Digestive System A&P Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

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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

1. What is the process of passing undigested material out of the anus called?

A. Elimination

B. Defecation

C. Ingestion

D. Absorption

2. Which circular muscle controls the movement of chyme from the stomach to the small intestine?

A. Pyloric sphincter

B. Cardioesophageal sphincter

C. External anal sphincter

D. Sphincter of Oddi

3. Which cells secrete mucus to protect the intestinal lining?

A. Goblet cells

B. Parietal cells

C. Chief cells

D. Salivary amylase

4. Which muscular organ is involved in chewing, swallowing, and taste?

A. Tongue

B. Liver

C. Stomach

D. Pancreas

5. Which substance produced by the liver breaks up fat particles?

A. Bile

B. Mucin

C. Amylase

D. Lipase

6. Which organ stores and concentrates bile produced in the liver?

A. Gallbladder

B. Liver

C. Pancreas

D. Small intestine

7. The large muscular sac where mechanical digestion continues and protein digestion begins is the?

A. Stomach

B. Small intestine

C. Esophagus

D. Colon

8. Which structure is the muscular organ that assists with chewing and swallowing?

A. Tongue

B. Tonsils

C. Cecum

D. Pancreas

9. Which term describes the folds of the stomach that allow expansion?

A. Rugae

B. Plicae

C. Haustra

D. Microvilli

10. Which term describes the release of secretions into the digestive tract?

A. Secretion

B. Ingestion

C. Absorption

D. Elimination

Answers

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

Explanations

1. What is the process of passing undigested material out of the anus called?

A. Elimination

B. Defecation

C. Ingestion

D. Absorption

Defecation is the act of expelling feces from the digestive tract through the anus. After nutrients are absorbed, the remaining indigestible material becomes feces in the colon, and coordinated muscle contractions move it toward the rectum. When the rectum is full, stretch receptors trigger a reflex that, with voluntary control of the external anal sphincter, allows the stool to be released through the anus. Elimination is a broader term for removing wastes from the body, while ingestion and absorption describe taking in and absorbing nutrients, not expelling waste.

2. Which circular muscle controls the movement of chyme from the stomach to the small intestine?

A. Pyloric sphincter

B. Cardioesophageal sphincter

C. External anal sphincter

D. Sphincter of Oddi

The movement of chyme from the stomach into the small intestine is controlled by a ring of smooth muscle at the stomach's exit, the pyloric sphincter. This circular muscle forms the pyloric canal and acts as a gatekeeper, relaxing briefly to let small amounts of chyme pass into the duodenum while also regulating the rate of emptying. This ensures mixed chyme with gastric acid and enzymes is delivered gradually for proper digestion and absorption, and it helps prevent duodenal overwhelm. Other sphincters mentioned have different roles: the cardioesophageal sphincter sits at the stomach-esophagus junction and mainly prevents reflux into the esophagus; the external anal sphincter controls defecation; the Sphincter of Oddi regulates the flow of bile and pancreatic juice into the duodenum, not the movement of chyme out of the stomach.

3. Which cells secrete mucus to protect the intestinal lining?

A. Goblet cells

B. Parietal cells

C. Chief cells

D. Salivary amylase

Protecting the intestinal lining relies on a mucus coating that cushions and shields the epithelium. Goblet cells are the mucus-secreting cells scattered among the absorptive cells of the intestinal lining. They manufacture mucins that hydrate into a gel-like mucus, forming a protective layer that lubricates the tract and serves as a barrier against mechanical wear, digestive enzymes, acids, and microbes. The other options involve different secretions from other parts of the digestive system (acid from parietal cells and digestive enzymes from chief cells in the stomach, and an enzyme from salivary glands), not mucus production in the intestine. So goblet cells are responsible for secreting mucus to protect the intestinal lining.

4. Which muscular organ is involved in chewing, swallowing, and taste?

A. Tongue

B. Liver

C. Stomach

D. Pancreas

The tongue is the muscular organ in the mouth that handles chewing, swallowing, and taste. Its intrinsic and extrinsic muscles create the precise movements needed to mix food with saliva, shape it into a bolus, and push it toward the back of the throat to initiate swallowing. It also hosts taste buds on its surface, giving us the sense of taste as we chew. The other organs listed—liver, stomach, and pancreas—are involved in digestion elsewhere (bile production, digestion, and enzyme release) but don't participate in chewing or taste.

5. Which substance produced by the liver breaks up fat particles?

A. Bile

B. Mucin

C. Amylase

D. Lipase

Bile from the liver emulsifies fats by acting like a detergent with bile salts that break large fat droplets into many tiny ones, increasing their surface area for digestion. This emulsification is the crucial first step before fat digestion by lipase, which is produced mainly by the pancreas. So the substance produced by the liver that breaks up fat particles is bile. Mucin provides lubrication, amylase digests starch, and lipase digests fats but is produced by the pancreas, not the liver, so they don't perform this emulsification role.

6. Which organ stores and concentrates bile produced in the liver?

A. Gallbladder

B. Liver

C. Pancreas

D. Small intestine

Bile storage and concentration is the function being tested. Bile is produced by liver cells and flows into bile ducts, but it's the gallbladder that holds onto the bile between meals and concentrates it by absorbing water and electrolytes. This makes the bile more potent for emulsifying fats when released. When a fatty meal enters the small intestine, hormones trigger the gallbladder to contract and push bile into the common bile duct, then into the duodenum to aid digestion. The other organs have different roles: the liver makes bile but does not store it; the pancreas provides digestive enzymes; the small intestine is where bile works rather than where it's stored.

7. The large muscular sac where mechanical digestion continues and protein digestion begins is the?

A. Stomach

B. Small intestine

C. Esophagus

D. Colon

The key idea is where both mechanical processing of food and the first step of protein digestion occur. The stomach is a large, muscular sac that continues physical breakdown as it churns and mixes food with gastric juice. At the same time, it initiates protein digestion because the stomach's glands release pepsinogen, which is activated to pepsin by the acidic environment created by hydrochloric acid. Pepsin then begins breaking proteins into smaller peptides. The stomach's muscular action plus this early enzymatic activity explain why it's the correct site. The esophagus mainly moves food along without digestion; the small intestine does most of the digestion and nutrient absorption (with protein digestion completed there by pancreatic and brush-border enzymes); the colon mainly handles water absorption.

8. Which structure is the muscular organ that assists with chewing and swallowing?

A. Tongue

B. Tonsils

C. Cecum

D. Pancreas

The tongue is the muscular organ that assists with chewing and swallowing. Its powerful intrinsic and extrinsic muscles let it move food around the mouth, press it between the teeth, and mix it with saliva to form a cohesive bolus. When chewing, the tongue positions and repositions food to aid grinding and mixing. As swallowing begins, the tongue contracts to push the bolus to the back of the mouth and into the pharynx, triggering the swallow reflex. The other structures don't perform this muscular action: tonsils are lymphoid tissue that help defend against infection, the cecum is a pouch at the start of the large intestine, and the pancreas is a gland that secretes digestive enzymes rather than a muscle involved in movement of food.

9. Which term describes the folds of the stomach that allow expansion?

A. Rugae

B. Plicae

C. Haustra

D. Microvilli

The folds that let the stomach expand are called rugae. These are mucosal and submucosal folds that appear prominent when the stomach is empty. As you eat and the stomach fills, the rugae unfold and the stomach walls stretch, allowing a large volume to be accommodated without a rigid, fixed shape. The other terms refer to folds in other parts of the digestive tract or to microscopic structures: plicae are circular folds mainly in the small intestine that increase surface area; haustra are pouch-like segments of the colon; microvilli are tiny projections on epithelial cells to boost absorption. So the stomach's ability to enlarge during food intake comes from the rugae.

10. Which term describes the release of secretions into the digestive tract?

A. Secretion

B. Ingestion

C. Absorption

D. Elimination

Secretion refers to the release of substances into the digestive tract to aid digestion. Glands produce and pour out fluids like saliva, gastric juice, bile, and pancreatic enzymes directly into the digestive lumen, which helps break down food as it moves through the tract. This is distinct from ingestion, which is simply taking food into the mouth; absorption, which is the uptake of digested nutrients into the bloodstream or lymph; and elimination, which is the expulsion of indigestible waste from the body. So secretion is the best fit because it specifically describes releasing digestive secretions into the tract to facilitate digestion.

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://digetivesysaandp.examzify.com

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