

CCBMA BASIC CERTIFICATION PRACTICE EXAM (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 term would best describe motion that takes a limb away from the body?**
 - A. Adduction
 - B. Proximal
 - C. Extension
 - D. Abduction

- 2. In which cavity are the lungs located?**
 - A. Abdominal
 - B. Cranial
 - C. Pelvic
 - D. Thoracic

- 3. What is the movement called when a limb moves away from the midline of the body?**
 - A. Flexion
 - B. Adduction
 - C. Abduction
 - D. Circumduction

- 4. Which condition is required by state law for physicians to report?**
 - A. Neglect
 - B. Abuse
 - C. Fraud
 - D. Injury

- 5. The suffix "-phagia" is most closely related to which of these functions?**
 - A. Swallowing
 - B. Examining
 - C. Falling
 - D. Binding

- 6. What does the prefix "hyper-" typically indicate in medical terminology?**
- A. Increased
 - B. Slow
 - C. Painful
 - D. Self
- 7. Which term describes the body position that is nearest or closer to the point of origin?**
- A. Medial
 - B. Proximal
 - C. Lateral
 - D. Inferior
- 8. Is it true that a patient's verbal message can sometimes conflict with their non-verbal message?**
- A. True
 - B. False
- 9. What describes the different planes of the human body?**
- A. Transverse, Sagittal, Frontal
 - B. Superior, Inferior, Lateral
 - C. Dorsal, Ventral, Medial
 - D. Cranial, Caudal, Sustentacular
- 10. Which prefix is used to indicate 'self' in medical terminology?**
- A. Osteo-
 - B. Auto-
 - C. Chole-
 - D. Dys-

Answers

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

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Explanations

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1. Which term would best describe motion that takes a limb away from the body?

- A. Adduction
- B. Proximal
- C. Extension
- D. Abduction**

The term that best describes motion that takes a limb away from the body is "abduction." This anatomical term specifically refers to the movement of a body part away from the midline of the body. For instance, when you raise your arms sideways away from your torso, you are performing abduction. In contrast, other terms like adduction refer to the movement toward the midline of the body, proximal refers to a point that is closer to the center of the body or point of attachment, and extension typically describes the straightening of a joint, increasing the angle between body parts. Understanding these terms assists in accurately describing body movements in a biological or medical context.

2. In which cavity are the lungs located?

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

The lungs are located in the thoracic cavity, which is the area of the body situated between the neck and the diaphragm. This cavity is encased by the rib cage and plays a crucial role in the respiratory system. The thoracic cavity houses not only the lungs but also the heart and other vital structures, providing them with protection and the necessary space to function properly during breathing. The rib cage helps maintain the integrity of the thoracic cavity, allowing for expansion during inhalation and contraction during exhalation, which is essential for effective gas exchange in the lungs. Understanding the anatomical positioning of the lungs within the thoracic cavity highlights the importance of this area in overall health and breathing mechanics.

3. What is the movement called when a limb moves away from the midline of the body?

- A. Flexion
- B. Adduction
- C. Abduction**
- D. Circumduction

The term used when a limb moves away from the midline of the body is known as abduction. This movement involves increasing the angle between the limb and the central axis of the body. For example, when you raise your arms sideways away from your body, you are performing abduction of the arms. In contrast, flexion refers to decreasing the angle between two body parts, such as bending the elbow or knee. Adduction is the opposite of abduction; it describes the movement of a limb towards the midline. Circumduction is a circular movement that combines flexion, extension, abduction, and adduction but does not specifically describe the movement away from the midline. Understanding these terms is essential for grasping basic movement mechanics in anatomy and physiology.

4. Which condition is required by state law for physicians to report?

- A. Neglect
- B. Abuse**
- C. Fraud
- D. Injury

Physicians are often mandated by state law to report instances of abuse, which includes domestic violence, child abuse, elder abuse, and other forms of maltreatment. This requirement exists to protect vulnerable populations who may not be able to seek help for themselves. Reporting abuse is critically important because it can lead to investigations, legal action, and ultimately the protection of individuals at risk. Understanding the context of why physicians are required to report abuse reflects a commitment to public safety and welfare. It also aligns with ethical obligations in the medical profession to act in the best interests of their patients. The specific details of reporting laws can vary between states, but abuse reporting is a common requirement that reinforces the physician's role in safeguarding the community.

5. The suffix "-phagia" is most closely related to which of these functions?

- A. Swallowing**
- B. Examining
- C. Falling
- D. Binding

The suffix "-phagia" is derived from Greek, where it signifies eating or swallowing. This term is commonly used in medical terminology to refer to various conditions or actions associated with the intake of food. For example, "dysphagia" denotes difficulty in swallowing, highlighting the connection between the suffix and the swallowing function. In this context, linking "-phagia" primarily to the act of swallowing is essential for understanding how it is used in medical language. The other options do not share this direct relationship with the suffix, as they represent different actions or states that do not pertain to the process of taking in food or substances through the mouth and into the digestive tract.

6. What does the prefix "hyper-" typically indicate in medical terminology?

- A. Increased**
- B. Slow
- C. Painful
- D. Self

The prefix "hyper-" in medical terminology indicates an increased or excessive state. It is derived from the Greek word "hyper," which means "over" or "beyond." In a medical context, when this prefix is attached to a term, it suggests that there is a higher level or amount than what is considered normal. For example, the term "hypertension" refers to high blood pressure, where the "hyper-" signifies that the blood pressure is higher than usual. Similarly, "hyperglycemia" refers to elevated blood sugar levels. Understanding this prefix allows healthcare professionals to accurately describe conditions and symptoms, which is crucial for diagnosing and treating patients effectively. The other options reflect different concepts: "slow" pertains to the prefix "brady-," "painful" relates to "dys-" or "algia," and "self" is associated with "auto-." These distinctions are important in medical communication and terminology.

7. Which term describes the body position that is nearest or closer to the point of origin?

- A. Medial
- B. Proximal**
- C. Lateral
- D. Inferior

The term that describes the body position that is nearest or closer to the point of origin is "proximal." In anatomical terminology, proximal refers to a location that is closer to the center of the body or the point of attachment of a limb. This is especially relevant when discussing limbs: for example, the elbow is proximal to the wrist because it is closer to where the arm attaches to the body. Understanding this term is crucial for accurately describing the relationships between different parts of the body, particularly in medical and anatomical contexts. It allows for precise communication regarding locations and movements, which is essential for healthcare professionals and students studying anatomy. Other terms like medial, lateral, and inferior describe different spatial relationships. Medial indicates a position closer to the midline of the body, lateral refers to a position further from the midline, and inferior denotes a position that is lower relative to another part. These distinctions are important as well, but they do not pertain to the concept of proximity to a point of origin in the way that "proximal" does.

8. Is it true that a patient's verbal message can sometimes conflict with their non-verbal message?

- A. True**
- B. False

A patient's verbal message can indeed conflict with their non-verbal message, making the correct answer true. This phenomenon occurs because communication comprises both verbal elements, such as spoken words, and non-verbal cues, like body language, facial expressions, and gestures. For example, a patient may verbally express that they are feeling fine, while their body language—such as avoiding eye contact, crossed arms, or a tense posture—might suggest discomfort or anxiety. This inconsistency can lead to misunderstandings and signal a need for further investigation into the patient's true feelings or condition. Recognizing and addressing these conflicts is essential in a healthcare setting, as it enables professionals to provide more effective care by ensuring that they are accurately interpreting the patient's needs. Understanding that both verbal and non-verbal messages are crucial parts of communication can help health care providers connect with patients on a deeper level, improving overall patient outcomes.

9. What describes the different planes of the human body?

- A. Transverse, Sagittal, Frontal
- B. Superior, Inferior, Lateral
- C. Dorsal, Ventral, Medial
- D. Cranial, Caudal, Sustentacular

The different planes of the human body are best described as Transverse, Sagittal, and Frontal. These terms refer to specific ways in which the body can be divided or sliced to understand its structure and orientation. The transverse plane cuts the body into upper (superior) and lower (inferior) parts. It is essential for understanding cross-sectional views of organs or areas of the body. The sagittal plane divides the body into left and right halves. This plane is crucial for understanding movements such as flexion and extension, often observed when a person conducts various physical activities. The frontal plane, also known as the coronal plane, divides the body into anterior (front) and posterior (back) portions. This plane helps in the examination of movements that occur in the front and back direction, such as lateral raises or side lunges. In contrast, the other choices include terms that refer to anatomical directions or regions rather than different planes, which focus on how the body is sectioned. Understanding the distinctions between these terms helps clarify their relevance in anatomy and movement analysis.

10. Which prefix is used to indicate 'self' in medical terminology?

- A. Osteo-
- B. Auto-
- C. Chole-
- D. Dys-

The prefix that indicates 'self' in medical terminology is 'auto-.' This term is derived from the Greek word 'autos,' meaning 'self.' In medical contexts, it is often used to denote processes or phenomena that occur inherently within an individual or are self-driven. For example, in words like 'autopsy' (self-view) and 'autoimmune' (where the immune system attacks the body's own cells), the prefix clearly conveys an aspect of self-related functioning or involvement. Understanding the significance of prefixes in medical terminology is crucial as they help in deciphering complex terms by providing a foundational meaning. This allows healthcare professionals to communicate more effectively about medical conditions, treatments, and anatomical parts.

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://ccbmabasic.examzify.com>

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

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