

DARE2CARE CERTIFIED NURSING ASSISTANT (CNA) 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 anatomical term for the underarm area?**
 - A. Axilla
 - B. Palma
 - C. Femur
 - D. Abdomen
- 2. What term best describes a person who believes that there is no god?**
 - A. Theist
 - B. Agnostic
 - C. Atheist
 - D. Monotheist
- 3. Which of the following terms refers to taking in nutrients from food?**
 - A. Digestion
 - B. Absorption
 - C. Ingestion
 - D. Metabolism
- 4. What condition might result from prolonged periods of lack of mental stimulation?**
 - A. Delirium
 - B. Dementia
 - C. Memory loss
 - D. Depression
- 5. What part of the nervous system is housed in the skull and is responsible for motor activity and thought?**
 - A. Spinal cord
 - B. Brain
 - C. Cerebellum
 - D. Peripheral nervous system

- 6. What type of exercises involve putting a joint through its full range of motion with some assistance?**
- A. Passive range of motion (PROM)
 - B. Active range of motion (AROM)
 - C. Active assisted range of motion (AAROM)
 - D. Mobility exercises
- 7. What does the term apathy refer to?**
- A. Excessive enthusiasm
 - B. Lack of interest
 - C. Overwhelming guilt
 - D. Intense fear
- 8. What term refers to the process of burning a dead body until it turns to ash?**
- A. Burial
 - B. Embalming
 - C. Cremation
 - D. Interment
- 9. Which type of blood vessel carries blood away from the heart?**
- A. Capillary
 - B. Vein
 - C. Artery
 - D. Venule
- 10. What is a common outcome of ineffective bowel elimination?**
- A. Increased heart rate
 - B. Constipation
 - C. Improved digestion
 - D. Enhanced physical performance

Answers

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

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Explanations

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1. What is the anatomical term for the underarm area?

- A. Axilla
- B. Palma
- C. Femur
- D. Abdomen

The anatomical term for the underarm area is "axilla." This term specifically refers to the space below the shoulder joint where the arm connects to the body, commonly known as the armpit. The significance of using the term "axilla" in medical and anatomical contexts is that it provides precise communication regarding the location of structures, such as blood vessels, nerves, and lymph nodes, that are found in this region. The other terms relate to different areas of the body: "palma" refers to the palm of the hand, "femur" is the bone of the thigh, and "abdomen" denotes the area of the body between the chest and pelvis. Each of these terms serves a specific purpose in anatomical nomenclature, but they do not describe the underarm region accurately. Understanding these terms is crucial for effective communication within healthcare settings.

2. What term best describes a person who believes that there is no god?

- A. Theist
- B. Agnostic
- C. Atheist
- D. Monotheist

The term that best describes a person who believes that there is no god is "atheist." An atheist specifically holds the belief that deities do not exist. This view is distinct from other terms related to belief in god or gods. For example, a theist is someone who believes in the existence of at least one god, whereas a monotheist believes in a single deity. Agnostics, on the other hand, maintain that the existence of a god is unknown or unknowable. In summary, the definition of "atheist" aligns directly with the belief that there is no god, making it the most accurate term for the individual described in the question.

3. Which of the following terms refers to taking in nutrients from food?

- A. Digestion
- B. Absorption
- C. Ingestion
- D. Metabolism

The correct answer is absorption because this term specifically refers to the process by which nutrients from digested food are taken into the body's circulatory system. After food is ingested and broken down during digestion, the nutrients—such as vitamins, minerals, carbohydrates, proteins, and fats—move through the intestinal walls into the bloodstream, making them available for use by the body's cells. Ingestion refers to the initial act of taking food into the mouth, while digestion involves the mechanical and chemical breakdown of food into smaller components. Metabolism encompasses all the biochemical processes in the body, including how nutrients are converted into energy or used for building and repairing tissues. However, absorption is the specific step that follows digestion, where nutrients are absorbed into the body.

4. What condition might result from prolonged periods of lack of mental stimulation?

- A. Delirium
- B. Dementia**
- C. Memory loss
- D. Depression

The correct answer is dementia, as prolonged periods of lack of mental stimulation can contribute to cognitive decline over time. When individuals do not engage in activities that challenge their minds—such as problem-solving, reading, or social interaction—they may experience a decrease in cognitive function, which can be a factor in the development of dementia. Dementia encompasses a variety of symptoms affecting memory, thinking, and social abilities severely enough to interfere with daily life. It is often associated with progressive neurodegenerative diseases, but a lack of stimulation can also exacerbate cognitive impairments and may accelerate the onset or worsening of dementia symptoms. While delirium, memory loss, and depression can all result from various factors, they are distinct conditions. Delirium typically arises from acute illness or medication changes and presents with fluctuating consciousness and confusion. Memory loss can occur independently or as part of other conditions but does not necessarily stem from lack of mental activity alone. Depression may also result from inactivity or lack of engagement but relates more directly to emotional and psychological states rather than cognitive decline specifically.

5. What part of the nervous system is housed in the skull and is responsible for motor activity and thought?

- A. Spinal cord
- B. Brain**
- C. Cerebellum
- D. Peripheral nervous system

The brain is the central part of the nervous system located within the skull, and it plays a vital role in both motor activity and thought processes. It is responsible for interpreting sensory information, coordinating movement, and enabling cognitive functions such as reasoning, problem-solving, and emotional regulation. The brain consists of various structures, including the cerebellum, which is specifically involved in coordination and balance, but it is the entire brain that oversees comprehensive thought and motor control. Therefore, identifying the brain as the correct answer highlights its fundamental role in these critical functions of the human body.

6. What type of exercises involve putting a joint through its full range of motion with some assistance?

- A. Passive range of motion (PROM)
- B. Active range of motion (AROM)
- C. Active assisted range of motion (AAROM)**
- D. Mobility exercises

The correct choice involves an understanding of the different types of range of motion exercises. Active assisted range of motion (AAROM) exercises specifically refer to movements that a patient performs with some help. This assistance can come from a caregiver or therapist, which enables the joint to be moved through its full range of motion that the patient may not be able to achieve independently due to weakness or injury. In contrast, passive range of motion (PROM) exercises are entirely performed without the patient's muscle involvement; the joint is moved by another person or by mechanical means. Active range of motion (AROM) means the patient performs the exercises by themselves, using their own strength, without assistance. Mobility exercises focus on improving movement and might not specifically address joint range of motion in the same targeted way. Therefore, AAROM specifically highlights the combination of patient effort and assistance, which correctly aligns with the question regarding exercises that put a joint through its full range of motion while receiving some help.

7. What does the term apathy refer to?

- A. Excessive enthusiasm
- B. Lack of interest**
- C. Overwhelming guilt
- D. Intense fear

The term apathy refers to a lack of interest, enthusiasm, or concern in activities or situations that would typically engage or motivate an individual. This condition can manifest in various ways, such as neglecting personal interests, failing to participate in social interactions, or showing indifference towards progress or outcomes that are usually deemed important. Apathy can be associated with various psychological conditions, but it fundamentally signifies a diminished emotional response or engagement with one's environment. The other options represent emotional states or responses that are polar opposites to apathy. Excessive enthusiasm indicates a high level of interest or excitement; overwhelming guilt suggests a strong emotional response related to remorse or regret; intense fear involves a significant emotional reaction to perceived threats or danger. Thus, these states show active emotional engagement, contrasting sharply with the indifference implied by apathy.

8. What term refers to the process of burning a dead body until it turns to ash?

- A. Burial
- B. Embalming
- C. Cremation**
- D. Interment

The term that describes the process of burning a dead body until it turns to ash is cremation. This procedure involves exposing the body to high temperatures in a controlled environment, which reduces it to its basic elements and results in ashes. Cremation is often chosen for its perceived simplicity and the ability to handle remains in a manner that can be more environmentally friendly compared to traditional burial. In contrast, burial refers to the act of placing a deceased person in the ground, while embalming is a process used to preserve the body temporarily, typically for viewing or memorial purposes, involving the injection of chemicals to slow decomposition. Interment is another term that specifically refers to the placement of a body into a grave or tomb. Understanding these distinctions helps clarify why cremation is the correct answer for the specific process described in the question.

9. Which type of blood vessel carries blood away from the heart?

- A. Capillary
- B. Vein
- C. Artery**
- D. Venule

The type of blood vessel that carries blood away from the heart is the artery. Arteries play a crucial role in the circulatory system by transporting oxygen-rich blood from the heart to various tissues and organs throughout the body. The walls of arteries are thick and muscular, allowing them to withstand the high pressure of blood pumped directly from the heart. This structural feature also enables arteries to help regulate blood flow through vasoconstriction and vasodilation. In contrast, capillaries are the smallest blood vessels that connect arteries and veins, facilitating the exchange of nutrients, gases, and waste between blood and tissues. Veins, on the other hand, carry blood back to the heart, which is typically deoxygenated blood except for the pulmonary veins. Venules are small blood vessels that collect blood from capillaries and transport it into veins. Understanding the primary functions of these different types of blood vessels is essential for grasping the overall dynamics of the circulatory system.

10. What is a common outcome of ineffective bowel elimination?

- A. Increased heart rate
- B. Constipation**
- C. Improved digestion
- D. Enhanced physical performance

Bowel elimination is a critical aspect of human physiology, as it relates directly to the body's ability to remove waste products efficiently. When bowel elimination is ineffective, one of the most common outcomes observed is constipation. This occurs when stool moves too slowly through the intestines, leading to a buildup of hard, dry feces that are difficult to pass. Constipation can arise from various factors such as inadequate fiber intake, insufficient fluid consumption, lack of physical activity, or certain medications. This condition can lead to discomfort, abdominal pain, and, in severe cases, complications like fecal impaction. It's essential for nursing assistants and caregivers to recognize the signs of constipation early and implement appropriate measures to promote regular bowel movements. The other options—such as increased heart rate, improved digestion, and enhanced physical performance—do not directly stem from ineffective bowel elimination and therefore do not represent common outcomes associated with this condition. Understanding the impacts of bowel health is crucial for providing effective care and promoting overall patient wellness.

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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://dare2carecna1.examzify.com>

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

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