

ANATOMY AND PHYSIOLOGY II PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. What is the narrow lower part of the uterus named?**
 - A. Cervix
 - B. Body
 - C. Fundus
 - D. Endometrium
- 2. Which part of the respiratory system is involved in the humidification of inhaled air?**
 - A. trachea
 - B. bronchi
 - C. nasopharynx
 - D. lungs
- 3. What are the three divisions of the stomach?**
 - A. Fundus, body, and pylorus
 - B. Antrum, cardia, and fundus
 - C. Body, pylorus, and duodenum
 - D. Pylorus, rugae, and antrum
- 4. Where does lymph from the right upper extremity and right side of the head drain?**
 - A. Thoracic duct
 - B. Right lymphatic duct
 - C. Left subclavian vein
 - D. Aorta
- 5. The thyroid cartilage is an important structure of which anatomical area?**
 - A. pharynx
 - B. trachea
 - C. larynx
 - D. esophagus

- 6. What is the role of cholecystikinin in the digestive system?**
- A. Stimulates contraction of the gallbladder
 - B. Inhibits gastric secretion
 - C. Stimulates insulin release
 - D. Increases bile production
- 7. What is the process of heat transfer to the air that flows away from the skin called?**
- A. Conduction
 - B. Convection
 - C. Radiation
 - D. Evaporation
- 8. What is the red pigment in red blood cells that carries oxygen?**
- A. Hemoglobin
 - B. Reductin
 - C. Oxymyoglobin
 - D. Hematopoietin
- 9. What affects the strength of heart contraction?**
- A. Heart rate and blood viscosity
 - B. Vascular resistance and blood pressure
 - C. Heart rate and blood volume
 - D. Stroke volume and chamber size
- 10. What is the single vessel leaving the lymph node referred to as?**
- A. Afferent vessel
 - B. Efferent vessel
 - C. Artery
 - D. Vein

Answers

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

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Explanations

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1. What is the narrow lower part of the uterus named?

- A. Cervix
- B. Body
- C. Fundus
- D. Endometrium

The correct answer is the cervix, which is the narrow lower part of the uterus. The cervix serves as the passageway between the uterus and the vaginal canal. Its primary functions include providing support for the uterus and regulating the passage of materials into and out of the uterus, such as menstrual fluid and sperm. The cervix also plays a crucial role during childbirth, as it must dilate to allow the baby to pass through the birth canal. In contrast, the body of the uterus is the larger, main section that is responsible for housing and nourishing a developing fetus during pregnancy. The fundus refers to the upper dome-shaped part of the uterus, which also contributes to nurturing the fetus but is distinct from the cervix. The endometrium is the inner lining of the uterus, which thickens and sheds during the menstrual cycle but does not constitute a physical structure like the cervix does. Understanding these distinctions is vital for grasping the anatomy of the female reproductive system.

2. Which part of the respiratory system is involved in the humidification of inhaled air?

- A. trachea
- B. bronchi
- C. nasopharynx
- D. lungs

The correct answer is that the nasopharynx plays a significant role in the humidification of inhaled air. As air passes through the nasal cavity and into the nasopharynx, it is exposed to the moist surfaces of the mucous membranes lining this area. These membranes contain mucus and are highly vascularized, allowing for efficient warming and humidifying of the air before it travels further down into the lower parts of the respiratory system, such as the trachea and lungs. This humidification process is crucial because it helps to prevent irritation and damage to the delicate tissues of the lower respiratory tract, thereby ensuring effective gas exchange between the air and blood. Additionally, maintaining proper moisture levels in the air helps to optimize conditions for the respiratory epithelium's function in trapping and clearing particulates and pathogens. While the trachea and bronchi also contribute to conditioning inhaled air, they do not play as significant a role in humidification compared to the nasopharynx. The lungs themselves are primarily responsible for gas exchange rather than conditioning the air.

3. What are the three divisions of the stomach?

- A. Fundus, body, and pylorus
- B. Antrum, cardia, and fundus
- C. Body, pylorus, and duodenum
- D. Pylorus, rugae, and antrum

The three divisions of the stomach are the fundus, body, and pylorus. The fundus is the upper portion of the stomach, often appearing as a rounded section that lies above the level of the esophageal opening. It serves as a storage area for undigested food and gases that may be released during digestion. The body of the stomach is the central region, where mixing and breakdown of food occur, containing gastric glands that secrete digestive enzymes and acid. The pylorus is the lower portion that connects to the duodenum (the first part of the small intestine) and regulates the passage of digested food into the small intestine through the pyloric sphincter. This understanding is crucial for grasping the anatomy and functionality of the digestive system, as each division plays a specific role in digestion. The other options either miss one of the main divisions or include incorrect terms that do not accurately describe the anatomical structure of the stomach.

4. Where does lymph from the right upper extremity and right side of the head drain?

- A. Thoracic duct
- B. Right lymphatic duct
- C. Left subclavian vein
- D. Aorta

Lymph from the right upper extremity and the right side of the head drains into the right lymphatic duct. This structure is responsible for collecting lymph from specific regions of the body, including the right arm, right side of the head, neck, and right thorax. It then empties this lymph into the right subclavian vein, facilitating the return of lymph to the bloodstream. The thoracic duct, while it plays a significant role in draining lymph from the rest of the body (particularly the left side and lower parts), does not receive lymph from the right upper extremity or the right side of the head. The left subclavian vein is also irrelevant here, as it pertains solely to the lymphatic drainage from the left side of the body. The aorta, being a major artery, is not involved in the lymphatic system's drainage process at all. Thus, the right lymphatic duct is the correct structure involved in this specific drainage pathway.

5. The thyroid cartilage is an important structure of which anatomical area?

- A. pharynx
- B. trachea
- C. larynx
- D. esophagus

The thyroid cartilage is a key component of the larynx, which is commonly known as the voice box. This structure plays a crucial role in voice production and protects the vocal cords located within the larynx. The thyroid cartilage forms the bulk of the laryngeal skeleton and is often more prominent in males, giving rise to the Adam's apple. Its position at the upper part of the larynx connects to the cricoid cartilage below it and the epiglottis above, establishing a crucial anatomical link within the respiratory pathway. The larynx itself functions not only in sound production but also in maintaining an open airway and preventing food and drink from entering the trachea during swallowing. Therefore, recognizing the thyroid cartilage as an integral part of the larynx is essential for understanding both its structural and functional importance in the respiratory and vocal systems.

6. What is the role of cholecystokinin in the digestive system?

A. Stimulates contraction of the gallbladder

B. Inhibits gastric secretion

C. Stimulates insulin release

D. Increases bile production

Cholecystokinin (CCK) plays a crucial role in the digestive system primarily by stimulating the contraction of the gallbladder. When food—especially fats and proteins—enters the small intestine, CCK is released from the lining of the small intestine in response to these nutrients. The contraction of the gallbladder causes it to release bile into the duodenum, which is essential for emulsifying fats and aiding in their digestion and absorption. Additionally, while CCK does have other functions such as inhibiting gastric secretion, stimulating the pancreas to produce digestive enzymes, and influencing appetite, its primary action linked to digestion is related to the gallbladder. This makes the stimulation of gallbladder contraction a key factor in the coordinated response necessary for digestive efficiency, particularly in the breakdown of dietary fats.

7. What is the process of heat transfer to the air that flows away from the skin called?

A. Conduction

B. Convection

C. Radiation

D. Evaporation

The process of heat transfer to the air that flows away from the skin is known as convection. In this mechanism, heat is transferred from the skin to the air by the movement of air molecules. When air in contact with the skin warms up, it becomes less dense and rises. This movement allows cooler air to replace it, facilitating continuous heat transfer. Convection is particularly effective in regulating body temperature because as the air moves away from the skin, it carries heat with it, contributing to the cooling effect. This process is a crucial part of thermoregulation, especially in environments where maintaining an optimal body temperature is essential for physiological functions. While conduction refers to direct heat transfer through direct contact and radiation involves the emission of heat in the form of infrared radiation, both of those processes do not specifically involve the movement of air. Evaporation, on the other hand, involves the loss of heat as body fluids change from liquid to vapor, cooling the skin, but it does not directly describe the heat transfer to moving air.

8. What is the red pigment in red blood cells that carries oxygen?

A. Hemoglobin

B. Reductin

C. Oxymyoglobin

D. Hematopoietin

Hemoglobin is the red pigment found in red blood cells that is crucial for the transport of oxygen throughout the body. It is a complex protein made up of four polypeptide chains, each containing an iron-containing heme group. The iron in the heme binds to oxygen molecules, allowing hemoglobin to carry oxygen from the lungs to the tissues. This ability to bind oxygen is vital for cellular respiration, which is the process by which cells produce energy. Hemoglobin not only facilitates oxygen transport but also aids in the transport of carbon dioxide back to the lungs for exhalation. Other options do not serve the same function. Reductin is not directly associated with oxygen transport in blood. Oxymyoglobin is a form of myoglobin, a protein found in muscles that also binds oxygen, but it is not present in red blood cells. Hematopoietin refers to a factor involved in blood cell production rather than a pigment or oxygen carrier. Therefore, hemoglobin is the appropriate answer as the key component responsible for oxygen transport in red blood cells.

9. What affects the strength of heart contraction?

- A. Heart rate and blood viscosity
- B. Vascular resistance and blood pressure
- C. Heart rate and blood volume**
- D. Stroke volume and chamber size

The strength of heart contraction is significantly influenced by heart rate and blood volume. Heart rate is important because it determines how often the heart contracts, and an increase in heart rate can lead to more forceful contractions through a mechanism known as the Frank-Starling law of the heart. Essentially, this law states that the force of contraction is dependent on the initial stretch of the cardiac muscle fibers; therefore, a higher heart rate can enhance the cardiac output if the heart is capable of managing the increased workload. Blood volume plays a crucial role as well because it affects the preload, or the initial stretch of the heart's ventricular walls. A greater volume of blood returning to the heart (increased preload) stretches the cardiac muscle, leading to stronger contractions. This enhanced contraction results in increased stroke volume, which is the amount of blood ejected from the heart with each beat. In summary, both heart rate and blood volume are vital in modulating the strength of heart contraction, making this choice a comprehensive representation of the factors influencing cardiac output.

10. What is the single vessel leaving the lymph node referred to as?

- A. Afferent vessel
- B. Efferent vessel**
- C. Artery
- D. Vein

The single vessel leaving the lymph node is referred to as an efferent vessel. This terminology indicates that it carries lymph away from the lymph node. Lymph nodes function as filtration and immune response sites within the lymphatic system; they receive lymph from multiple afferent vessels, which bring lymph to the node for processing. Once the lymph is filtered and any immune responses have taken place, it exits the lymph node through the efferent vessel. This process allows the lymphatic system to maintain fluid balance, facilitate immune surveillance, and transport immune cells throughout the body. The other vessel types mentioned in the choices, such as arteries and veins, relate specifically to blood circulation rather than the lymphatic system. Arteries carry oxygen-rich blood away from the heart, while veins return deoxygenated blood back to the heart. Afferent vessels, on the other hand, are tasked with bringing lymph into the lymph node and are crucial for its entry, but they do not leave the node. Thus, the terminology distinctly identifies the vessel that carries lymph away from the lymph node as the efferent vessel.

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://anatomyandphysiology2.examzify.com>

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

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