

DIGESTIVE SYSTEM A&P PRACTICE TEST (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 layer lacks a serosa in retroperitoneal segments?**
 - A. Serosa
 - B. Mucosa
 - C. Submucosa
 - D. Adventitia
- 2. What is the soft part of the back of the roof of the mouth that closes off nasal cavities during swallowing?**
 - A. Soft palate
 - B. Hard palate
 - C. Uvula
 - D. Tongue
- 3. What is the process of taking in food called?**
 - A. Ingestion
 - B. Digestion
 - C. Absorption
 - D. Secretion
- 4. The mass of food produced by chewing is called:**
 - A. Bolus
 - B. Chyme
 - C. Bile
 - D. Mucus
- 5. What term describes the physical breakdown of foods?**
 - A. Mechanical processing
 - B. Chemical digestion
 - C. Absorption
 - D. Secretion
- 6. The folds in the stomach lining that enable expansion are called:**
 - A. Rugae
 - B. Villi
 - C. Haustra
 - D. Microvilli

- 7. Which pancreatic enzyme digests triglycerides and what cofactor is required for optimal function?**
- A. Pancreatic amylase; requires amylase inhibitor
 - B. Pancreatic lipase; requires colipase
 - C. Pancreatic protease; requires zinc
 - D. Pancreatic nuclease; requires calcium
- 8. Which organ produces bile and stores glycogen?**
- A. Liver
 - B. Gallbladder
 - C. Stomach
 - D. Small intestine
- 9. What is the primary mechanism of water absorption in the large bowel?**
- A. Active transport of water via aquaporins
 - B. Diffusion of water through tight junctions without solutes
 - C. Secretion-driven water loss rather than absorption
 - D. Osmosis following absorption of electrolytes and short-chain fatty acids
- 10. Clusters of lymphatic tissue found in the pharynx are called what?**
- A. Tonsils
 - B. Lymph nodes
 - C. Spleen
 - D. Appendix

Answers

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

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Explanations

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1. Which layer lacks a serosa in retroperitoneal segments?

- A. Serosa
- B. Mucosa
- C. Submucosa
- D. Adventitia**

In retroperitoneal segments, the outer covering is adventitia rather than a serosa. These organs lie behind the peritoneum and are fixed to the posterior abdominal wall, so they're wrapped in connective tissue (adventitia) that blends with surrounding structures instead of being enclosed by a serous membrane. The serosa is the visceral peritoneum that covers intraperitoneal organs, so it's absent in these retroperitoneal parts. The other layers—mucosa, submucosa, and the serosa—refer to different levels or coverings than the outermost retroperitoneal layer.

2. What is the soft part of the back of the roof of the mouth that closes off nasal cavities during swallowing?

- A. Soft palate**
- B. Hard palate
- C. Uvula
- D. Tongue

During swallowing, the body must prevent food from entering the nasal cavity. The back portion of the roof of the mouth is the soft palate, a flexible muscular fold. It elevates and moves backward to close off the nasopharynx, creating a seal that keeps the nasal passages shut as the bolus moves into the pharynx. The hard palate is the rigid front part of the palate that provides structure but doesn't actively seal during swallowing. The uvula is a small projection from the soft palate and supports certain speech and gag reflexes, but the essential closing action comes from the soft palate itself. The tongue assists by shaping and moving the food, but it doesn't seal the nasal passages.

3. What is the process of taking in food called?

- A. Ingestion**
- B. Digestion
- C. Absorption
- D. Secretion

Taking in food is ingestion—the act of bringing food into the mouth and starting the digestive process. It's the first step in digestion, setting the stage for later processes like mechanical and chemical breakdown. Digestion refers to breaking down food into smaller molecules, absorption is the uptake of those molecules into the bloodstream, and secretion is the release of digestive juices and enzymes. So ingestion is the correct term because it specifically denotes entry of food into the digestive system, while the other terms describe subsequent steps.

4. The mass of food produced by chewing is called:

- A. Bolus**
- B. Chyme
- C. Bile
- D. Mucus

The mass of food formed by chewing is called a bolus. When you chew, food is broken down and mixed with saliva to create a cohesive, slippery ball that can be easily swallowed—that ball is the bolus. Once swallowed, it moves down the esophagus to the stomach, where it mixes with gastric juice to become chyme. Bile is a digestive fluid from the liver that helps digest fats, not a mass of chewed food, and mucus is a slippery secretion that lubricates and protects the lining of the GI tract.

5. What term describes the physical breakdown of foods?

- A. Mechanical processing**
- B. Chemical digestion
- C. Absorption
- D. Secretion

Physical breakdown of foods is called mechanical processing. This involves the actual chewing and grinding in the mouth and the muscular mixing and squashing of food in the stomach to reduce particle size. It's different from chemical digestion, which uses enzymes to break chemical bonds, while absorption is the uptake of nutrients into the bloodstream and secretion is the release of digestive fluids. So mechanical processing best fits the description of the physical breakdown.

6. The folds in the stomach lining that enable expansion are called:

- A. Rugae**
- B. Villi
- C. Haustra
- D. Microvilli

The folds that enable the stomach to expand are rugae. These are transverse mucosal and submucosal folds in the stomach lining. When the stomach is empty, the rugae are prominent, but as food and liquid enter, the folds unfold and flatten, allowing the stomach to stretch and accommodate a larger volume without growing new tissue. Villi and microvilli are tiny projections in the small intestine that increase surface area for absorption, not for expansion of the stomach. Haustra are pouches in the colon created by taenia coli and help with segmentation and movement, not stomach distension.

7. Which pancreatic enzyme digests triglycerides and what cofactor is required for optimal function?

- A. Pancreatic amylase; requires amylase inhibitor
- B. Pancreatic lipase; requires colipase**
- C. Pancreatic protease; requires zinc
- D. Pancreatic nuclease; requires calcium

Digesting fats in the small intestine is carried out by pancreatic lipase, which breaks down triglycerides into monoglycerides and fatty acids. For lipase to function effectively in the intestinal environment, it needs colipase as a cofactor. Colipase binds the lipase and anchors it to the lipid-water interface, helping it overcome interference from bile salts and thus enabling efficient fat digestion. The other enzymes target different nutrients (starch, proteins, nucleic acids) and don't rely on colipase, so they're not correct for this question.

8. Which organ produces bile and stores glycogen?

- A. Liver**
- B. Gallbladder
- C. Stomach
- D. Small intestine

Producing bile and storing glycogen are functions centered in the liver. Bile is synthesized by liver cells (hepatocytes) and then stored and concentrated in the gallbladder until it's needed for fat digestion. Glycogen is stored primarily in the liver, which helps regulate blood glucose levels. The gallbladder itself stores bile but does not produce it, while the stomach and small intestine have other digestive roles. So the organ that both produces bile and stores glycogen is the liver.

9. What is the primary mechanism of water absorption in the large bowel?

- A. Active transport of water via aquaporins
- B. Diffusion of water through tight junctions without solutes
- C. Secretion-driven water loss rather than absorption
- D. Osmosis following absorption of electrolytes and short-chain fatty acids**

Water movement in the large bowel is a passive process driven by osmotic gradients. As electrolytes, especially sodium, are absorbed by colonocytes (along with chloride via exchangers), solutes leave the lumen and create an osmotic pull. Water then follows through the paracellular path and through cells, moving into the mucosa. Short-chain fatty acids produced by bacterial fermentation are also absorbed by colonocytes and contribute to these osmotic forces, further promoting water reabsorption. This mechanism is about reclaiming water rather than secreting it, unlike conditions that cause watery stools. Aquaporins aren't the main driver here; the dominant process is osmosis linked to solute (electrolyte and SCFA) absorption.

10. Clusters of lymphatic tissue found in the pharynx are called what?

A. Tonsils

B. Lymph nodes

C. Spleen

D. Appendix

Tonsils are clusters of lymphatic tissue in the pharynx that form Waldeyer's ring, a protective ring at the entrance to the respiratory and digestive tracts. They include the pharyngeal, palatine, and lingual tonsils and act as the first line of immune defense, catching pathogens inhaled or swallowed and presenting them to lymphocytes to trigger a response. This local immune tissue helps coordinate responses at mucosal surfaces, producing antibodies where they're most needed. Lymph nodes, by contrast, filter lymph carried in lymphatic vessels; the spleen filters blood; and the appendix is gut-associated tissue, not located in the pharynx.

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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://digetivesysaandp.examzify.com>

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

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