

AAMI Anatomy 1 Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. 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!

Questions

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- 1. Which term describes near or on the surface of the body?**
 - A. Parietal**
 - B. External**
 - C. Superficial**
 - D. Peripheral**

- 2. Which cavity is commonly described as the lower portion of the abdominopelvic cavity?**
 - A. Abdominal cavity**
 - B. Spinal cavity**
 - C. Pelvic cavity**
 - D. Thoracic cavity**

- 3. A broad, median partition. It is a space located between the lungs and extends from the sternum to the vertebral column and from the neck to the diaphragm. It contains the heart, esophagus, and trachea.**
 - A. Mediastinum cavity**
 - B. Pericardial cavity**
 - C. Pleural cavity**
 - D. Abdominal cavity**

- 4. Which type of anatomy studies the body by individual systems such as digestion, circulatory, skeletal, or respiratory systems?**
 - A. Regional Anatomy**
 - B. Anatomical Position**
 - C. Systemic Anatomy**
 - D. Prone Position**

- 5. What three cavities are in the Thoracic Cavity?**
 - A. Abdominal, Pelvic, and Thoracic**
 - B. Cranial, Spinal, and Posterior**
 - C. Pleural, Pericardial, and Abdominal**
 - D. Mediastinum, Pleural, and Pericardial**

- 6. Which cavity contains the heart?**
- A. Pericardial**
 - B. Pleural**
 - C. Abdominal**
 - D. Mediastinum**
- 7. Which cavity is located inferior to the abdomen and contains reproductive organs?**
- A. Pelvic**
 - B. Abdominal**
 - C. Thoracic**
 - D. Cranial**
- 8. Which term is synonymous with the chest?**
- A. Face**
 - B. Pelvis**
 - C. Thorax**
 - D. Abdomen**
- 9. Which term describes the entire limb that attaches to the trunk and includes the arm and forearm?**
- A. Arm**
 - B. Forearm**
 - C. Pelvis**
 - D. Upper Extremity or Limb**
- 10. Which term describes something located on the outer surface of the body or away from the center?**
- A. Central**
 - B. Peripheral**
 - C. External**
 - D. Internal**

Answers

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

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Explanations

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1. Which term describes near or on the surface of the body?

- A. Parietal
- B. External
- C. Superficial**
- D. Peripheral

Describing location relative to the body's surface is about how close a structure is to the outer layer. The term that means near or on the surface is superficial. It's used for parts that are just beneath the skin or at the outermost layers of an organ, so they're essentially at or very close to the surface. This fits the idea of being near the exterior. External would refer to something on or outside the outside boundary, but not as specific about being close to the surface of the body itself. Peripheral indicates being on the outer edge or border of an area, which is related to distance from the center rather than distance to the surface. Parietal relates to the wall of a body cavity rather than surface proximity in the general sense.

2. Which cavity is commonly described as the lower portion of the abdominopelvic cavity?

- A. Abdominal cavity
- B. Spinal cavity
- C. Pelvic cavity**
- D. Thoracic cavity

Subdivision of the abdominopelvic cavity into upper and lower parts is what this question tests. The abdominal cavity forms the upper portion, holding most of the digestive organs, while the pelvic cavity is the lower portion, containing the reproductive organs, bladder, and rectum. The spinal cavity is a dorsal cavity that houses the spinal cord, separate from the abdominopelvic cavity, and the thoracic cavity lies above the diaphragm with organs like the heart and lungs. So the lower part of the abdominopelvic cavity is the pelvic cavity.

3. A broad, median partition. It is a space located between the lungs and extends from the sternum to the vertebral column and from the neck to the diaphragm. It contains the heart, esophagus, and trachea.

- A. Mediastinum cavity**
- B. Pericardial cavity
- C. Pleural cavity
- D. Abdominal cavity

The central compartment of the thoracic cavity, between the lungs, is the mediastinum. It runs from the sternum to the vertebral column and from the neck down to the diaphragm, and it houses the heart, esophagus, and trachea. The pericardial cavity is a small space around the heart within this region, not the entire area. The pleural cavities surround the lungs on either side, and the abdominal cavity lies below the diaphragm. So the described broad, median space is the mediastinum.

4. Which type of anatomy studies the body by individual systems such as digestion, circulatory, skeletal, or respiratory systems?

- A. Regional Anatomy**
- B. Anatomical Position**
- C. Systemic Anatomy**
- D. Prone Position**

Systemic anatomy organizes the body by its functional units—the various organ systems. Studying digestion, circulation, the skeleton, and respiration as separate yet interconnected systems is the hallmark of this approach, which focuses on how each system works and how they relate to one another. This differs from regional anatomy, which groups structures by location (like a particular area of the body) rather than by function. Anatomical position and prone position are about body posture and orientation, not about how anatomy is organized for study. So the type that studies the body by individual systems is systemic anatomy.

5. What three cavities are in the Thoracic Cavity?

- A. Abdominal, Pelvic, and Thoracic**
- B. Cranial, Spinal, and Posterior**
- C. Pleural, Pericardial, and Abdominal**
- D. Mediastinum, Pleural, and Pericardial**

The thoracic cavity is divided into spaces that host the lungs and heart and their coverings. The two pleural cavities flank the lungs, while the central compartment called the mediastinum houses many structures, including the heart. Within that mediastinal region is the pericardial cavity, which surrounds the heart. So the three cavities in the thoracic cavity are a mediastinal cavity, the pleural cavities, and the pericardial cavity. Picture the rib cage with two pleural sacs around the lungs and a central mediastinal space containing the heart, with a pericardial sac around it.

6. Which cavity contains the heart?

- A. Pericardial**
- B. Pleural**
- C. Abdominal**
- D. Mediastinum**

The heart sits in the central part of the thoracic cavity, so the concept being tested is where the heart is located within body cavities. The heart is located in the mediastinum, the central compartment of the thoracic cavity between the lungs. Inside that space it is enclosed by the pericardial sac, and the small space within that sac is the pericardial cavity that directly surrounds the heart. So the heart is within the mediastinum, with the pericardial cavity formed around it by the pericardium. The pleural cavities house the lungs, and the abdominal cavity contains abdominal organs, so those do not contain the heart.

7. Which cavity is located inferior to the abdomen and contains reproductive organs?

- A. Pelvic**
- B. Abdominal**
- C. Thoracic**
- D. Cranial**

Where a body cavity sits and what it contains is the key idea. The pelvic cavity lies below the abdominal cavity, bounded by the pelvic bones, and houses the reproductive organs (uterus and ovaries in females; prostate and portions of the reproductive tract in males), along with the urinary bladder and portions of the rectum. The abdominal cavity sits above it, containing most of the digestive organs, while the thoracic cavity is superior (housing the heart and lungs) and the cranial cavity contains the brain. Because it is the space inferior to the abdomen and specifically includes reproductive organs, the pelvic cavity is the correct choice.

8. Which term is synonymous with the chest?

- A. Face**
- B. Pelvis**
- C. Thorax**
- D. Abdomen**

In anatomy, the chest refers to the thorax—the region of the trunk between the neck and the abdomen. The thorax is defined by the rib cage (ribs, sternum, and thoracic vertebrae) and houses the heart and lungs, protected within the pleural and pericardial sacs. The diaphragm forms the lower boundary separating it from the abdomen. Because the commonly used word “chest” maps to this central trunk region, the anatomical synonym is the thorax. The other regions listed—face, pelvis, and abdomen—are distinct areas: the face is part of the head, the pelvis is the lowermost portion of the trunk, and the abdomen lies below the thorax containing digestive organs.

9. Which term describes the entire limb that attaches to the trunk and includes the arm and forearm?

- A. Arm**
- B. Forearm**
- C. Pelvis**
- D. Upper Extremity or Limb**

The whole limb that attaches to the trunk is described by a term that covers all parts from shoulder to hand. This umbrella name is the upper extremity (also called the upper limb). It encompasses the arm and the forearm, and also includes the hand and shoulder region as part of the full limb. The pelvis is unrelated to the upper limb, and the arm or forearm by themselves are only segments of this larger structure. So the best answer is the upper extremity or limb.

10. Which term describes something located on the outer surface of the body or away from the center?

A. Central

B. Peripheral

C. External

D. Internal

In anatomy, position terms describe where something sits relative to the body's center. Peripheral means toward the outer edge or surface, away from the center. So, something located on the outer surface of the body or farther from the center fits peripheral. Central would be near the center, internal would be inside, and external would mean outside the body or outside a structure, not specifically describing distance from the center or location on the surface. An example is the skin and superficial tissues, which lie at the periphery of the body.

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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://aamianatomy1.examzify.com>

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

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