AAMI ANATOMY 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE

SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://aamianatomy1.examzify.com

Table of Contents

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

1. Within the pancreas, which cells produce insulin and glucagon to regulate blood glucose?

A. Acinar cells

B. Duct cells

C. Islets of Langerhans

D. Hepatocytes

2. Which cavity contains the pancreas and kidneys?

A. Pelvic

B. Abdominal

C. Cranial

D. Thoracic

3. Which cavity contains the stomach?

A. Pelvic

B. Thoracic

C. Abdominal

D. Cranial

4. Which bone is NOT part of the orbital cavity?

A. Frontal

B. Tibia

C. Zygomatic

D. Maxilla

5. Which region attaches to the trunk and includes the thigh, leg, and groin?

A. Arm

B. Forearm

C. Lower Extremity or Limb

D. Pelvis

6. a small fluid filled space surrounding the heart.

A. Pleural cavity

B. Mediastinum cavity

C. Pericardial cavity

D. Abdominal cavity

7. Which term refers to the region between the diaphragm and pelvis?

A. Face

B. Pelvis

C. Abdomen

D. Thorax

8. The pelvic cavity is the inferior subdivision of the abdominopelvic cavity.

A. Abdominal cavity

B. Thoracic cavity

C. Dorsal cavity

D. Pelvic cavity

9. Which plane runs parallel to the ground and divides the body into a superior (top) or inferior (bottom) portion?

A. Transverse Plane

B. Sagittal Plane

C. Frontal Plane

D. Horizontal Plane

10. White blood cells primarily contribute to which bodily defense?

A. Immunity

B. Digestion

C. Respiration

D. Circulation

Answers

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

Explanations

1. Within the pancreas, which cells produce insulin and glucagon to regulate blood glucose?

A. Acinar cells

B. Duct cells

C. Islets of Langerhans

D. Hepatocytes

The pancreas' endocrine tissue sits in the Islets of Langerhans, where the hormone-secreting cells reside. In these islets, insulin is produced by beta cells and glucagon by alpha cells (with delta cells making somatostatin). Insulin lowers blood glucose by helping cells take up glucose and store it, while glucagon raises blood glucose by promoting glucose release from the liver. These hormones enter the bloodstream to regulate systemic glucose levels. The exocrine portion of the pancreas—acinar cells that produce digestive enzymes and duct cells that transport them—handles digestion, not glucose regulation. Hepatocytes are liver cells, not pancreatic hormone producers.

2. Which cavity contains the pancreas and kidneys?

A. Pelvic

B. Abdominal

C. Cranial

D. Thoracic

Understanding body cavities helps place organs correctly. Both the pancreas and kidneys reside in the abdominal portion of the abdominopelvic cavity. The pancreas lies in the upper abdomen behind the stomach, while the kidneys sit on either side of the spine in the posterior abdominal wall (they're retroperitoneal, but still inside the abdominal cavity rather than the pelvis). The pelvic cavity below contains pelvic organs, not these organs. The cranial cavity houses the brain and the thoracic cavity houses the heart and lungs. So, the cavity that contains both is the abdominal cavity.

3. Which cavity contains the stomach?

A. Pelvic

B. Thoracic

C. Abdominal

D. Cranial

The stomach sits in the abdominal cavity, the ventral body cavity below the diaphragm. The thoracic cavity houses the heart and lungs, the cranial cavity holds the brain, and the pelvic cavity contains organs like the bladder and reproductive organs. Since the stomach is located in the upper portion of the abdomen, the abdominal cavity is the correct location.

4. Which bone is NOT part of the orbital cavity?

A. Frontal

B. Tibia

C. Zygomatic

D. Maxilla

The orbit is a bony socket formed by multiple skull bones that shape its roof, walls, and floor. The frontal bone helps form the roof, the maxilla contributes to the floor and medial wall, the zygomatic bone forms the lateral wall, and the sphenoid, ethmoid, lacrimal, and palatine bones contribute to other walls and margins. The tibia, however, is a long bone of the leg and has no role in constructing the skull or its orbital cavity. Because it does not participate in forming the orbit, it is not part of the orbital cavity.

5. Which region attaches to the trunk and includes the thigh, leg, and groin?

A. Arm

B. Forearm

C. Lower Extremity or Limb

D. Pelvis

In anatomy, the body is organized into axial (trunk) and appendicular (limbs) regions, with limbs attached to the trunk via girdles. The part that attaches to the trunk and includes the thigh and leg is the lower extremity, also called the lower limb. The groin marks the junction where the trunk meets the lower limb at the hip, so it belongs to this region. The other options refer to the upper limb or to the pelvis, which doesn't encompass the thigh and leg.

6. a small fluid filled space surrounding the heart.

A. Pleural cavity

B. Mediastinum cavity

C. Pericardial cavity

D. Abdominal cavity

The key idea is the pericardial cavity, a small fluid-filled space between the two layers of serous pericardium around the heart. This cavity contains pericardial fluid that lubricant-wise reduces friction as the heart beats, allowing smooth movement within the sac. The heart sits inside a fibrous pericardium, and the serous layer forms two layers: the parietal layer lining the fibrous sac and the visceral layer covering the heart itself. The gap between these serous layers is the pericardial cavity. While this space lies within the mediastinum, it is the specific fluid-filled area surrounding the heart. In contrast, the pleural cavities surround the lungs, the mediastinum is the central thoracic compartment that houses the heart and other structures (not a fluid-filled space around the heart by itself), and the abdominal cavity contains digestive and other organs below the diaphragm.

7. Which term refers to the region between the diaphragm and pelvis?

A. Face

B. Pelvis

C. Abdomen

D. Thorax

The region between the diaphragm and pelvis is the abdomen. The diaphragm forms its superior boundary, separating it from the thoracic cavity, while the pelvic inlet marks the inferior boundary near the pelvis. This space contains most of the digestive organs and other viscera, with its walls formed by the abdominal muscles and the lower ribs anteriorly and the spine posteriorly. The face lies in the head, the thorax is the chest above the diaphragm, and the pelvis refers to the lower part of the trunk below the abdomen, so only the abdomen fits between the diaphragm and pelvis.

8. The pelvic cavity is the inferior subdivision of the abdominopelvic cavity.

A. Abdominal cavity

B. Thoracic cavity

C. Dorsal cavity

D. Pelvic cavity

The question is about how the abdominopelvic cavity is divided. The abdominopelvic cavity is split into two parts: an upper portion called the abdominal cavity and a lower portion called the pelvic cavity. The pelvic cavity sits inferior to the abdominal cavity, bounded by the pelvic inlet and pelvic floor, and it contains structures such as the bladder, reproductive organs, and the rectum. The abdominal cavity houses organs like the stomach, liver, and intestines. Since the statement places the pelvic cavity as the lower subdivision of the abdominopelvic cavity, it correctly identifies the relationship.

9. Which plane runs parallel to the ground and divides the body into a superior (top) or inferior (bottom) portion?

A. Transverse Plane

B. Sagittal Plane

C. Frontal Plane

D. Horizontal Plane

Planes of the body describe how we slice the body to study its structure. The plane that runs parallel to the ground and divides the body into a top (superior) portion and a bottom (inferior) portion is the horizontal plane. This same plane is often called the transverse plane in many anatomy texts, since it cuts across the body. In imaging, an axial or transverse slice corresponds to this plane, providing a top-to-bottom view. So when you hear about a plane parallel to the ground giving upper and lower parts, you're dealing with the horizontal plane.

10. White blood cells primarily contribute to which bodily defense?

A. Immunity

B. Digestion

C. Respiration

D. Circulation

White blood cells are central to the body's defense system—immunity. They patrol the bloodstream and lymphatic system, recognize foreign invaders, and respond in multiple ways. Some WBCs, like neutrophils and macrophages, act as phagocytes that engulf and destroy bacteria and debris. Others, such as lymphocytes, coordinate the adaptive immune response; B cells produce antibodies that target specific pathogens, while T cells help orchestrate the attack and destroy infected cells. They also release signaling molecules that recruit more immune cells and promote inflammation to contain threats. Because of these roles, white blood cells are primarily involved in defending against infections, not in digestion, gas exchange, or circulating blood components; digestion relies on enzymes and acids, respiration on oxygen transfer often carried by red blood cells, and circulation mainly concerns moving blood, with immune cells dispersed throughout. Thus, their main contribution is immunity.

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!