

AAMC FL Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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.

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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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

- 1. What is one of the key functions of the liver?**
 - A. Production of adrenaline**
 - B. Detoxification of harmful substances**
 - C. Secretion of insulin**
 - D. Formation of red blood cells**
- 2. Which term defines the feeling of disorientation when facing an unfamiliar culture or way of life?**
 - A. Cultural transmission**
 - B. Context effects**
 - C. Culture shock**
 - D. Socioeconomic gradient in health**
- 3. What experiment step should be performed first when testing enzyme activity?**
 - A. Vary the enzyme concentration**
 - B. Vary the substrate concentration**
 - C. Include the inhibitor**
 - D. Measure the initial rate**
- 4. At what age range does the concrete operational stage occur, according to Piaget?**
 - A. 0-2 years**
 - B. 2-6 years**
 - C. 6-11 years**
 - D. 12+ years**
- 5. What structural difference exists between ATP and AMP?**
 - A. ATP has two phosphates, AMP has one**
 - B. ATP has three phosphates, AMP has one**
 - C. ATP has one phosphate, AMP has three**
 - D. ATP has four phosphates, AMP has two**

- 6. What distinguishes prokaryotes from eukaryotes?**
- A. Presence of a nucleus**
 - B. Ability to reproduce**
 - C. Size of the organism**
 - D. Respiration methods**
- 7. What is the effect of the catalyst on the stereospecificity of a reaction?**
- A. Catalyst has no effect on stereospecificity**
 - B. Catalyst can only promote achiral reactions**
 - C. A chiral catalyst can lead to chiral products**
 - D. Stereospecificity is determined solely by reactants**
- 8. Which factor does NOT affect the resistance to flow in a blood vessel according to Poiseuille's law?**
- A. Length of the vessel**
 - B. Viscosity of the fluid**
 - C. Density of the fluid**
 - D. Radius of the vessel**
- 9. When does chunking usually occur?**
- A. During long-term memory retrieval**
 - B. While writing notes**
 - C. Automatically**
 - D. With conscious effort**
- 10. Which condition is NOT a characteristic of marginal poverty?**
- A. Lack of stable employment**
 - B. High educational attainment**
 - C. Unstable housing situations**
 - D. Limited access to resources**

Answers

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

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Explanations

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1. What is one of the key functions of the liver?

- A. Production of adrenaline**
- B. Detoxification of harmful substances**
- C. Secretion of insulin**
- D. Formation of red blood cells**

The liver plays a crucial role in detoxifying harmful substances, which makes detoxification one of its key functions. This process involves the breakdown and elimination of various toxins and metabolic waste products from the body. The liver filters the blood that comes from the digestive tract, allowing it to process nutrients while also neutralizing or converting toxins into less harmful substances, often preparing them for excretion via the kidneys or bile. This detoxification process is vital for maintaining homeostasis and protecting the body from potential damage caused by harmful agents such as drugs, alcohol, and metabolic byproducts. Consequently, the liver's ability to manage and mitigate these harmful substances underscores its importance in overall health and metabolism.

2. Which term defines the feeling of disorientation when facing an unfamiliar culture or way of life?

- A. Cultural transmission**
- B. Context effects**
- C. Culture shock**
- D. Socioeconomic gradient in health**

The term that defines the feeling of disorientation when encountering an unfamiliar culture or way of life is culture shock. This phenomenon typically occurs when individuals are exposed to a significantly different environment, whether it be through travel, relocation, or immersion in a new society. The emotional experience associated with culture shock can include confusion, anxiety, and a sense of isolation as one struggles to adapt to new social norms, language, and customs that are vastly different from their own. In contrast, cultural transmission refers to the process of passing cultural information and norms between generations or within a society, while context effects pertain to the influence that surrounding information has on perception and decision-making. The socioeconomic gradient in health refers to the observed relationship between individuals' social and economic status and their health outcomes, which is not related to the feelings of disorientation that arise from encountering a new culture. Understanding culture shock is essential for navigating cross-cultural experiences effectively.

3. What experiment step should be performed first when testing enzyme activity?

- A. Vary the enzyme concentration**
- B. Vary the substrate concentration**
- C. Include the inhibitor**
- D. Measure the initial rate**

Testing enzyme activity typically begins with varying the substrate concentration. This step is essential because substrate concentration is a crucial factor that influences the rate of enzyme-catalyzed reactions. By starting with substrate concentration, you can determine how an increase in substrate availability affects reaction rates, which is fundamental for identifying the enzyme's kinetics. When substrate concentration is varied, the initial rate of reaction can be measured at different concentrations. This allows for the determination of parameters such as the Michaelis-Menten constant (K_m) and maximum velocity (V_{max}), which are critical for understanding enzyme efficiency and activity. Addressing the other options, altering enzyme concentration can be important but usually follows substrate concentration adjustments since enzyme kinetics often consider the substrate's effect first. Including an inhibitor can be essential in understanding enzyme regulation, but this step is generally performed after establishing the baseline activity with varying substrate concentrations. Measuring the initial rate is indeed key, but it can only be accurately done once you have established the proper substrate concentrations to assess the reaction kinetics.

4. At what age range does the concrete operational stage occur, according to Piaget?

- A. 0-2 years**
- B. 2-6 years**
- C. 6-11 years**
- D. 12+ years**

The concrete operational stage, as defined by Jean Piaget, typically occurs between the ages of 6 and 11 years. During this stage, children develop the ability to think logically about concrete events and understand the concept of conservation — that is, recognizing that the quantity of an object does not change even when its shape does. They begin to think more logically and are able to classify objects, perform arithmetic operations, and understand the perspective of others. This developmental phase marks a significant transition from the preoperational stage, where children's thinking is more intuitive and egocentric, to a more rational, organized way of thinking.

5. What structural difference exists between ATP and AMP?

- A. ATP has two phosphates, AMP has one**
- B. ATP has three phosphates, AMP has one**
- C. ATP has one phosphate, AMP has three**
- D. ATP has four phosphates, AMP has two**

ATP, or adenosine triphosphate, consists of an adenosine molecule bonded to three phosphate groups. The key difference between ATP and AMP, or adenosine monophosphate, lies in the number of phosphate groups attached to the adenosine. While AMP only contains one phosphate group, ATP has three. This difference in phosphate groups is significant because it impacts the energy storage and transfer capabilities of these molecules. ATP serves as a primary energy currency in cells, supplying the energy needed for various biochemical reactions, while AMP is often involved in signaling pathways as well as energy regulation when ATP levels drop. Understanding these distinctions is essential for grasping cellular metabolism and energy transfer mechanisms within biological systems.

6. What distinguishes prokaryotes from eukaryotes?

- A. Presence of a nucleus**
- B. Ability to reproduce**
- C. Size of the organism**
- D. Respiration methods**

The presence of a nucleus is a fundamental distinction between prokaryotes and eukaryotes. Prokaryotes, which include bacteria and archaea, lack a true nucleus; instead, their genetic material is located in a region called the nucleoid, which is not membrane-bound. In contrast, eukaryotic cells, such as those in animals, plants, fungi, and protists, have a well-defined nucleus that houses their DNA and is surrounded by a nuclear membrane. This structural difference is a key characteristic that helps to categorize these two groups of organisms and influences their cellular functions and complexity. Other factors, like the ability to reproduce, size of the organisms, and respiration methods, do not serve as definitive distinguishing characteristics because both prokaryotes and eukaryotes can reproduce, vary widely in size, and utilize diverse methods of respiration. These traits do not delineate the two groups as clearly as the presence or absence of a nucleus does.

7. What is the effect of the catalyst on the stereospecificity of a reaction?

- A. Catalyst has no effect on stereospecificity**
- B. Catalyst can only promote achiral reactions**
- C. A chiral catalyst can lead to chiral products**
- D. Stereospecificity is determined solely by reactants**

In chemical reactions, a catalyst primarily serves to lower the activation energy, facilitating the reaction without being consumed in the process. When it comes to stereospecificity, which refers to the specific orientation of reactants leading to a particular stereoisomer as a product, the presence of a chiral catalyst plays a significant role. A chiral catalyst can interact with the reactants in such a way that it promotes the formation of one specific enantiomer over another. This chiral environment alters the transition state of the reaction, favoring pathways that lead to the production of a particular stereoisomer. As a result, this can enhance the stereospecificity of the reaction. In contrast, a non-chiral catalyst would not provide this selective interaction, thereby not influencing the stereoisomeric outcome. Thus, the correct answer indicates that the use of a chiral catalyst can indeed lead to chiral products, underscoring its significant impact on the stereochemical characteristics of the reaction.

8. Which factor does NOT affect the resistance to flow in a blood vessel according to Poiseuille's law?

- A. Length of the vessel**
- B. Viscosity of the fluid**
- C. Density of the fluid**
- D. Radius of the vessel**

Poiseuille's law describes how the flow of a fluid through a cylindrical vessel is influenced by several key factors, namely the radius of the vessel, the length of the vessel, and the viscosity of the fluid. The law indicates that resistance to flow increases with longer vessel lengths and higher fluid viscosity, while resistance decreases with larger vessel radii. In this context, the density of the fluid is not a factor that directly affects the resistance to flow as described by Poiseuille's law. Density can influence the behavior of a fluid under certain conditions, such as buoyancy and gravitational force, but it does not enter into the equation for resistance to laminar flow. Therefore, since resistance is a function of radius, length, and viscosity, the factor that does not influence resistance in this scenario is indeed the density of the fluid. Understanding the application of Poiseuille's law helps clarify the conditions under which blood flow can be optimized or hindered, particularly in physiological or pathological states.

9. When does chunking usually occur?

- A. During long-term memory retrieval
- B. While writing notes
- C. Automatically**
- D. With conscious effort

Chunking is a cognitive strategy that involves grouping individual pieces of information into larger, manageable units or "chunks." This process typically happens automatically, allowing the brain to process information more efficiently without requiring much conscious effort. For example, when trying to remember a long string of numbers, people naturally group them into sets—like phone numbers or dates—which makes it easier to recall. When chunking occurs automatically, it helps to reduce the cognitive load on working memory. The brain takes advantage of its ability to recognize patterns or familiar sequences, which enhances memory retention. For instance, musicians might chunk a score into phrases, while learners might group vocabulary words into themes or categories. In other contexts, chunking can also occur with some intentionality—people can train themselves to chunk information to improve understanding and memory. However, the essence of chunking as a natural cognitive process emphasizes how it often happens without deliberate effort.

10. Which condition is NOT a characteristic of marginal poverty?

- A. Lack of stable employment
- B. High educational attainment**
- C. Unstable housing situations
- D. Limited access to resources

Marginal poverty is typically characterized by individuals or families facing precarious living conditions, which include instability in employment, housing, and resources. In this context, high educational attainment is not a characteristic of marginal poverty. Individuals in marginal poverty often struggle with unstable employment and irregular income, which makes it difficult for them to achieve financial security. They frequently experience unstable housing situations, such as being at risk of eviction or living in temporary accommodations, and have limited access to essential resources like healthcare, nutritious food, and transportation, which further perpetuates their financial difficulties. High educational attainment, on the other hand, generally correlates with better job opportunities and financial stability. Thus, it stands out as not being a characteristic of marginal poverty, as those in marginal poverty tend to have less access to educational opportunities, which affects their ability to secure stable employment and improve their living conditions.

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://aamcfl.examzify.com>

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