

COOPER KRONE EXAM 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 lower cervical vertebral body is the smallest?**
 - A. C4
 - B. C5
 - C. C3
 - D. C6
- 2. Which statement about the ALL is true?**
 - A. It attaches primarily to the anterior vertebral body
 - B. It attaches to the intervertebral discs
 - C. It is located behind the vertebral bodies
 - D. It passes through the transverse foramina
- 3. Which muscle runs from the spinous process above to the transverse process below?**
 - A. Rotatores Brevis
 - B. Rotatores Longus
 - C. Interspinales
 - D. Intertransversarii
- 4. Which action does the serratus posterior inferior perform?**
 - A. Elevates the ribs
 - B. Depresses the ribs
 - C. Protracts the scapula
 - D. Rotates the head
- 5. Which spinal nerve exits below C7?**
 - A. C7
 - B. C6
 - C. C8
 - D. T1
- 6. Which dermatome level is commonly associated with the kneecap region?**
 - A. L4
 - B. L5
 - C. L3
 - D. S1

- 7. The greater occipital nerve originates from which spinal level?**
- A. C1
 - B. C3
 - C. C4
 - D. C2
- 8. Which ligament is described as non-continuous and bridging lamina to lamina?**
- A. Interspinous Ligament
 - B. Posterior Longitudinal Ligament
 - C. Anterior Longitudinal Ligament
 - D. Ligamentum Flavum
- 9. What are the contents of the suboccipital triangle?**
- A. Suboccipital Nerve (C1) and Vertebral Artery
 - B. Greater Occipital Nerve and Vertebral Vein
 - C. Suboccipital Nerve (C1) and Internal Jugular Vein
 - D. Dorsal Rami C2 and Internal Carotid Artery
- 10. Triangle of Auscultation: Which Muscle Is NOT Involved?**
- A. Latissimus Dorsi
 - B. Trapezius
 - C. Rhomboid Minor
 - D. Internal Oblique

Answers

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

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Explanations

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1. Which lower cervical vertebral body is the smallest?

- A. C4
- B. C5
- C. C3**
- D. C6

In the cervical spine, vertebral body size tends to increase as you move downward to handle greater loads. The third cervical vertebral body is the smallest among the cervical levels, and the sizes of the lower cervical bodies rise progressively (toward C7). So the third cervical body is smaller than the others in that region, which is why it's identified as the smallest.

2. Which statement about the ALL is true?

- A. It attaches primarily to the anterior vertebral body**
- B. It attaches to the intervertebral discs
- C. It is located behind the vertebral bodies
- D. It passes through the transverse foramina

The key idea is where the anterior longitudinal ligament sits and what it attaches to. This ligament runs along the front of the entire vertebral column, anchoring to the anterior surfaces of the vertebral bodies and to the adjacent anterior aspect of the intervertebral discs. Its main role is to stiffen the spine and resist hyperextension, which aligns with its position on the front of the column. Saying it attaches primarily to the anterior surfaces of the vertebral bodies captures its main attachment pattern—these vertebral bodies are the main anchors along the length of the spine. It does connect with the intervertebral discs as well, but the strongest and most consistent attachments are to the vertebral bodies themselves, not to a position behind the spine. The ligament is located anterior to the vertebral bodies, not behind them, and it does not pass through the transverse foramina (those passages are for structures like the vertebral arteries in the cervical region). That combination of location and attachments is why this statement is true.

3. Which muscle runs from the spinous process above to the transverse process below?

- A. Rotatores Brevis**
- B. Rotatores Longus
- C. Interspinales
- D. Intertransversarii

The key idea is how these intrinsic back muscles connect between adjacent vertebrae to control small movements and stabilize the spine. Rotatores are short (breves) or long (longi) muscles that span from the transverse process of one vertebra up to the spinous process of a higher vertebra. Specifically, Rotatores Breves attach from the transverse process of a vertebra to the base of the spinous process of the vertebra immediately above (one level up). Rotatores Longi go up two levels to the spinous process above. Interspinales, by contrast, run between adjacent spinous processes, and Intertransversarii run between adjacent transverse processes. So the described path—from a spinous process above to a transverse process below—doesn't match those patterns, whereas Rotatores Breves represent the closest cross-level connection among the options. That's why Rotatores Breves is the best choice here.

4. Which action does the serratus posterior inferior perform?

- A. Elevates the ribs
- B. Depresses the ribs**
- C. Protracts the scapula
- D. Rotates the head

In breathing, muscles can raise or lower the ribs. The serratus posterior inferior specifically depresses the lower ribs, aiding expiration. It runs from the lower thoracic and upper lumbar spine to the inferior borders of ribs 9–12, so when it contracts it pulls those ribs downward, reducing thoracic volume during forced breathing. It doesn't elevate ribs (that's the serratus posterior superior), it doesn't move the scapula (that's serratus anterior), and it doesn't rotate the head. So its action is to depress the ribs.

5. Which spinal nerve exits below C7?

- A. C7
- B. C6
- C. C8**
- D. T1

The neck shows a unique exit pattern for the spinal nerves. Up to the last cervical vertebra, each nerve exits above the vertebra with the same level. Because there isn't another cervical vertebra beyond the bottom one, the next nerve exits not above a cervical bone but between the bottom cervical vertebra and the first thoracic vertebra. That is the nerve that exits below that bottom cervical vertebra.

6. Which dermatome level is commonly associated with the kneecap region?

- A. L4**
- B. L5
- C. L3
- D. S1

Dermatomes are skin regions supplied by a single spinal nerve root. The kneecap area aligns with the fourth lumbar (L4) dermatome, which is also tested by the patellar reflex—the tap on the patellar tendon mainly assesses the L4 pathway through the femoral nerve to the quadriceps. So sensation around the patella and the knee reflex point to the L4 nerve root. Nearby roots map to other regions (for example, L3 to higher anterior thigh, L5 to the dorsum of the foot, S1 to the lateral foot), but the kneecap itself is most consistent with L4.

7. The greater occipital nerve originates from which spinal level?

- A. C1
- B. C3
- C. C4
- D. C2**

The greater occipital nerve comes from the dorsal ramus of the second cervical spinal nerve. It travels upward to provide sensation to the posterior scalp, often emerging around the C1–C2 area before moving toward the occipital region. This origin is what distinguishes it from nerves that arise from other levels like C1, C3, or C4. So the spinal level is C2.

8. Which ligament is described as non-continuous and bridging lamina to lamina?

- A. Interspinous Ligament
- B. Posterior Longitudinal Ligament
- C. Anterior Longitudinal Ligament
- D. Ligamentum Flavum**

Think about how the spine is held together by ligaments and where each one attaches. The ligament described here is the ligamentum flavum: it sits between the laminae of adjacent vertebrae and forms part of the posterior wall of the spinal canal. It's made up largely of elastic tissue, which gives it that yellow appearance and allows it to recoil after bending. Importantly, it doesn't run as one long continuous band all the way down the spine. Instead, it exists as a series of short elastic segments that bridge each pair of laminae. That's why it's described as non-continuous and bridging lamina to lamina. The other ligaments don't fit this description. The interspinous ligament connects the tips of adjacent spinous processes, not laminae. The posterior longitudinal ligament runs inside the spinal canal along the posterior surfaces of the vertebral bodies, and the anterior longitudinal ligament runs along the anterior surfaces of the bodies; both are continuous along much of the spine, not bridging laminae.

9. What are the contents of the suboccipital triangle?

- A. Suboccipital Nerve (C1) and Vertebral Artery**
- B. Greater Occipital Nerve and Vertebral Vein
- C. Suboccipital Nerve (C1) and Internal Jugular Vein
- D. Dorsal Rami C2 and Internal Carotid Artery

In the suboccipital triangle the two structures you'll find are the vertebral artery and the suboccipital nerve (the dorsal ramus of C1). The triangle is a small space bounded by the deep neck muscles, and its contents reflect the motor innervation to the suboccipital muscles (via the C1 dorsal ramus) and the major artery that ascent from the neck into the skull (the vertebral artery). The greater occipital nerve comes from C2 and travels outside this space, while vessels like the vertebral vein, internal jugular vein, and carotid arteries lie outside the triangle. So the correct pairing is the suboccipital nerve and the vertebral artery.

10. Triangle of Auscultation: Which Muscle Is NOT Involved?

- A. Latissimus Dorsi
- B. Trapezius
- C. Rhomboid Minor
- D. Internal Oblique**

The main idea is the triangle of auscultation, a back region used for listening to lung sounds because the area has less overlying muscle. This triangle is bordered by the lower edge of the trapezius, the medial border of the scapula, and the upper edge of the latissimus dorsi. The rhomboid muscles lie near the medial scapular border and are part of the nearby anatomy, so they sit in the surrounding region. The internal oblique, however, is an abdominal wall muscle and has no presence in this back area, so it does not participate in forming the auscultation triangle. Therefore, the muscle not involved is the internal oblique.

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://cooperkrone.examzify.com>

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

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