

ALLIED MEDICAL TRAINING TEST 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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 process is the active movement of air into the lungs, caused by contraction of the intercostal muscles and the diaphragm?**
 - A. Gallbladder
 - B. Epinephrine
 - C. Exhalation
 - D. Inhalation

- 2. What term describes the force of blood against the walls of the blood vessels?**
 - A. Direct carry
 - B. Blood pressure
 - C. Blood pressure monitor
 - D. Power grip

- 3. Which airway adjunct is a flexible tube inserted through the nose into the pharynx?**
 - A. Oropharyngeal Airway
 - B. Artificial Ventilation
 - C. Nasopharyngeal Airway
 - D. Suctioning

- 4. Which bone forms the superior and widest portion of the pelvis?**
 - A. Ischium
 - B. Ilium
 - C. Pubis
 - D. Sacrum

- 5. Which term describes the division of the peripheral nervous system that controls involuntary motor functions?**
 - A. Arteriole
 - B. Autonomic Nervous System
 - C. Automaticity
 - D. Calcaneus

- 6. What device automatically inflates a blood pressure cuff and measures blood pressure?**
- A. Auscultation
 - B. Blood pressure monitor
 - C. Power lift
 - D. Draw-sheet method
- 7. The artery felt at the wrist when taking a pulse is which?**
- A. Radial Artery
 - B. Brachial Artery
 - C. Carotid Artery
 - D. Femoral Artery
- 8. Which term is the shin bone?**
- A. Fibula
 - B. Radius
 - C. Tibia
 - D. Ulna
- 9. The pulse felt along the large artery in the neck is the what?**
- A. Carotid Pulse
 - B. Brachial Pulse
 - C. Femoral Pulse
 - D. Popliteal Pulse
- 10. Which components of the blood are membrane-enclosed fragments of specialized cells?**
- A. Red blood cells
 - B. White blood cells
 - C. Platelets
 - D. Plasma

Answers

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

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Explanations

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1. Which process is the active movement of air into the lungs, caused by contraction of the intercostal muscles and the diaphragm?

- A. Gallbladder
- B. Epinephrine
- C. Exhalation
- D. Inhalation**

Inhalation is the active movement of air into the lungs. When the diaphragm contracts, it moves downward, and the intercostal muscles contract to lift the ribs, expanding the chest cavity. This larger volume lowers the pressure inside the lungs below atmospheric pressure, so air flows in through the airways until pressures balance. Exhalation, in contrast, is typically passive at rest and involves air leaving the lungs as the chest recoils. The other options don't relate to the act of bringing air in.

2. What term describes the force of blood against the walls of the blood vessels?

- A. Direct carry
- B. Blood pressure**
- C. Blood pressure monitor
- D. Power grip

Blood pressure describes the force of blood against the walls of the arteries as the heart pumps. This pressure changes with each heartbeat, with systolic pressure being the force during contraction and diastolic pressure during relaxation. It's commonly written as a ratio like 120/80 mmHg. A blood pressure monitor is the device used to measure this force, not the force itself. The other options don't refer to the force exerted by blood on vessel walls.

3. Which airway adjunct is a flexible tube inserted through the nose into the pharynx?

- A. Oropharyngeal Airway
- B. Artificial Ventilation
- C. Nasopharyngeal Airway**
- D. Suctioning

The idea behind this question is how airway adjuncts help keep the airway open. A nasopharyngeal airway is a flexible tube that is inserted through the nose and extends back to the pharynx to hold the airway open. Its flexible design allows it to follow the natural contours of the nasal passages and reach behind the tongue, helping prevent airway obstruction without triggering a strong gag reflex in many patients. This makes it useful for people who are semi-conscious or unable to maintain their airway on their own, while still allowing them to breathe more comfortably. In contrast, an oropharyngeal airway is a rigid device placed through the mouth into the oropharynx to keep the tongue from occluding the airway; it can provoke coughing or gagging and isn't ideal for patients with a responsive gag reflex. Suctioning is a procedure to remove secretions, not an airway device, and artificial ventilation refers to providing breaths directly rather than acting as a spacer to keep the airway open.

4. Which bone forms the superior and widest portion of the pelvis?

- A. Ischium
- B. Ilium**
- C. Pubis
- D. Sacrum

The ilium is responsible for the superior and widest portion of the pelvis. It's the largest of the hip bones and has a broad, wing-like blade that rises to form the upper boundary of the pelvic cavity. The iliac crests mark this top edge, contributing to the wide opening of the pelvis. The other bones—ischium forms the lower posterior part, pubis forms the anterior portion, and the sacrum sits behind as part of the pelvic ring but does not define the widest, superior area. So, the ilium best explains why the top of the pelvis is broadest.

5. Which term describes the division of the peripheral nervous system that controls involuntary motor functions?

- A. Arteriole
- B. Autonomic Nervous System**
- C. Automaticity
- D. Calcaneus

The part of the peripheral nervous system that governs involuntary motor functions is the autonomic nervous system. It controls automatic activities like heart rate, digestion, respiratory rate, pupillary changes, and glandular secretion, keeping the body in balance without conscious effort. It operates through two main branches: the sympathetic system, which prepares the body for action, and the parasympathetic system, which promotes rest and digestion. The other terms don't describe a nervous-system division: an arteriole is a blood vessel, automaticity refers to spontaneous impulse generation, and the calcaneus is a heel bone.

6. What device automatically inflates a blood pressure cuff and measures blood pressure?

- A. Auscultation
- B. Blood pressure monitor**
- C. Power lift
- D. Draw-sheet method

Automated measurement of blood pressure uses a device that inflates the cuff and reads the pressure. An automated blood pressure monitor contains a cuff, a built in pump, and sensors that detect arterial pressure as the cuff deflates, providing systolic and diastolic values on a display. This contrasts with auscultation, where a clinician manually inflates the cuff and listens with a stethoscope for Korotkoff sounds to determine the pressures. The other terms refer to tools or methods not used to measure blood pressure—one is a listening technique, another is equipment for lifting, and the last is a method for moving a patient.

7. The artery felt at the wrist when taking a pulse is which?

- A. Radial Artery
- B. Brachial Artery
- C. Carotid Artery
- D. Femoral Artery

The pulse you feel at the wrist comes from the radial artery. This artery runs along the forearm toward the thumb side and lies close to the surface at the wrist, making it easy to palpate. The brachial artery is higher up near the elbow and is commonly used for taking blood pressure or feeling the pulse in the upper arm. The carotid artery is located in the neck, beside the trachea, and the femoral artery runs in the groin area down the thigh. So, the artery felt at the wrist is the radial artery.

8. Which term is the shin bone?

- A. Fibula
- B. Radius
- C. Tibia
- D. Ulna

The term shin bone refers to the tibia. This question checks how well you recognize the names of the long bones in the skeleton. The tibia is the larger, weight-bearing bone in the lower leg, located medially to the fibula. It forms the knee joint with the femur and the ankle joint with the talus, carrying most of the body's weight during standing and movement. The fibula runs parallel on the outside of the leg, is thinner, and mainly provides lateral stability and muscle attachment rather than significant weight-bearing. The radius and ulna are bones of the forearm, not the leg, so they aren't related to the shin.

9. The pulse felt along the large artery in the neck is the what?

- A. Carotid Pulse
- B. Brachial Pulse
- C. Femoral Pulse
- D. Popliteal Pulse

The pulse felt along the large artery in the neck is the carotid pulse. The carotid arteries run on each side of the neck and are among the easiest arteries to feel, making them a primary site for quickly assessing heart rate, especially in unresponsive or critically ill patients. To locate it, place two fingers in the groove between the trachea and the sternocleidomastoid muscle, near the level of the larynx, and press gently. Avoid pressing hard or both sides at once, since excessive pressure or bilateral stimulation can affect heart rate or blood flow. The other pulses are in different locations: the brachial pulse is in the inner elbow area of the arm, the femoral pulse in the groin, and the popliteal pulse behind the knee.

10. Which components of the blood are membrane-enclosed fragments of specialized cells?

- A. Red blood cells
- B. White blood cells
- C. Platelets
- D. Plasma

Platelets are membrane-enclosed fragments of specialized cells. They originate from megakaryocytes in the bone marrow, where parts of the megakaryocyte cytoplasm are shed into the bloodstream as tiny, disc-shaped fragments wrapped in a cell membrane. These anucleate fragments carry granules and surface receptors needed for blood clotting, making them essential for hemostasis. This description distinguishes them from red blood cells and white blood cells, which are full, nucleated cells, and from plasma, which is the liquid portion of blood with no cells at all.

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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://alliedmedtraining1.examzify.com>

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

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