

68W Combat Medic Specialist Training - Module 1 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 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 from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

- 1. Which system comprises glands that produce hormones regulating various body functions?**
 - A. Muscular system**
 - B. Endocrine system**
 - C. Nervous system**
 - D. Immune system**
- 2. In anatomical terminology, what does "proximal" mean?**
 - A. Closer to the torso**
 - B. Farther from the torso**
 - C. Near the surface**
 - D. Away from the midline**
- 3. What do the orbits refer to in human anatomy?**
 - A. Basin-shaped bony structure**
 - B. Bony structures around the eyes**
 - C. Egg-producing organs in females**
 - D. Area posterior to the nose**
- 4. What distinguishes anaerobic metabolism from aerobic metabolism?**
 - A. Requires oxygen**
 - B. Uses glucose without oxygen**
 - C. Produces fewer waste products**
 - D. Occurs in mitochondria**
- 5. What is the purpose of the midline in anatomical terms?**
 - A. To indicate below and above body structures**
 - B. To divide the body into right and left halves**
 - C. To provide points of reference for extremities**
 - D. To measure body height**
- 6. What type of muscle can be consciously controlled?**
 - A. Involuntary muscle**
 - B. Cardiac muscle**
 - C. Voluntary muscle**
 - D. Skeletal muscle**

- 7. What does the term 'Golden Hour' refer to in emergency medicine?**
- A. First hour after a traumatic injury**
 - B. Time taken for a full recovery**
 - C. Duration of a surgical procedure**
 - D. Peak time for patient referrals**
- 8. What does the suffix '-itis' denote?**
- A. Infection**
 - B. Swelling**
 - C. Inflammation**
 - D. Discharge**
- 9. What does scaffolding refer to in educational development?**
- A. A method of punishment in learning**
 - B. Building on previous knowledge**
 - C. A form of assessment**
 - D. A technique for memorization**
- 10. What does preload refer to in cardiac physiology?**
- A. The pressure required to pump blood**
 - B. The amount of blood returning to the heart before contraction**
 - C. The contraction strength of the heart**
 - D. The diameter of blood vessels**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which system comprises glands that produce hormones regulating various body functions?

A. Muscular system

B. Endocrine system

C. Nervous system

D. Immune system

The endocrine system is responsible for producing and secreting hormones that play a crucial role in regulating a wide array of body functions. Hormones are chemical messengers that travel through the bloodstream to various organs and tissues, facilitating processes such as growth, metabolism, reproduction, and the body's response to stress. This system includes various glands, such as the pituitary, thyroid, adrenal, and pancreas, each of which serves distinct but interconnected roles in maintaining homeostasis and overall health. By specifically regulating bodily functions through hormonal signals, the endocrine system provides a slower, yet longer-lasting mode of control in comparison to the nervous system, which utilizes quick electrical impulses to transmit messages. This distinction emphasizes the varied approaches that different body systems use to maintain balance and respond to internal and external stimuli.

2. In anatomical terminology, what does "proximal" mean?

A. Closer to the torso

B. Farther from the torso

C. Near the surface

D. Away from the midline

In anatomical terminology, "proximal" is used to describe a position that is closer to the point of attachment of a limb to the body or closer to the torso. This term is commonly applied when referencing limbs; for instance, the elbow is proximal to the wrist, meaning it is closer to the torso compared to the wrist. Understanding "proximal" in this context is crucial for accurate communication in medical and anatomical discussions, as it helps to delineate specific locations and relationships of different body parts relative to the central reference point (the torso). This precise terminology aids in effective assessment, diagnosis, and treatment in clinical settings, allowing for better collaboration among healthcare professionals.

3. What do the orbits refer to in human anatomy?

- A. Basin-shaped bony structure
- B. Bony structures around the eyes**
- C. Egg-producing organs in females
- D. Area posterior to the nose

Orbits in human anatomy refer specifically to the bony structures that encompass and protect the eyes. They are critical for providing support to the eye and housing its accessory structures, such as muscles, nerves, and blood vessels. The orbits play an essential role in safeguarding the delicate organs of vision from external trauma and contributing to the structure and aesthetics of the face. While other options mention anatomical features, they do not accurately describe the nature of orbits. A basin-shaped bony structure does not specify a location related to the eyes and is too vague. Egg-producing organs in females refer to the ovaries, which are entirely separate from the concept of orbits. The area posterior to the nose may relate to other anatomical features but does not pertain to the bony structures surrounding the eyes. Hence, the option concerning bony structures around the eyes is the most accurate definition of orbits in human anatomy.

4. What distinguishes anaerobic metabolism from aerobic metabolism?

- A. Requires oxygen
- B. Uses glucose without oxygen**
- C. Produces fewer waste products
- D. Occurs in mitochondria

Anaerobic metabolism is characterized by its ability to function without the presence of oxygen. This metabolic pathway allows the body to produce energy from glucose in situations where oxygen is scarce, such as during intense physical activity. During anaerobic metabolism, glucose is converted into energy through processes like lactic acid fermentation, resulting in ATP production without the reliance on oxygen. The correct answer emphasizes this unique aspect of anaerobic metabolism, highlighting its capacity to utilize glucose exclusively in low-oxygen conditions. This is critical for short bursts of high-energy activity where immediate energy is required, such as sprinting or heavy lifting, allowing the body to continue functioning even when oxygen supply is limited. In contrast, aerobic metabolism involves the use of oxygen to efficiently convert glucose into energy. This process yields more energy and produces fewer byproducts compared to anaerobic metabolism, which is why differentiating between these two pathways is essential in understanding how the body adapts to different levels of physical exertion and oxygen availability.

5. What is the purpose of the midline in anatomical terms?

- A. To indicate below and above body structures
- B. To divide the body into right and left halves**
- C. To provide points of reference for extremities
- D. To measure body height

The midline in anatomical terms serves a fundamental purpose in understanding the orientation of the body. It divides the body into right and left halves, creating a reference point that helps in the identification and description of anatomical features and their locations. This division is crucial in various medical fields, including anatomy, surgery, and physical assessments, as it allows health professionals to communicate clearly about the position of organs, injuries, and other bodily structures relative to the midline. Understanding the midline is vital when assessing the symmetry of the body, diagnosing conditions, and planning surgical procedures. For example, when discussing a mass on the abdomen, indicating whether it is located to the left or right of the midline provides essential information for diagnosis and treatment. The concept of the midline facilitates a standardized approach to assessing the body, promoting clarity and accuracy in medical communication.

6. What type of muscle can be consciously controlled?

- A. Involuntary muscle
- B. Cardiac muscle
- C. Voluntary muscle**
- D. Skeletal muscle

The correct answer is voluntary muscle, which refers to muscles that are under conscious control, allowing individuals to move or contract them intentionally. This type of muscle is primarily responsible for the movements of the body and is essential for tasks that require precise movement such as writing, playing an instrument, or lifting objects. Skeletal muscle, while typically considered synonymous with voluntary muscle due to its ability to be controlled consciously, specifically refers to a subtype, as it is the muscle type that attaches to bones and facilitates movement at joints. However, in the context of the question, voluntary muscle encompasses all muscles that can be controlled consciously, while skeletal muscle is a specific example of that category.

7. What does the term 'Golden Hour' refer to in emergency medicine?

- A. First hour after a traumatic injury**
- B. Time taken for a full recovery**
- C. Duration of a surgical procedure**
- D. Peak time for patient referrals**

The term 'Golden Hour' in emergency medicine refers to the critical first hour following a traumatic injury. This concept emphasizes the importance of rapid medical intervention during this timeframe to significantly improve chances of survival and reduce the risk of long-term disability. The rationale behind focusing on this first hour is based on the physiological response to trauma, where prompt treatment can address life-threatening conditions such as hemorrhagic shock or airway obstructions. Medical studies have indicated that outcomes are considerably better for patients who receive care within this window, as timely treatment can prevent complications and promote better recovery trajectories. This is why the first hour after an injury holds such significance in traumatic care protocols and emphasizes the need for immediate attention and transport to medical facilities.

8. What does the suffix '-itis' denote?

- A. Infection**
- B. Swelling**
- C. Inflammation**
- D. Discharge**

The suffix '-itis' is commonly used in medical terminology to indicate inflammation of a specific tissue or organ. For example, conditions such as arthritis (inflammation of the joints) and appendicitis (inflammation of the appendix) exemplify the use of this suffix. Inflammation is characterized by redness, heat, swelling, and pain, and it is a fundamental part of the body's immune response to injury or infection. By understanding this suffix, you can accurately interpret a wide range of medical terms related to inflammatory conditions. The other options, while potentially related to symptoms or conditions, do not accurately represent the precise meaning of '-itis.' Infection refers to the presence of pathogens, swelling is a symptom that can occur due to inflammation but does not encompass the entire meaning of '-itis,' and discharge typically describes the release of fluid from the body, which is a separate concept from inflammation.

9. What does scaffolding refer to in educational development?

- A. A method of punishment in learning**
- B. Building on previous knowledge**
- C. A form of assessment**
- D. A technique for memorization**

Scaffolding in educational development refers to the process of building on a learner's existing knowledge and skills. This approach allows educators to support students as they gain new understanding or abilities by providing structured assistance that can be gradually removed as the learner becomes more competent and confident. The underlying principle of scaffolding is that learning is most effective when it is connected to prior knowledge; by linking new concepts to what students already know, they can better internalize and apply this information. This method aligns with the developmental theories of learning, in which educators help learners reach higher levels of understanding by carefully guiding them and expanding their capabilities incrementally. As a result, scaffolding enhances the learning experience and promotes a deeper comprehension of the material at hand.

10. What does preload refer to in cardiac physiology?

- A. The pressure required to pump blood**
- B. The amount of blood returning to the heart before contraction**
- C. The contraction strength of the heart**
- D. The diameter of blood vessels**

Preload in cardiac physiology specifically refers to the amount of blood that fills the ventricles of the heart at the end of diastole, just before contraction. This volume of blood creates tension in the heart muscle and determines how much stretch the ventricular muscle fibers experience. Essentially, a higher preload means more blood volume returning to the heart, which can lead to a more forceful contraction according to the Frank-Starling law of the heart. This physiological principle states that the more the heart muscle is stretched by incoming blood, the stronger it contracts, which is vital for efficient cardiac output. Understanding preload is crucial for combat medics when assessing a patient's hemodynamic status, especially in trauma or shock scenarios where fluid resuscitation may be necessary.