HEALTH SCIENCE I – ANATOMY, PHYSIOLOGY, AND MEDICAL CONDITIONS PRACTICE TEST (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 plane divides the body into left and right halves?

A. Transverse

B. Frontal

C. Coronal

D. Sagittal

2. What phase of the menstrual cycle involves LH, estrogen, and FSH hormones?

A. Menstruation

B. Proliferative phase

C. Ovulation

D. Secretory phase

3. How many sections is the small intestine divided into?

A. Two

B. Four

C. Three

D. Five

4. Where are the renal pyramids located within the kidney?

A. Cortex

B. Renal pelvis

C. Medulla

D. Ureter

5. Which term describes an outward curvature of the upper spine?

A. Osteoporosis

B. Scoliosis

C. Lordosis

D. Kyphosis

6. What structure prevents food from entering the airway during swallowing?

A. Epiglottis

B. Esophagus

C. Trachea

D. Bronchus

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7. Which joint type allows the greatest range of movement?

A. Hinge

B. Pivot

C. Saddle

D. Ball and socket

8. Which bone in the leg is the kneecap?

A. Tibia

B. Femur

C. Fibula

D. Patella

9. Which integumentary system disorder is caused by increased sebum during adolescence?

A. Acne

B. Eczema

C. Psoriasis

D. Rosacea

10. The organ that stores bile is the gall bladder.

A. Gall bladder

B. Appendix

C. Spleen

D. Liver

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Answers

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

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Explanations

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1. Which plane divides the body into left and right halves?

A. Transverse

B. Frontal

C. Coronal

D. Sagittal

The key idea is how the body is sliced along planes. The sagittal plane is a vertical plane that runs from front to back and divides the body into left and right portions. When this plane passes exactly through the midline, it creates equal left and right halves and is called the median (mid-sagittal) plane. In contrast, a frontal (coronal) plane divides the body into anterior (front) and posterior (back) parts, and a transverse plane divides it into superior (top) and inferior (bottom) parts. So the plane that yields left and right halves is the sagittal plane, with the midline version specifically producing equal halves.

2. What phase of the menstrual cycle involves LH, estrogen, and FSH hormones?

A. Menstruation

B. Proliferative phase

C. Ovulation

D. Secretory phase

Ovulation is driven by an LH surge that occurs mid-cycle, triggered by rising estrogen from the maturing follicle. FSH supports follicle growth, so it remains present, but the defining event is the LH surge that causes the dominant follicle to rupture and release the oocyte. Early in the cycle, FSH stimulates follicle development and estrogen production; as estrogen peaks, it provides positive feedback that triggers the LH surge. While high estrogen also promotes the proliferative endometrium, the key feature of this time is the LH-driven ovulation itself. After ovulation, progesterone from the corpus luteum leads into the secretory phase, and if implantation doesn't occur, hormone levels fall and menstruation can begin.

3. How many sections is the small intestine divided into?

A. Two

B. Four

C. Three

D. Five

The small intestine is organized into three regional sections: the duodenum, the jejunum, and the ileum. This three-part division is the standard anatomical convention, reflecting distinct roles—digestion begins in the duodenum, most nutrient absorption occurs in the jejunum, and absorption of bile acids and vitamin B12 happens in the ileum. If you see two, four, or five sections listed, that would not align with the usual naming of these three regions.

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4. Where are the renal pyramids located within the kidney?

A. Cortex

B. Renal pelvis

C. Medulla

D. Ureter

Renal pyramids are located in the medulla, the inner region of the kidney. They appear as cone-shaped masses with their bases facing the outer cortex and their tips, called papillae, projecting toward the renal pelvis. Between the pyramids are the renal columns. The collecting ducts run through the pyramids and drain into the minor calyces at the papillae, which then funnel urine into the renal pelvis. The cortex is the outer layer containing glomeruli and convoluted tubules, while the renal pelvis is the central collecting area that leads to the ureter.

5. Which term describes an outward curvature of the upper spine?

A. Osteoporosis

B. Scoliosis

C. Lordosis

D. Kyphosis

Outward curvature of the upper spine is described by kyphosis. The thoracic part of the spine naturally curves outward, giving a posterior convex shape called kyphosis. Osteoporosis is a bone-weakening condition, not a spinal bend. Scoliosis refers to a side-to-side (lateral) curvature, not an outward front-to-back bend. Lordosis is an inward (anterior) curvature, typically in the lumbar or cervical regions.

6. What structure prevents food from entering the airway during swallowing?

A. Epiglottis

B. Esophagus

C. Trachea

D. Bronchus

During swallowing, the body protects the airway with the epiglottis. This leaf-shaped cartilage closes over the opening of the larynx (the glottis) as the larynx rises, temporarily sealing the airway so that the swallowed material is guided into the esophagus behind it. The esophagus is the muscular tube that carries food to the stomach, not the protective flap. The trachea and bronchi are airways and do not close off the airway during swallowing. So the epiglottis is the structure that prevents food from entering the airway.

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7. Which joint type allows the greatest range of movement?

A. Hinge

B. Pivot

C. Saddle

D. Ball and socket

The amount of movement a joint can perform depends on how many independent directions (axes) it can move. Ball-and-socket joints provide movement in three perpendicular axes: flexion-extension, abduction-adduction, and rotation, plus the ability to move in a circular path (circumduction). This combination gives the widest range of motion for the limb, and examples include the shoulder and hip. Hinge joints allow motion in a single plane (typically flexion and extension), so they have a much more limited range. Pivot joints rotate around a single axis, offering primarily rotational movement. Saddle joints permit two directions of movement (like bending and side-to-side) and some limited rotation, but not as much overall as a ball-and-socket joint. So, the ball-and-socket joint type enables the greatest range of movement.

8. Which bone in the leg is the kneecap?

A. Tibia

B. Femur

C. Fibula

D. Patella

The kneecap is the patella. It's a small, flat bone sitting at the front of the knee, embedded in the quadriceps tendon as a sesamoid bone. This placement lets the patella act like a pulley, increasing the leverage of the quadriceps muscle so extending the knee becomes more efficient. The patella glides within a groove on the femur (the trochlear groove) as the knee flexes and extends, and its posterior surface is covered with cartilage to reduce friction against the femur. The other bones listed—tibia (shinbone), fibula (calf bone), and femur (thigh bone)—are not the kneecap.

9. Which integumentary system disorder is caused by increased sebum during adolescence?

A. Acne

B. Eczema

C. Psoriasis

D. Rosacea

Adolescence is marked by a rise in androgens, which stimulate the sebaceous glands to produce more sebum (oil). This excess sebum, together with shed skin cells, can clog hair follicles. The trapped oil-rich environment fosters growth of skin bacteria such as Cutibacterium acnes, leading to inflammation and the formation of pimples, blackheads, and whiteheads—classic acne. This direct link between hormonal-driven sebum increase and follicular blockage with inflammation is why acne is the disorder most associated with adolescence. Eczema involves skin barrier dysfunction and immune responses leading to dry, itchy patches rather than a sebum-driven clogging process. Psoriasis is driven by autoimmune-driven rapid skin cell turnover. Rosacea is a chronic facial redness with vascular changes and sometimes inflammatory bumps, not primarily caused by excess sebum during adolescence.

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10. The organ that stores bile is the gall bladder.

A. Gall bladder

B. Appendix

C. Spleen

D. Liver

Bile storage and concentration occur in the gallbladder. Bile is produced by liver cells and flows into the gallbladder, where it is concentrated as water and other components are reabsorbed. When you eat a fatty meal, the hormone cholecystokinin signals the gallbladder to contract and release bile into the small intestine via the bile ducts to help emulsify fats. The liver makes bile but does not primarily store it, so it isn't the best answer to "stores bile." The appendix and spleen have other roles (immune and hematologic functions) and do not participate in bile storage or digestion.

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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://healthscience1anatomyphysio.examzify.com

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

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