PIVOT POINT THE BUILDING BLOCKS OF THE HUMAN BODY 105E.01 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://pivotpoint105e01.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 tissue type lines body surfaces and forms glands?

A. Nervous tissue
B. Connective tissue
C. Epithelial tissue
D. Muscle tissue

2. Nervous tissue coordinates body functions and carries messages to and from brain and spinal cord.

A. Epithelial
B. Connective
C. Nervous
D. Muscular

3. Which system is composed of bones and joints that support the body and give it structure?

A. Skeletal System
B. Muscular System
C. Nervous System
D. Circulatory System

4. Which term describes one of the four basic bone shapes?

A. Irregular bones
B. Sesamoid bones
C. Pneumatized bones
D. Cylindrical bones

5. Which tissue type is the primary component of the dermal layer?

A. Epithelial tissue
B. Nervous tissue
C. Muscle tissue
D. Connective tissue

SAMPLE

6. What is the primary function of the lymphatic system?

A. To return interstitial fluid to the bloodstream and participate in immune defense

B. To transport oxygen

C. To regulate body temperature

D. To store bile

7. Ribosomes are described as what?

A. Energy producers

B. Protein builders made up of RNA

C. Membrane-bound sacs

D. Genetic material

8. The nephron is the functional unit of which organ?

A. Liver

B. Heart

C. Lungs

D. Kidney

9. Which body system is responsible for protection, temperature regulation, sensation, and vitamin D synthesis?

A. Nervous

B. Integumentary

C. Muscular

D. Skeletal

10. What directional term refers to toward the midline of the body?

A. Medial

B. Lateral

C. Superior

D. Inferior

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which tissue type lines body surfaces and forms glands?

A. Nervous tissue

B. Connective tissue

C. Epithelial tissue

D. Muscle tissue

Epithelial tissue specializes in lining body surfaces and forming glands. It covers the outside of the body and the cavities and ducts inside, providing a protective barrier and interfaces for absorption, secretion, and filtration. Glands arise from epithelial cells that invaginate to form secretory units, with exocrine glands maintaining ducts to surfaces and endocrine glands releasing hormones into the bloodstream. Epithelia are typically tightly packed with a distinct apical surface and a basal surface attached to a basement membrane, and they are avascular, relying on the underlying connective tissue for nutrients. This combination of lining surfaces and creating glands is characteristic of epithelial tissue, unlike nervous tissue (which transmits impulses), connective tissue (which supports and binds), or muscle tissue (which contracts).

2. Nervous tissue coordinates body functions and carries messages to and from brain and spinal cord.

A. Epithelial

B. Connective

C. Nervous

D. Muscular

Nervous tissue is specialized for communication and control in the body. It coordinates body functions and carries messages to and from the brain and spinal cord because it contains neurons that rapidly transmit electrical signals, along with supporting glial cells that maintain the environment for signaling. These signals travel through networks from sensory receptors to the brain and back to effectors like muscles or glands, enabling sensation, processing, and response. This tissue forms the brain, spinal cord, and nerves, linking the central nervous system to the rest of the body. Epithelial tissue lines surfaces and forms glands; connective tissue provides support and binding; muscular tissue contracts to produce movement. In this context, nervous tissue best fits the idea of coordinating and transmitting information throughout the body.

3. Which system is composed of bones and joints that support the body and give it structure?

A. Skeletal System

B. Muscular System

C. Nervous System

D. Circulatory System

The bones and joints create the framework that supports the body and gives it shape. This scaffolding is the skeletal system, which provides structure, protects internal organs, and stores minerals while bone marrow makes blood cells. Muscles move by pulling on this rigid framework, while the nervous system directs actions and the circulatory system supplies blood. So, among the systems, the one built from bones and joints that primarily gives the body its structure is the skeletal system.

SAMPLE

4. Which term describes one of the four basic bone shapes?

A. Irregular bones

B. Sesamoid bones

C. Pneumatized bones

D. Cylindrical bones

Irregular bones describe one of the four basic bone shapes. The four basic shapes are long, short, flat, and irregular. Irregular bones have complex, unusual shapes that don't fit the other categories, often to fulfill specific functions like protecting nervous tissue or providing attachment points for muscles. Examples include the vertebrae and many facial bones. Sesamoid bones are small bones formed within tendons, like the kneecap, and aren't classified by shape. Pneumatized bones contain air-filled spaces, typically found in certain skull bones, so they're defined by structure rather than a basic shape. Cylindrical bones isn't a standard category for the basic shapes; long bones can be described as cylindrical, but that isn't a separate basic shape category.

5. Which tissue type is the primary component of the dermal layer?

A. Epithelial tissue

B. Nervous tissue

C. Muscle tissue

D. Connective tissue

The dermal layer is built mainly from connective tissue. This tissue provides the skin with its strength, flexibility, and support through a matrix rich in collagen and elastin, produced by fibroblasts. The epidermis above it is made of epithelial tissue, serving as the outer protective layer. In the dermis you'll also find blood vessels, nerves, and glands, but these are components within the connective tissue framework rather than the primary tissue type. The fibrous, dense irregular connective tissue in the dermis gives the skin structural integrity and resilience, which is why connective tissue is the main component of this layer.

6. What is the primary function of the lymphatic system?

A. To return interstitial fluid to the bloodstream and participate in immune defense

B. To transport oxygen

C. To regulate body temperature

D. To store bile

The lymphatic system mainly returns excess interstitial fluid to the bloodstream and helps defend the body against pathogens. Fluid that leaks out of capillaries becomes lymph, which is carried through lymphatic vessels back toward the heart and ultimately re-enters the bloodstream, helping maintain blood volume and prevent tissue swelling. As lymph travels, lymph nodes and other lymphoid tissues scan it for microbes and activate immune responses, giving the body a rapid defense against infection. Transporting oxygen is done by the circulatory and respiratory systems; regulating body temperature is controlled largely by the skin and blood flow; storing bile is a function of the liver and gallbladder.

SAMPLE

7. Ribosomes are described as what?

A. Energy producers

B. Protein builders made up of RNA

C. Membrane-bound sacs

D. Genetic material

Ribosomes are protein-synthesis machines made mostly of RNA and protein. They translate messenger RNA into a polypeptide chain, with the RNA component (rRNA) playing a central catalytic role in forming peptide bonds. They are not energy producers—the job of generating energy lies with mitochondria (and chloroplasts in plants). They aren't membrane-bound sacs, though some ribosomes attach to the rough endoplasmic reticulum; the ribosome itself is a small particle, not a membrane-bound compartment. They aren't genetic material—the cell's genetic material is DNA (and, in some contexts, RNA as a messenger), but ribosomes don't carry the genome.

8. The nephron is the functional unit of which organ?

A. Liver

B. Heart

C. Lungs

D. Kidney

The nephron is the kidney's basic working unit for filtering blood and forming urine. Blood is filtered in the glomerulus, producing a filtrate that then passes through tubular segments where essential substances and most of the water are reabsorbed, wastes are secreted, and the final urine is concentrated in the collecting ducts. This combined process regulates fluid balance, electrolyte levels, acid-base status, and waste removal—core roles of the kidney. Other organs have different functional units: the liver uses hepatic lobules to process metabolites and produce bile, the heart relies on contractile heart muscle cells to pump blood, and the lungs use alveoli for gas exchange. Since the nephron carries out filtration and urine formation, it belongs to the kidney.

9. Which body system is responsible for protection, temperature regulation, sensation, and vitamin D synthesis?

A. Nervous

B. Integumentary

C. Muscular

D. Skeletal

The integumentary system is responsible for protection, temperature regulation, sensation, and vitamin D synthesis. The skin acts as a protective barrier against pathogens and injury, helping defend the body from external threats. It also regulates temperature through mechanisms like sweating and controlling blood flow to the surface, which lets us cool down or conserve heat. Sensory receptors in the skin provide touch, pressure, pain, and temperature information, giving us essential feedback about our environment. When the skin is exposed to sunlight, UVB rays convert a cholesterol-based compound in the epidermis into vitamin D3, which is later activated by the liver and kidneys. This combination of protective function, thermoregulation, sensation, and vitamin D production is specific to the skin and its associated structures. Other systems contribute to related roles, but they don't encompass all of these functions, especially the vitamin D synthesis that occurs in the skin.

SAMPLE

10. What directional term refers to toward the midline of the body?

A. Medial

B. Lateral

C. Superior

D. Inferior

Medial describes a direction toward the midline of the body. The midline is the imaginary line that divides the body into left and right halves, so medial means closer to that line. The opposite term is lateral, which refers to structures farther from the midline. For context, other directional terms include superior (toward the head) and inferior (toward the feet). For example, the nose is medial to the eyes, and the big toe is medial to the other toes on the foot.

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://pivotpoint105e01.examzify.com

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

SAMPLE