ceruminous glands in the ear canal are specialized (modified apocrine) glands, and sebaceous glands produce oil, not sweat.

2. Which system provides defense against infection and returns excess tissue fluid to the circulatory system?

- A. Nervous system
- B. Circulatory system
- C. Lymphatic system**
- D. Immune system

The lymphatic system handles both immune defense and fluid balance. It collects excess interstitial fluid from tissues and ships it as lymph through lymphatic vessels. As lymph passes through lymph nodes and other lymphoid organs, immune cells can monitor for and respond to pathogens, helping defend the body against infection. Eventually, lymph returns to the bloodstream, entering the circulatory system via the thoracic duct and the left subclavian vein, which helps maintain blood volume. This combination—draining excess tissue fluid and facilitating immune surveillance—fits best with a system specialized for both tasks. The nervous and circulatory systems don't primarily return interstitial fluid to the blood, and the immune system isn't a drainage network for fluid, even though it collaborates with the lymphatic system in defending against pathogens.

3. Which structure empties urine to the outside world?

- A. Kidney
- B. Ureter
- C. Urinary Bladder
- D. Urethra**

The main idea is understanding the final exit path for urine. Urine is produced in the kidneys, moves down the ureters into the bladder for storage, and when you urinate, it travels through the urethra to the outside of the body. The urethra is the outlet channel that empties urine to the exterior, while the kidneys form urine, the ureters transport it, and the bladder stores it. This makes the urethra the structure responsible for the final step of elimination.

4. Which major organ system includes the heart and blood vessels?

- A. Endocrine
- B. Circulatory**
- C. Nervous
- D. Lymphatic

The main idea here is which system is responsible for moving blood through the body. The circulatory system, also called the cardiovascular system, fits this role because it includes the heart as the pumping engine and the network of blood vessels—arteries, veins, and capillaries—that transport blood to every tissue. The heart pushes blood into arteries, which carry it outward; it returns via veins, and capillaries are the sites where oxygen, carbon dioxide, nutrients, and wastes are exchanged with cells. This closed-loop system sustains circulation and supports all body functions. Other systems don't define this role. The endocrine system uses hormones to regulate processes rather than moving blood. The nervous system coordinates rapid signaling and control, not the blood's transport. The lymphatic system handles fluid drainage and immune responses and is related to circulation but does not center on the heart and main blood vessels.

5. Which term describes structures closer to the body surface?

- A. Superficial**
- B. Deep
- C. Lateral
- D. Proximal

Directional relationships in anatomy focus on where a structure lies in relation to the body's exterior. The term that describes structures closer to the surface is superficial. It means near or on the outside of the body—the skin is superficial to the muscles underneath. Deep describes things farther from the surface. Lateral refers to position toward the body's side, not surface distance, and proximal describes closeness to the trunk or point of attachment, not surface proximity. So superficial is the best description for structures near the body surface.

6. Which form of energy is carried by electromagnetic radiation?

- A. Radiant**
- B. Thermal
- C. Chemical
- D. Electrical

Electromagnetic radiation carries energy in the form of radiant energy. EM waves transport energy through space (even in a vacuum) as oscillating electric and magnetic fields, and they do so in packets called photons. Each photon has energy proportional to its frequency ($E = hf$), so the energy carried depends on the color or type of radiation. This is distinct from thermal energy (the random motion of particles in a substance), chemical energy (energy stored in chemical bonds), and electrical energy (energy of moving charges or electric fields). EM radiation can transfer energy to matter and cause heating or drive chemical changes, but the energy inherent to the radiation itself is radiant energy.

7. Which system stores minerals and fats and forms blood cells in bone marrow?

- A. Skeletal system**
- B. Muscular system
- C. Integumentary system
- D. Endocrine system

Bones perform these roles: they act as mineral reservoirs, holding substances like calcium and phosphorus, and inside the bones sits marrow. Red bone marrow is where blood cells are formed—erythrocytes, leukocytes, and platelets—through a process called hematopoiesis. Yellow bone marrow mostly stores fat. In adults, red marrow remains in specific bones, but its function of producing blood cells is a defining feature of the skeletal system. The other systems don't contain bone marrow or serve this combination of mineral storage and hematopoiesis.

8. Which of the following is a form of energy?

- A. Mass
- B. Chemical**
- C. Color
- D. Time

Energy exists in different forms, and chemical energy is the energy stored in the bonds between atoms in molecules. This stored energy can be released or absorbed during chemical reactions, powering processes from respiration in living cells to burning fuels for heat and motion. So the option that represents a form of energy is chemical energy because it describes energy stored specifically in chemical bonds and available to drive reactions. The other ideas aren't energy forms: color is how we perceive certain light wavelengths, time is a dimension, and mass is a property of matter (though mass and energy are related in physics, mass itself isn't categorized as a form of energy).

9. Physiology also means which concept?

- A. Structure
- B. Function**
- C. Planes
- D. Viscera

Physiology is the study of how the body functions—how its parts work together to carry out life's processes, from metabolism to circulation to nerve signaling. This focus on function is what the term implies, distinguishing it from anatomy, which is about structure and form. For example, physiology would describe how the heart pumps blood and how electrical signals coordinate the heartbeat, whereas anatomy would describe the heart's chambers and valves. The other options don't fit because structure refers to form, planes are just reference lines for viewing the body, and viscera are internal organs themselves.

10. Water is involved in chemical reactions. Which statement best reflects this?

A. Yes

B. No

C. Sometimes

D. Always

Water shows up in chemical reactions in many ways, so the statement that water is involved is the best way to reflect what actually happens. It serves as the solvent in which most reactions occur, helping molecules collide and react. It also acts directly as a reactant in hydrolysis, where water helps break bonds, and as a product in dehydration synthesis, where forming a bond releases water. Water's polarity stabilizes ions in solution, which can drive or influence reaction rates and equilibria, and it participates in many acid–base processes in chemistry and biology. While some reactions can occur without water, especially under dry or molten conditions, water's pervasive role in typical chemical and biological contexts makes the idea that water is involved the most accurate overall statement.

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://gurnickanatomy.examzify.com>

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

SAMPLE