

EPPP BIOLOGICAL BASES OF BEHAVIOR PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://eppbiobasesofbehavior.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

- 1. What type of injury results from an external mechanical force that can lead to disability or death?**
 - A. Concussion
 - B. Traumatic Brain Injury
 - C. Stroke
 - D. Hemorrhage
- 2. How long does it take for a reflex response to occur?**
 - A. 0.1 seconds
 - B. 0.5 seconds
 - C. 1 second
 - D. 2 seconds
- 3. Which term is used to describe structures located towards the middle of the body?**
 - A. Lateral
 - B. Medial
 - C. Ventral
 - D. Distal
- 4. Which brain hemisphere is most involved in language-recognition tasks?**
 - A. Right Hemisphere
 - B. Left Hemisphere
 - C. Both Hemispheres Equally
 - D. Neither Hemisphere
- 5. What does EEG stand for, which measures electrical activity in the brain?**
 - A. Electroencephalography
 - B. Electric Energy Graph
 - C. Electrochemical Examination
 - D. Electroencephalogram

- 6. What is the primary function of the parasympathetic nervous system?**
- A. Activation of the body's emergency responses
 - B. Control of voluntary movement
 - C. Relaxation and maintenance of routine activities
 - D. Relaying sensation information to the brain
- 7. What mechanism describes the temporary storage of experienced stimuli immediately after presentation?**
- A. Sensory Memory
 - B. Short-term Memory
 - C. Working Memory
 - D. Declarative Memory
- 8. Which motor disease is characterized by shaking, rigidity, slowness of movement, and difficulty in walking due to a lack of dopamine in the substantia nigra?**
- A. Huntington's Disease
 - B. Parkinson's Disease
 - C. Multiple Sclerosis
 - D. Chorea
- 9. What is the term for action-based information stored in memory, such as how to ride a bike?**
- A. Procedural Memory
 - B. Declarative Memory
 - C. Episodic Memory
 - D. Working Memory
- 10. What term refers to the presence of abnormal behaviors in psychological conditions?**
- A. Negative Symptoms
 - B. Positive Symptoms
 - C. Psychotic Symptoms
 - D. Cognitive Symptoms

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What type of injury results from an external mechanical force that can lead to disability or death?

- A. Concussion
- B. Traumatic Brain Injury**
- C. Stroke
- D. Hemorrhage

The type of injury that results from an external mechanical force and has the potential to cause significant disability or death is traumatic brain injury (TBI). This encompasses a broad category of injuries to the brain that occur as a result of external physical force, such as a blow to the head or a violent shaking of the head and body. TBIs can vary in severity, from minor concussions to severe brain damage that can lead to long-term cognitive, physical, and emotional impairments, or even death. Traumatic brain injuries can arise from various situations, including vehicle accidents, falls, sports injuries, and assaults. The definitions and implications related to TBIs highlight their serious impact on individuals, as they can disrupt normal brain functioning and lead to profound changes in behavior and cognition. While conditions like concussion, stroke, and hemorrhage are related to brain injury, concussions are a type of mild traumatic brain injury, and strokes usually result from issues with blood flow rather than external mechanical forces. Hemorrhage can be a consequence of brain injury or stroke but does not itself describe the mechanism of injury initiated by an external force. Thus, traumatic brain injury is the most encompassing and correct answer in this context.

2. How long does it take for a reflex response to occur?

- A. 0.1 seconds
- B. 0.5 seconds**
- C. 1 second
- D. 2 seconds

The reflex response typically occurs within about 0.1 seconds. This rapid response is a characteristic feature of reflex actions, which are automatic and involuntary reactions to specific stimuli. When a stimulus is detected, sensory neurons transmit signals to the spinal cord, processing occurs, and motor neurons then trigger the response to the muscle within a very short time frame. The option that suggests 0.5 seconds is considerably longer than the actual speed of a reflex response. Reflexes are designed for quick reactions to protect the body from harm, which is why they generally happen much faster than half a second. Understanding the speed of reflexes is critical because it highlights the efficiency of the nervous system in responding to immediate threats or changes in the environment.

3. Which term is used to describe structures located towards the middle of the body?

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

The term "medial" refers to structures that are located toward the middle or center of the body. In anatomical terminology, the body is often described in terms of positions and directions to facilitate clear communication. The medial term indicates a position that is closer to the midline of the body, which divides the body into left and right halves. Understanding this concept is crucial in the study of anatomy, as it helps in locating various organs and structures relative to one another. For example, the heart is medial to the lungs because it is positioned towards the center of the thoracic cavity. This anatomical positioning is essential not only for describing the location of various body parts but also for diagnosing medical conditions and understanding how different structures interact within the body.

4. Which brain hemisphere is most involved in language-recognition tasks?

- A. Right Hemisphere
- B. Left Hemisphere**
- C. Both Hemispheres Equally
- D. Neither Hemisphere

The left hemisphere of the brain is most involved in language-recognition tasks due to its critical role in processing language. This hemisphere houses key structures such as Broca's area and Wernicke's area. Broca's area, located in the frontal lobe, is essential for language production and speech articulation, while Wernicke's area, found in the temporal lobe, is crucial for language comprehension and the ability to understand spoken and written language. Research in neuroscience, particularly studies examining individuals with brain lesions, has consistently shown that damage to the left hemisphere significantly impairs language abilities. Conversely, the right hemisphere is generally more associated with the processing of non-verbal tasks, such as spatial abilities and emotional tone of language rather than the linguistic content itself. Overall, the specialization of the left hemisphere for language processes reflects the brain's lateralization, whereby certain cognitive functions are primarily localized to one hemisphere.

5. What does EEG stand for, which measures electrical activity in the brain?

- A. Electroencephalography**
- B. Electric Energy Graph
- C. Electrochemical Examination
- D. Electroencephalogram

EEG stands for Electroencephalography, which is a technique used to measure the electrical activity of the brain. This method involves placing electrodes on the scalp to detect the electrical impulses produced by neuronal activity. Electroencephalography provides a way to observe brain function in real-time, allowing researchers and clinicians to study brain wave patterns associated with various states of consciousness, neurological disorders, and cognitive processes. The term "Electroencephalogram," although closely related, refers specifically to the actual recording or output produced by the EEG process, indicating brain activity over time. The other options do not accurately describe the method for measuring brain electrical activity, as they either use incorrect terminology or focus on unrelated concepts. Understanding these definitions is essential in accurately communicating about human brain function and related research methodologies.

6. What is the primary function of the parasympathetic nervous system?

- A. Activation of the body's emergency responses
- B. Control of voluntary movement
- C. Relaxation and maintenance of routine activities**
- D. Relaying sensation information to the brain

The primary function of the parasympathetic nervous system is indeed the relaxation and maintenance of routine activities. This division of the autonomic nervous system is responsible for promoting a state of rest and recovery in the body. It works to conserve energy and facilitate processes such as digestion, salivation, and the regulation of heart rate and blood pressure when the body is not under stress. When activated, the parasympathetic system counters the effects of the sympathetic nervous system—often referred to as the “fight or flight” system—by slowing heart rate, increasing intestinal and gland activity, and relaxes sphincter muscles to support digestion. This is instrumental in maintaining homeostasis and ensuring that bodily functions can proceed efficiently during non-stressful conditions. In contrast, the other choices relate to different systems or functions; for example, activating emergency responses is primarily a function of the sympathetic nervous system, while controlling voluntary movement relates more closely to the somatic nervous system. Relaying sensation information to the brain is also not a function attributed to the parasympathetic nervous system but involves pathways of sensory neurons leading to the CNS.

7. What mechanism describes the temporary storage of experienced stimuli immediately after presentation?

- A. Sensory Memory**
- B. Short-term Memory
- C. Working Memory
- D. Declarative Memory

Sensory memory is the mechanism that captures and holds incoming sensory information for a brief period immediately after it is presented. This type of memory functions as an initial stage of memory processing, allowing individuals to perceive and begin to process sensory stimuli from the environment without conscious effort. Sensory memory retains this information for only a fraction of a second, which is sufficient for the initial recognition and processing of stimuli. For example, when you see a flash of light or hear a sound, sensory memory allows that visual or auditory information to be stored momentarily, giving you just enough time to decide if you want to pay further attention to that stimulus and move it into more enduring forms of memory, such as short-term or working memory. This characteristic of sensory memory makes it distinct from short-term and working memory, which involve more complex processing and longer durations for information retention.

8. Which motor disease is characterized by shaking, rigidity, slowness of movement, and difficulty in walking due to a lack of dopamine in the substantia nigra?

- A. Huntington's Disease
- B. Parkinson's Disease**
- C. Multiple Sclerosis
- D. Chorea

Parkinson's disease is recognized for its hallmark symptoms, which include tremors (shaking), muscle rigidity, bradykinesia (slowness of movement), and postural instability, which leads to difficulties in walking. This condition arises due to degeneration of dopaminergic neurons in the substantia nigra, a critical area of the brain involved in movement regulation. The depletion of dopamine affects the basal ganglia, disrupting normal motor control and leading to the characteristic symptoms of Parkinson's disease. In contrast, Huntington's disease is associated with uncontrollable movements and cognitive decline, primarily due to genetic mutations affecting the brain. Multiple sclerosis is an autoimmune disorder that impacts the nervous system, leading to a wide range of symptoms including muscle weakness, but it does not specifically involve the issues related to dopamine deficiency. Chorea refers to irregular, unpredictable movements often seen in conditions like Huntington's disease, rather than the rigidity and slowness typical of Parkinson's disease. Thus, Parkinson's disease is the most accurate choice given its distinct relationship with dopamine loss in the substantia nigra.

9. What is the term for action-based information stored in memory, such as how to ride a bike?

- A. Procedural Memory**
- B. Declarative Memory
- C. Episodic Memory
- D. Working Memory

The concept being referred to in this question is procedural memory, which encompasses the knowledge of how to perform tasks and actions, particularly those learned through practice and repetition. Riding a bike is a classic example of procedural memory because it involves motor skills and actions that become automatic with experience. This type of memory is not about recalling specific facts or events, but rather about carrying out procedures without needing to consciously think about each step; thus, it is often referred to as "implicit" memory. In contrast, declarative memory includes memories of facts and events that can be consciously recalled, like the capital of a country or a specific personal experience. Within declarative memory, episodic memory specifically pertains to autobiographical events — your own experiences that are tied to specific times and places. On the other hand, working memory is a short-term storage system that holds information temporarily while we manipulate and process it. Therefore, the term that most accurately describes the information on how to perform actions, such as riding a bike, is indeed procedural memory.

10. What term refers to the presence of abnormal behaviors in psychological conditions?

A. Negative Symptoms

B. Positive Symptoms

C. Psychotic Symptoms

D. Cognitive Symptoms

The term that refers to the presence of abnormal behaviors in psychological conditions is best described as positive symptoms. This terminology is primarily used in the context of psychotic disorders, such as schizophrenia, where positive symptoms are characterized by an excess or distortion of normal functions. These may include hallucinations, delusions, disorganized thinking, and other behaviors reflecting a departure from typical mental functioning. Positive symptoms help clinicians identify and diagnose these conditions based on observable and reported phenomena that indicate a break from reality. They contrast with negative symptoms, which refer to the absence or diminishment of normal emotional responses or behaviors, such as apathy, lack of emotion, or withdrawal from social life. Understanding these distinctions is key in the evaluation and treatment of psychological disorders.

SAMPLE

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://eppbiobasesofbehavior.examzify.com>

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

SAMPLE