

EPPP PHYSIOLOGY PRACTICE EXAM (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. According to the James-Lange theory, what leads to the experience of emotions?**
 - A. Physical sensations
 - B. Cognitive appraisal
 - C. Emotional conditioning
 - D. Social interactions
- 2. Which of the following is an example of an active coping strategy for pain?**
 - A. Resting
 - B. Taking medication
 - C. Ignoring
 - D. Restricting activities
- 3. What is the anatomical term for the areas of the body corresponding to segments of the spinal cord?**
 - A. Dermatome
 - B. Fasciculus
 - C. Myotome
 - D. Neurolemma
- 4. Which of the following best describes the function of neurotransmitters?**
 - A. They travel through the bloodstream for systemic effects
 - B. They act locally across synapses for immediate response
 - C. They are released by glands to regulate long-term functions
 - D. They amplify signals over long distances
- 5. What are the main symptoms of Gerstmann's syndrome?**
 - A. Visual agnosia and auditory processing deficits
 - B. Memory loss and confabulation
 - C. Finger agnosia and right-left confusion
 - D. Pseudodepression and poor hygiene

- 6. How do the anterior pituitary and posterior pituitary differ?**
- A. Anterior pituitary stores hormones; posterior produces them
 - B. Anterior pituitary is regulated by the hypothalamus; posterior is not
 - C. Anterior pituitary produces and releases hormones; posterior stores and releases
 - D. Anterior pituitary is involved in metabolism; posterior in reproduction
- 7. How many segments is the spinal cord divided into?**
- A. 24 segments
 - B. 31 segments
 - C. 42 segments
 - D. 56 segments
- 8. What EEG pattern is associated with a person who is awake and relaxed?**
- A. Delta waves
 - B. Alpha waves
 - C. Theta waves
 - D. REM sleep waves
- 9. What percentage of individuals with a mild brain injury experience post-concussional syndrome?**
- A. 40%
 - B. 50%
 - C. 60%
 - D. 70%
- 10. What is the primary function of the adrenal glands?**
- A. To produce neurotransmitters for communication
 - B. To regulate blood pressure
 - C. To produce hormones that regulate metabolism, immune response, and stress
 - D. To control heart rate

Answers

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

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Explanations

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1. According to the James-Lange theory, what leads to the experience of emotions?

- A. Physical sensations**
- B. Cognitive appraisal
- C. Emotional conditioning
- D. Social interactions

The James-Lange theory posits that emotions are experienced as a result of physiological reactions to stimuli. According to this theory, an event causes a physiological response, such as increased heart rate, sweating, or muscle tension, and it is the awareness of these physical sensations that leads to the subjective experience of emotion. For example, if you encounter a bear in the woods, your body may react with increased heart rate and adrenaline release, and it is the perception of these changes that creates the feeling of fear. Therefore, the physical sensations that arise from our body's responses to various stimuli are fundamental to how we perceive our emotions, making physical sensations the core element in the James-Lange theory of emotional experience.

2. Which of the following is an example of an active coping strategy for pain?

- A. Resting
- B. Taking medication
- C. Ignoring**
- D. Restricting activities

Active coping strategies are methods individuals use to manage and adjust to pain effectively. The correct choice refers to a technique where a person takes conscious steps to address their pain experience, which can involve engagement with the pain rather than avoidance or passive responses. Ignoring pain does not involve a proactive approach to managing it; rather, it is a way of denying or suppressing the acknowledgment of pain. This could lead to greater psychosocial consequences or unaddressed physical problems. In contrast, active coping strategies involve problem-solving and taking action. Resting, taking medication, and restricting activities also reflect more passive or avoidance-based approaches and do not necessarily engage the individual in actively managing their pain. Instead, they may serve to minimize or temporarily alleviate the sensation rather than confront the pain directly. Active coping strategies emphasize engagement in activities or psychological techniques that can help modify the pain experience, thereby supporting overall well-being and functionality.

3. What is the anatomical term for the areas of the body corresponding to segments of the spinal cord?

A. Dermatome

B. Fasciculus

C. Myotome

D. Neurolemma

The correct answer is "dermatome." A dermatome is an area of skin that is mainly supplied by a single spinal nerve root. Each segment of the spinal cord corresponds to a specific dermatome, and this relationship is essential for understanding sensory innervation and the localization of neurological conditions. Dermatomes enable clinicians to assess nerve function and diagnose potential spinal cord injuries or specific neurological disorders based on sensory loss in specific skin areas. The importance of dermatomes extends beyond clinical assessment; they are foundational in the study of neuroanatomy and are used in various medical fields, including anesthesiology, pain management, and rehabilitation. The other terms listed are related to anatomical and physiological concepts but do not pertain directly to the segmentation of the spinal cord. A fasciculus refers to a bundle of nerve fibers, myotome refers to a group of muscles innervated by a single spinal nerve root, and neurolemma is the outermost layer of a Schwann cell that surrounds the axon in the peripheral nervous system. These terms serve different functions within the nervous system, making "dermatome" the most accurate choice for the specific inquiry regarding spinal cord segments.

4. Which of the following best describes the function of neurotransmitters?

A. They travel through the bloodstream for systemic effects

B. They act locally across synapses for immediate response

C. They are released by glands to regulate long-term functions

D. They amplify signals over long distances

Neurotransmitters are chemical messengers that play a crucial role in communication between neurons within the nervous system. The primary function of neurotransmitters is to facilitate the transmission of signals across synapses— the junctions between neurons. When a neuron is activated, it releases neurotransmitters into the synaptic cleft, where they bind to specific receptors on the post-synaptic neuron. This binding typically leads to immediate physiological responses, such as the generation of an action potential in the post-synaptic neuron, thus facilitating rapid communication within the brain and body. This local action is key to the functioning of the nervous system, allowing for quick responses to stimuli. This is in stark contrast to hormones, which travel through the bloodstream and affect distant targets to regulate longer-term processes. Hence, the description of neurotransmitters as acting locally across synapses for immediate response accurately portrays their essential role in neuronal communication.

5. What are the main symptoms of Gerstmann's syndrome?

- A. Visual agnosia and auditory processing deficits
- B. Memory loss and confabulation
- C. Finger agnosia and right-left confusion**
- D. Pseudodepression and poor hygiene

Gerstmann's syndrome is characterized by a specific set of cognitive and perceptual disturbances that arise from damage, typically in the left parietal lobe of the brain. The hallmark symptoms of this syndrome include finger agnosia, which is the inability to recognize or identify one's own fingers or the fingers of others, and right-left confusion, where an individual has difficulty distinguishing between the right and left sides of their own body or the environment. The syndrome often also involves agraphia (difficulty in writing) and acalculia (difficulty in performing mathematical calculations). The presence of finger agnosia and right-left confusion directly relates to the spatial and associative functions of the parietal lobe, indicating the critical role this brain region plays in integrating sensory information and aiding in body awareness and coordination. The other options presented refer to symptoms associated with different neurological or psychological conditions. For example, visual agnosia and auditory processing deficits are typically linked to other types of brain injuries or disorders, memory loss and confabulation are more characteristic of amnesic syndromes, and pseudodepression and poor hygiene relate to different psychiatric or neurologic conditions, such as certain dementias or mood disorders. Therefore, the distinct combination of finger agnosia

6. How do the anterior pituitary and posterior pituitary differ?

- A. Anterior pituitary stores hormones; posterior produces them
- B. Anterior pituitary is regulated by the hypothalamus; posterior is not
- C. Anterior pituitary produces and releases hormones; posterior stores and releases**
- D. Anterior pituitary is involved in metabolism; posterior in reproduction

The anterior pituitary and posterior pituitary have distinct roles in the endocrine system, and understanding their functions is crucial for grasping how hormonal regulation works in the body. The anterior pituitary, also known as the adenohypophysis, synthesizes and secretes a variety of hormones, including growth hormone, prolactin, and adrenocorticotropic hormone, among others. It plays a direct role in regulating various bodily functions through these hormones. In contrast, the posterior pituitary, known as the neurohypophysis, does not produce hormones itself. Instead, it serves as a storage site for hormones that are produced in the hypothalamus, such as oxytocin and vasopressin (antidiuretic hormone). These hormones are synthesized in the hypothalamic neurons and transported down their axons to the posterior pituitary, where they are stored until needed. Upon stimulation, the posterior pituitary releases these hormones into the bloodstream. This distinction in the roles of hormone production and storage, as highlighted in the correct answer, illustrates the integrated functioning of these two regions of the pituitary gland and their connection with the hypothalamus. Understanding these differences is essential for comprehending how endocrine signaling influences various physiological processes in the body

7. How many segments is the spinal cord divided into?

- A. 24 segments
- B. 31 segments**
- C. 42 segments
- D. 56 segments

The spinal cord is divided into 31 segments, which is a key aspect of its structure and function in the nervous system. These segments correspond to the pairs of spinal nerves that emerge from the spinal cord, providing both motor and sensory innervation to various parts of the body. The 31 segments consist of 8 cervical segments, 12 thoracic segments, 5 lumbar segments, 5 sacral segments, and 1 coccygeal segment. Understanding the segmentation of the spinal cord is crucial for recognizing how different regions of the body are controlled and how spinal nerves communicate with the central nervous system. Each segment plays a specific role in facilitating reflexes and relaying sensory information, which underscores the importance of the correct segmentation in both clinical and anatomical contexts.

8. What EEG pattern is associated with a person who is awake and relaxed?

- A. Delta waves
- B. Alpha waves**
- C. Theta waves
- D. REM sleep waves

The EEG pattern associated with a person who is awake and relaxed is characterized by alpha waves. These brain waves typically range from 8 to 12 Hz and are prominent when a person is in a state of quiet wakefulness, often with closed eyes. Alpha waves indicate a state of relaxation and are commonly associated with the brain's transition into a less alert state without completely falling asleep. In contrast, delta waves are associated with deep sleep and are much slower, ranging from 0.5 to 4 Hz. Theta waves occur during light sleep or deep relaxation, but they are not primarily linked to awake relaxation. REM sleep waves, characterized by low-amplitude mixed frequency activity similar to wakefulness, occur specifically during rapid eye movement sleep, which is distinctly different from the relaxed awake state.

9. What percentage of individuals with a mild brain injury experience post-concussional syndrome?

- A. 40%
- B. 50%**
- C. 60%
- D. 70%

Post-concussional syndrome is a collection of symptoms that may persist after a mild brain injury or concussion. Research indicates that a substantial proportion of individuals who suffer from mild traumatic brain injuries develop this syndrome, with estimates suggesting that around 50% of those affected will experience ongoing symptoms. These symptoms can include headaches, dizziness, cognitive difficulties, and emotional disturbances, and they can vary widely in severity and duration. Recognizing that a significant number of individuals with mild brain injuries may go on to experience post-concussional syndrome is important for both clinical assessment and treatment planning. This understanding emphasizes the need for continued monitoring and supportive care following an initial concussion to help address any lingering issues that may arise.

10. What is the primary function of the adrenal glands?

- A. To produce neurotransmitters for communication
- B. To regulate blood pressure
- C. To produce hormones that regulate metabolism, immune response, and stress**
- D. To control heart rate

The primary function of the adrenal glands is to produce hormones that play essential roles in regulating various bodily functions, including metabolism, immune response, and the body's response to stress. The adrenal glands consist of two main parts: the adrenal cortex and the adrenal medulla. The adrenal cortex produces steroid hormones such as cortisol, which helps manage stress and influences metabolism and immune response, as well as aldosterone, which is crucial for regulating blood pressure and fluid balance. The adrenal medulla produces catecholamines like adrenaline, which are involved in the body's fight or flight response. In contrast to the primary function of the adrenal glands, other options refer to processes regulated by different systems or organs. For example, while blood pressure regulation is influenced by hormones released by the adrenal glands, it is not their sole or primary function. Additionally, neurotransmitter production is primarily the responsibility of the nervous system and specific glands such as the pineal gland and pituitary gland. Heart rate is primarily controlled by the autonomic nervous system, specifically through the actions of the heart and associated nervous pathways rather than directly attributed to the adrenal glands. Thus, the comprehensive role of the adrenal glands in hormone production for metabolism, immune response, and stress response underscores why option C is the correct answer.

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.

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

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