

# EMT Emergency Care 68W Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

**Copyright** ..... 1

**Table of Contents** ..... 2

**Introduction** ..... 3

**How to Use This Guide** ..... 4

**Questions** ..... 5

**Answers** ..... 8

**Explanations** ..... 10

**Next Steps** ..... 16

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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 muscle group is primarily responsible for breathing by expanding the chest cavity?**
  - A. Abdominal muscles**
  - B. Intercostal muscles**
  - C. Chest muscles**
  - D. Deltoids**
  
- 2. What are the two larger chambers of the heart that send blood to the lungs and the body, respectively?**
  - A. Atria**
  - B. Veins**
  - C. Ventricles**
  - D. Arteries**
  
- 3. What is the term for the inner protrusion on the side of the ankle?**
  - A. Lateral malleolus**
  - B. Medial malleolus**
  - C. Tibia**
  - D. Fibula**
  
- 4. Which condition refers to the body's inability to properly circulate blood, often described as shock?**
  - A. Hypoperfusion**
  - B. Cardiac arrest**
  - C. Dehydration**
  - D. Hypoxia**
  
- 5. Which term refers to being closer to the origin of a body part or the limb's point of attachment?**
  - A. Distal**
  - B. Proximal**
  - C. Medial**
  - D. Lateral**

- 6. In terms of body functions, what role does the process of metabolism play?**
- A. It converts nutrients into energy**
  - B. It regulates body temperature**
  - C. It maintains fluid balance**
  - D. It facilitates immune responses**
- 7. What term describes the amount of air breathed in during each respiration multiplied by the number of breaths per minute?**
- A. Minute volume**
  - B. Tidal Volume**
  - C. Stroke Volume**
  - D. Systemic Vascular Resistance**
- 8. What term describes the supply of oxygen to and removal of waste from body tissues?**
- A. Diffusion**
  - B. Oxygenation**
  - C. Perfusion**
  - D. Respiration**
- 9. Which bone is the medial bone of the forearm?**
- A. Radius**
  - B. Ulna**
  - C. Humerus**
  - D. Sternum**
- 10. What immediate response is triggered by the autonomic nervous system when a person is stressed?**
- A. Relaxation response**
  - B. Fight-or-flight response**
  - C. Rest and digest response**
  - D. Sleep promotion response**

## Answers

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

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## **Explanations**

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**1. What muscle group is primarily responsible for breathing by expanding the chest cavity?**

- A. Abdominal muscles
- B. Intercostal muscles**
- C. Chest muscles
- D. Deltoids

The intercostal muscles play a crucial role in the process of breathing, particularly in expanding and contracting the chest cavity. These muscles are located between the ribs and are divided into external and internal intercostal muscles. When the external intercostal muscles contract, they lift the rib cage and increase the volume of the thoracic cavity. This expansion lowers the pressure within the cavity compared to the atmospheric pressure, allowing air to flow into the lungs during inhalation. In contrast, the abdominal muscles primarily assist with forced exhalation rather than the initial expansion of the chest cavity. Chest muscles, often referring to the pectoral muscles, do not have a primary role in breathing mechanics. The deltoids, which are shoulder muscles, do not contribute to the breathing process at all. Therefore, the intercostal muscles are specifically designed and positioned to facilitate the primary breathing action of expanding the chest cavity.

**2. What are the two larger chambers of the heart that send blood to the lungs and the body, respectively?**

- A. Atriums
- B. Veins
- C. Ventricles**
- D. Arteries

The correct answer identifies the ventricles as the two larger chambers of the heart responsible for pumping blood. The heart consists of four chambers: the right atrium, right ventricle, left atrium, and left ventricle. The ventricles are key components of the heart's structure and function. The right ventricle pumps deoxygenated blood to the lungs through the pulmonary arteries, allowing for gas exchange to take place, where carbon dioxide is released, and oxygen is taken in. Subsequently, the left ventricle pumps oxygenated blood to the rest of the body through the aorta. The thickness of the ventricular walls, particularly the left ventricle, reflects their critical role in generating the pressure needed to circulate blood effectively throughout the body. Understanding the function of the atriums, veins, and arteries highlights why they do not serve the same purpose as the ventricles. The atriums act as receiving chambers for blood but do not perform the pumping function. Veins are responsible for transporting blood back to the heart, while arteries carry blood away from the heart. Thus, the ventricles specifically function to propel blood into circulation, distinguishing them as the chambers in question.

**3. What is the term for the inner protrusion on the side of the ankle?**

- A. Lateral malleolus**
- B. Medial malleolus**
- C. Tibia**
- D. Fibula**

The inner protrusion on the side of the ankle is referred to as the medial malleolus. This structure is formed by the lower end of the tibia and is located on the inner aspect of the ankle. It plays a crucial role in the anatomy of the ankle by contributing to its stability and forming the medial aspect of the ankle joint. The medial malleolus not only serves as an attachment point for ligaments that help support the ankle joint but also has a significant role in the mechanics of foot movement. Understanding its location is important in the context of injuries or conditions that affect the ankle, such as fractures or sprains. The lateral malleolus, which is another notable feature of the ankle, is found on the outer side and is associated with the fibula. The tibia and fibula are the two long bones of the lower leg, with the tibia being the larger and supporting most of the body's weight. However, the question specifically asks for the inner protrusion, making the medial malleolus the correct term.

**4. Which condition refers to the body's inability to properly circulate blood, often described as shock?**

- A. Hypoperfusion**
- B. Cardiac arrest**
- C. Dehydration**
- D. Hypoxia**

Hypoperfusion refers to the inadequate flow of blood to the tissues, leading to insufficient delivery of oxygen and nutrients. This condition is often synonymous with shock, which can occur due to various reasons such as severe blood loss, dehydration, or heart failure. When the body is in a state of hypoperfusion, the organs and tissues do not receive the blood supply they need, which can result in serious complications and, if not addressed, can lead to organ failure. Shock can be categorized into different types, including hypovolemic shock (due to low blood volume), cardiogenic shock (due to heart problems), and distributive shock (due to vasodilation). Regardless of the type, the hallmark of shock is hypoperfusion. Understanding this concept is critical for treating patients effectively, as timely intervention can mitigate damage to vital organs. Other conditions like cardiac arrest, dehydration, and hypoxia, while related and potentially contributing factors to hypoperfusion, do not specifically denote the state of inadequate blood circulation itself. Cardiac arrest refers to the cessation of heart function, dehydration indicates a deficit in body fluids, and hypoxia refers to the lack of sufficient oxygen in the tissues, all of which can occur due to or exacerbate hypoperfusion but

**5. Which term refers to being closer to the origin of a body part or the limb's point of attachment?**

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

The term that refers to being closer to the origin of a body part or the limb's point of attachment is "proximal." This word is frequently used in anatomy to describe the location of structures, particularly when discussing the limbs. For example, in the case of the arm, the shoulder is proximal to the elbow, meaning the shoulder is closer to where the arm attaches to the trunk of the body. This concept is vital in emergency care and anatomical discussions, as it helps healthcare professionals accurately describe patient injuries and conditions based on their location relative to the body's center. Distal refers to a position that is farther away from the origin or the point of attachment, which is the opposite of proximal. Medial and lateral describe positions toward the midline of the body and away from the midline, respectively, and do not pertain to the proximity of body parts relative to one another in the way that proximal does. Understanding these terms is essential for clear communication and effective treatment in emergency care situations.

**6. In terms of body functions, what role does the process of metabolism play?**

- A. It converts nutrients into energy**
- B. It regulates body temperature**
- C. It maintains fluid balance**
- D. It facilitates immune responses**

The process of metabolism plays a crucial role in converting the nutrients obtained from food into energy. This energy is vital for all bodily functions, including growth, repair, and maintenance of tissues. Metabolism encompasses two primary processes: catabolism, which breaks down organic matter to produce energy, and anabolism, which uses energy to construct components of cells like proteins and nucleic acids. By effectively converting nutrients into usable energy, metabolism supports vital processes such as muscle contraction, cellular repair, and the synthesis of hormones. This transformation is essential for sustaining life, as it ensures that the body has the necessary energy to function properly and respond to various physiological demands. Other options listed—regulating body temperature, maintaining fluid balance, and facilitating immune responses—are important functions, but they are not the primary role of metabolism itself. Instead, those functions may rely on the energy produced through metabolic processes to occur effectively.

**7. What term describes the amount of air breathed in during each respiration multiplied by the number of breaths per minute?**

- A. Minute volume**
- B. Tidal Volume**
- C. Stroke Volume**
- D. Systemic Vascular Resistance**

The term that describes the amount of air breathed in during each respiration multiplied by the number of breaths per minute is known as minute volume. This measurement is critical in understanding a patient's respiratory status, as it indicates the total volume of air that is entering the lungs in one minute. Minute volume is calculated by taking the tidal volume, which is the volume of air inhaled or exhaled during a normal breath, and multiplying it by the respiratory rate (the number of breaths taken in one minute). This is an important parameter in emergency care, as it helps assess how effectively a patient is breathing and can guide decisions regarding ventilation support if needed. Understanding how minute volume relates to both tidal volume and respiratory rate provides crucial insights into respiratory function and can assist in identifying respiratory distress or failure in patients.

**8. What term describes the supply of oxygen to and removal of waste from body tissues?**

- A. Diffusion**
- B. Oxygenation**
- C. Perfusion**
- D. Respiration**

The term that best describes the supply of oxygen to and the removal of waste products from body tissues is perfusion. Perfusion is a critical physiological process that ensures that blood, which carries oxygen and nutrients, flows through the circulatory system to reach even the most distant tissues. Additionally, it facilitates the removal of carbon dioxide and metabolic wastes, maintaining the overall health of cells and tissues. In contrast, diffusion refers to the movement of molecules from an area of higher concentration to an area of lower concentration, which is relevant in the context of gas exchange but not specific to the systemic supply of nutrients. Oxygenation typically refers to the process of binding oxygen to hemoglobin in the blood, which occurs in the lungs and does not encompass waste removal. Respiration is the broader process involving gas exchange—both inhaling oxygen and exhaling carbon dioxide—but does not specifically address the supply and removal functions at the tissue level. Therefore, perfusion accurately encapsulates both the provision of oxygen and the removal of waste, highlighting its crucial role in sustaining cellular function.

**9. Which bone is the medial bone of the forearm?**

- A. Radius
- B. Ulna**
- C. Humerus
- D. Sternum

The ulna is the correct answer because it is indeed the medial bone of the forearm. In anatomical terminology, "medial" refers to a position closer to the midline of the body. The ulna is located on the inner side of the forearm when the palm is facing forward, which is how the terms "medial" and "lateral" are typically defined in relation to limb positioning. In contrast, the radius is the lateral bone of the forearm, positioned on the outer side of the forearm. The humerus, while an important bone in the arm, is actually located in the upper arm, connecting to the shoulder and forming the elbow joint. The sternum is a bone located in the center of the chest and has no direct relevance to the structure of the forearm. Thus, the ulna's position and orientation in the forearm make it the correct answer to the question.

**10. What immediate response is triggered by the autonomic nervous system when a person is stressed?**

- A. Relaxation response
- B. Fight-or-flight response**
- C. Rest and digest response
- D. Sleep promotion response

When a person is stressed, the autonomic nervous system activates the fight-or-flight response. This physiological reaction prepares the body to either confront or flee from a perceived threat. During this response, various changes occur: the heart rate increases, blood pressure rises, and adrenaline is released, which enhances alertness and energizes the body. These changes are crucial for survival in dangerous situations, as they optimize physical performance and mental focus. The other responses do not align with the body's immediate reaction to stress. The relaxation response and rest and digest response are associated with a calm state, promoting recovery and digestion, which occurs when the body is not under stress. The sleep promotion response is also not activated in stressful situations; instead, stress generally inhibits sleep by stimulating arousal systems in the body. Thus, the fight-or-flight response is the correct answer, as it is the body's instinctive reaction to a stressor.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://emtemergencycare68w.examzify.com>**

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

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