NLN NEX ANATOMY 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 structure is transparent and focuses light onto the retina?**
   - A. Cornea
   - B. Lens
   - C. Iris
   - D. Retina

2. **Which nerve transmits visual information from the eye to the brain?**
   - A. Optic nerve
   - B. Retina
   - C. Pupil
   - D. Cornea

3. **What is the process by which energy is obtained from food?**
   - A. Photosynthesis
   - B. Cellular respiration
   - C. Fermentation
   - D. Digestion

4. **Which organ forms the interface for nutrient and gas exchange between mother and developing fetus?**
   - A. Placenta
   - B. Umbilical Cord
   - C. Amniotic Sac
   - D. Chorion

5. **What is the first segment of the renal tubule where reabsorption occurs?**
   - A. Distal convoluted tubule
   - B. Proximal convoluted tubule
   - C. Glomerulus
   - D. Bowman's capsule

6. **Which sensation provides information on the force of a touch?**
   - A. Touch pressure
   - B. Light touch
   - C. Temperature
   - D. Vibration

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7. Which actions are commonly defensive and do not necessarily involve the brain?

A. Spinal cord

B. Reflex actions

C. Homeostasis

D. Hormone

8. The duct that transports sperm from the epididymis to the ejaculatory duct is the?

A. Ureter

B. Epididymis

C. Vas Deferens

D. Urethra

9. Which blood vessel transports blood toward the heart and contains valves to prevent backflow?

A. Veins

B. Arteries

C. Capillaries

D. Aorta

10. What does PNS stand for?

A. Peripheral Nervous System

B. Parasympathetic Nervous System

C. Primary Nervous System

D. Peripheral Nerve System

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Answers

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

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Explanations

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1. Which structure is transparent and focuses light onto the retina?

A. Cornea

B. Lens

C. Iris

D. Retina

Light enters the eye through transparent media, and while the cornea provides most of the initial bending of light, the precise focusing onto the retina comes from the lens. The lens is clear and sits behind the pupil; its curvature is adjusted by the ciliary muscles to change focal length, enabling sharp images on the retina for both near and distant objects. The iris simply controls how much light enters by changing pupil size, and the retina is where the image is detected, not where light is focused. So the lens is the structure that is transparent and focuses light onto the retina.

2. Which nerve transmits visual information from the eye to the brain?

A. Optic nerve

B. Retina

C. Pupil

D. Cornea

Visual information is generated by photoreceptors in the retina and then carried by the ganglion cell axons that form the optic nerve. This nerve transmits those signals from the eye toward the brain, routing them through the optic chiasm and optic tracts to the thalamus and on to the primary visual cortex for processing. The pupil is just the opening that regulates light entry, and the cornea is the transparent front surface that helps focus light; neither of these transmits visual information as a nerve.

3. What is the process by which energy is obtained from food?

A. Photosynthesis

B. Cellular respiration

C. Fermentation

D. Digestion

Energy from food is obtained through cellular respiration, the process that converts the chemical energy stored in nutrients like glucose into ATP, the cell's usable energy currency. In the presence of oxygen, aerobic respiration uses the mitochondria to fully oxidize glucose, producing carbon dioxide, water, and a large yield of ATP. The pathway starts with glycolysis in the cytoplasm, which breaks glucose into smaller molecules and makes a little ATP and NADH. The next steps—pyruvate processing and the citric acid cycle—generate more NADH and FADH2 and release CO2. The final stage, the electron transport chain with oxidative phosphorylation, uses the electrons from NADH and FADH2 to pump protons and drive ATP synthase, yielding most of the ATP. Oxygen acts as the final electron acceptor, forming water in the process. If oxygen is scarce, cells can switch to fermentation, which allows glycolysis to continue but makes far less ATP and results in byproducts like lactate or ethanol. This is why aerobic respiration is the primary way energy is efficiently obtained from food. Digestion helps prepare nutrients for absorption but does not itself release energy; photosynthesis builds sugars using light energy and is not how energy is extracted from consumed food.

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4. Which organ forms the interface for nutrient and gas exchange between mother and developing fetus?

A. Placenta

B. Umbilical Cord

C. Amniotic Sac

D. Chorion

Exchange of nutrients and gases between mother and developing fetus occurs across the placenta. This organ sits between maternal blood in the intervillous spaces and fetal blood in the chorionic villi capillaries, allowing diffusion of oxygen and carbon dioxide as well as nutrients like glucose and amino acids. The blood supplies do not mix directly; the placental barrier mediates the transfer. The umbilical cord simply carries blood to and from the placenta, not the site of exchange itself. The amniotic sac surrounds the fetus for protection, and the chorion is a fetal membrane that contributes to the placenta but is not the exchange interface on its own.

5. What is the first segment of the renal tubule where reabsorption occurs?

A. Distal convoluted tubule

B. Proximal convoluted tubule

C. Glomerulus

D. Bowman's capsule

The first segment of the renal tubule where reabsorption occurs is the proximal convoluted tubule. After filtration, this part of the nephron is the major reclamation site, equipped with a brush-border surface that greatly increases absorptive area. Sodium reabsorption here drives the process: Na+ is pumped out basolaterally by Na+/K+ ATPase, creating an electrochemical gradient that pulls Na+ along with glucose, amino acids, bicarbonate, and other solutes from the tubular fluid into the cells and then into the blood. Water follows by osmosis, so a large portion of filtered water is reabsorbed in this segment as well. The proximal tubule thus reclaims most of what was filtered, setting the stage for finer adjustments further along the nephron. The other options either refer to filtration structures (the glomerulus, Bowman's capsule) or to later tubular segments (the distal tubule) that handle specific, regulated reabsorption rather than the initial bulk reclamation.

6. Which sensation provides information on the force of a touch?

A. Touch pressure

B. Light touch

C. Temperature

D. Vibration

The force of a touch is encoded by pressure receptors in the skin. When you press harder, the skin deforms more and the slowly adapting mechanoreceptors—such as Merkel discs and Ruffini endings—are activated more strongly and for a longer time, signaling greater pressure to the brain. This graded response lets you perceive how hard you're touching something. Light touch, by contrast, relies on receptors that respond to the onset or change of contact rather than sustained force, so they're not as good at conveying how hard the touch is. Temperature is about thermal energy and does not reflect mechanical force. Vibration is about rapid oscillations of the skin and informs about texture or movement rather than static touch pressure.

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7. Which actions are commonly defensive and do not necessarily involve the brain?

A. Spinal cord

B. Reflex actions

C. Homeostasis

D. Hormone

Defensive, automatic responses that don't require conscious thought are reflex actions. A reflex is an involuntary reaction to a stimulus that is mediated by a reflex arc centered in the spinal cord and peripheral nerves, so the body can respond extremely quickly without the brain having to process the signal. For example, when you touch something hot, sensory receptors send a signal to the spinal cord, where motor neurons are activated to pull the hand away almost instantaneously. This rapid, protective pathway is what makes reflex actions particularly suited for defense. The spinal cord is the highway and processing center for many of these rapid responses, but the action itself is the reflex. In contrast, homeostasis involves brain-driven regulation to keep the internal environment stable, often through autonomic and endocrine signaling, and hormones are chemical messengers that coordinate longer-term bodily functions rather than immediate defensive actions.

8. The duct that transports sperm from the epididymis to the ejaculatory duct is the?

A. Ureter

B. Epididymis

C. Vas Deferens

D. Urethra

Sperm are moved from the epididymis to the ejaculatory duct by the vas deferens, a thick-walled muscular tube that propels sperm through peristaltic contractions during ejaculation. It travels from the scrotum through the inguinal canal into the pelvis and joins with the duct of the seminal vesicle to form the ejaculatory duct inside the prostate. The ureter carries urine from the kidney to the bladder, not sperm. The epididymis stores and matures sperm but does not transport them to the ejaculatory duct. The urethra is the final common pathway for urine and semen, not the conduit from the epididymis to the ejaculatory duct.

9. Which blood vessel transports blood toward the heart and contains valves to prevent backflow?

A. Veins

B. Arteries

C. Capillaries

D. Aorta

Veins are the vessels that return blood to the heart, and their valves prevent backflow to keep blood moving in one direction despite gravity or low pressure. This valve system is especially important in the limbs, where muscles squeezing the veins and changes in body position help push blood upward toward the heart. Arteries carry blood away from the heart under high pressure and don't rely on valves for one-way flow. Capillaries are tiny exchange vessels with no room for valves, and the aorta is the main artery leaving the heart, also lacking valves along its length. So the vessel that transports blood toward the heart and contains valves to prevent backflow is veins.

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10. What does PNS stand for?

A. Peripheral Nervous System

B. Parasympathetic Nervous System

C. Primary Nervous System

D. Peripheral Nerve System

PNS refers to the network of nerves outside the brain and spinal cord that connects the central nervous system to the rest of the body. It includes cranial nerves, spinal nerves, and the ganglia and peripheral fibers that carry sensory information to the CNS and motor commands from it. The autonomic part of the PNS governs involuntary functions, and within that, the parasympathetic system is a subdivision—not the entire PNS itself. The term Primary Nervous System isn't a standard name, and Peripheral Nerve System isn't the conventional label used. So the correct understanding is that PNS stands for Peripheral Nervous System.

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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://nlnnexanatomy.examzify.com

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

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