

HOLISTIC LEARNING OBJECTIVES EXAM 3 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://holisticlos3.examzify.com>



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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	15

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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 factor is associated with cerumen impaction?**
 - A. Impacted cerumen
 - B. Otosclerosis
 - C. Presbycusis
 - D. Inner ear pathology

- 2. In thoracic cavity development in infants, when are the lungs viable outside the uterus?**
 - A. 5 weeks
 - B. 10 weeks
 - C. 15 weeks
 - D. 20 weeks

- 3. Otosclerosis is best described as which of the following?**
 - A. Dry cerumen from atrophy of apocrine glands
 - B. Otosclerosis in young adults
 - C. Impacted cerumen
 - D. Cerumen buildup in ear canal

- 4. How can technology influence holistic learning while avoiding widening gaps?**
 - A. Replacing teachers with apps entirely.
 - B. Connect ideas, support collaboration, but require device access, digital literacy, offline options, universal design.
 - C. Requiring always-online synchronous sessions only.
 - D. Limiting to text messaging.

- 5. Around 40-45 years, which change commonly occurs?**
 - A. Trouble focusing on near objects
 - B. Macula matures
 - C. Eyeball reaches full size
 - D. Visual acuity diminishes gradually

- 6. Which sequence describes the spread of the cardiac electrical impulse through the heart?**
- A. SA node → atria → AV node → bundle of His → left and right bundle branches → ventricles
 - B. Ventricles → atria → AV node → SA node
 - C. AV node → SA node → ventricles
 - D. SA node → atria → AV node → bundle of His → left and right bundle branches → ventricles
- 7. Which statement about resting heart rate and cardiac output with aging is true?**
- A. Increase in heart rate and decrease in cardiac output
 - B. Decrease in heart rate and decrease in cardiac output
 - C. Heart rate fluctuations widely with no pattern
 - D. No change in heart rate or cardiac output when resting
- 8. At about 8 months, what major maturation occurs in the eye?**
- A. Macula matures
 - B. Eyeball reaches full size
 - C. Trouble focusing on near objects
 - D. Visual acuity diminishes gradually
- 9. In an applied scenario where a student struggles to integrate concepts from science and art, what steps would you take to support them?**
- A. Delay intervention until project due date.
 - B. Diagnose gaps, provide cross-disciplinary resources, adjust task to explicit integration criteria, use visual mapping, pair them with a mentor, and scaffold.
 - C. Increase content difficulty without support.
 - D. Remove collaboration and let student work alone.
- 10. Which term refers to the nostril openings on the external nose?**
- A. Root
 - B. Nares
 - C. Ala
 - D. Columella

Answers

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

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Explanations

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1. Which factor is associated with cerumen impaction?

- A. Impacted cerumen**
- B. Otosclerosis
- C. Presbycusis
- D. Inner ear pathology

Cerumen impaction happens when earwax builds up and becomes densely packed in the ear canal, blocking the passage. The best answer is impacted cerumen because the question points to the state that defines this condition—the wax that is impacted is the very factor associated with cerumen impaction. The other possibilities describe different causes of hearing issues that don't involve wax occluding the canal: otosclerosis is abnormal bone growth in the middle ear, presbycusis is age-related sensorineural loss, and inner ear pathology involves problems inside the cochlea or vestibular system.

2. In thoracic cavity development in infants, when are the lungs viable outside the uterus?

- A. 5 weeks
- B. 10 weeks
- C. 15 weeks
- D. 20 weeks**

The ability of lungs to function outside the uterus depends on maturation of the airways and the presence of surfactant to keep the alveoli open for gas exchange. By about 20 weeks gestation the lung is in the canalicular stage with developing respiratory bronchioles and early type II pneumocytes that begin producing surfactant. This combination allows the alveolar units to inflate and sustain gas exchange at birth, especially with neonatal support. Earlier than this, the air spaces and surfactant are not sufficient for life outside the womb; later weeks see further maturation, but the earliest point at which viability can begin is around 20 weeks.

3. Otosclerosis is best described as which of the following?

- A. Dry cerumen from atrophy of apocrine glands
- B. Otosclerosis in young adults**
- C. Impacted cerumen
- D. Cerumen buildup in ear canal

Otosclerosis is a problem of abnormal bone remodeling in the tiny bones of the middle ear, especially the stapes, which gradually becomes fixed and can cause conductive hearing loss. It most commonly presents in young adults. That makes the description "otosclerosis in young adults" the best fit among the options, because it reflects the typical age group affected by the condition. The other choices describe issues with earwax (cerumen) in the external ear canal—dry cerumen, impacted cerumen, or cerumen buildup—which are unrelated to otosclerosis. They don't address the middle-ear bone remodeling and its impact on hearing, which is why they aren't correct.

4. How can technology influence holistic learning while avoiding widening gaps?

- A. Replacing teachers with apps entirely.
- B. Connect ideas, support collaboration, but require device access, digital literacy, offline options, universal design.
- C. Requiring always-online synchronous sessions only.
- D. Limiting to text messaging.

Technology supports holistic learning best when it connects ideas, enables collaboration, and is accessible to all students. The option that fits this is the one that sees technology as a tool for linking concepts and teamwork while also addressing access and skills gaps. It emphasizes having devices available, fostering digital literacy, offering offline options, and using universal design so everyone can participate, including learners with different needs. This approach helps learners integrate knowledge from many areas, work together to solve problems, and stay engaged even when online access is unreliable. It also prevents widening gaps by ensuring that not just those with strong connectivity or resources can benefit. By contrast, relying on apps to replace teachers misses essential human guidance; insisting on always-online sessions creates barriers for those with limited connectivity or busy schedules; and restricting to text messaging limits the kinds of deep, multimodal learning that technology can support.

5. Around 40-45 years, which change commonly occurs?

- A. Trouble focusing on near objects
- B. Macula matures
- C. Eyeball reaches full size
- D. Visual acuity diminishes gradually

Focusing on near objects becomes harder as people reach their midlife due to presbyopia. The eyes lose some ability to accommodate, meaning the lens becomes less flexible and the ciliary muscle can't increase its curvature as easily. This reduces the optical power available for close tasks, so reading small print or looking at things up close often requires holding them farther away or using reading glasses. The change is a normal age-related shift in how the eye focuses, typically starting around the 40s. Other options aren't tied to this midlife shift. Macula maturation happens long before adulthood, during early development. Eyeball size reaches its full development in childhood. A general, gradual drop in visual acuity can occur with aging, but around 40–45 the hallmark change people notice is the decline in near-vision accommodation rather than a broad, uniform drop in acuity.

6. Which sequence describes the spread of the cardiac electrical impulse through the heart?

- A. SA node atria AV node bundle of His left and right bundle branches ventricles
- B. Ventricles atria AV node SA node
- C. AV node SA node ventricles
- D. SA node atria AV node bundle of His left and right bundle branches ventricles**

The main idea is how the heart's electrical signal travels in a coordinated path so the atria contract before the ventricles. The impulse starts in the sinoatrial (SA) node, the natural pacemaker in the right atrium. From there it spreads across the atrial muscle, causing atrial contraction and pushing blood into the ventricles. The signal then reaches the atrioventricular (AV) node, where there is a brief delay to allow the ventricles to fill. After this pause, the impulse travels down the bundle of His, which splits into the left and right bundle branches and carries the signal toward the ventricles. Finally, it reaches the ventricular conduction system (including Purkinje fibers) to trigger ventricular contraction. This sequence—SA node atria AV node bundle of His left and right bundle branches ventricles—best captures the orderly progression needed for synchronized heartbeats. The other options break the timing (ventricles before atria), skip the AV node delay, or place components in the wrong order, which would disrupt coordinated contraction.

7. Which statement about resting heart rate and cardiac output with aging is true?

- A. Increase in heart rate and decrease in cardiac output
- B. Decrease in heart rate and decrease in cardiac output
- C. Heart rate fluctuations widely with no pattern
- D. No change in heart rate or cardiac output when resting**

Resting cardiovascular function tends to stay stable with age in healthy individuals, even though the heart's ability to respond to stress declines. At rest, the heart rate generally remains similar to that of younger adults, because autonomic balance keeps the baseline rate steady. Cardiac output at rest is the product of heart rate and stroke volume. With aging, stroke volume can decrease a bit due to changes in ventricular compliance and filling, but resting heart rate often remains unchanged, so the overall resting cardiac output stays roughly the same. The big age-related shift is seen in how the heart responds to exercise: maximum heart rate falls and the heart's reserve diminishes. So, at rest, there is no meaningful change in heart rate or cardiac output with aging in healthy individuals.

8. At about 8 months, what major maturation occurs in the eye?

- A. Macula matures**
- B. Eyeball reaches full size
- C. Trouble focusing on near objects
- D. Visual acuity diminishes gradually

Infant eye development hinges on the maturation of the macula, the region of the retina responsible for high-acuity central vision. Around eight months, the macula reaches a more mature state, which means central vision becomes sharper and color processing becomes more refined. This milestone helps explain why babies start distinguishing detail and tracking objects with greater clarity around this age. The other statements don't capture a discrete maturation event at eight months: the eyeball's overall size continues to grow after infancy, near-focus and accommodation improve gradually rather than suddenly at this point, and visual acuity tends to improve over the first year rather than diminish.

9. In an applied scenario where a student struggles to integrate concepts from science and art, what steps would you take to support them?

- A. Delay intervention until project due date.
- B. Diagnose gaps, provide cross-disciplinary resources, adjust task to explicit integration criteria, use visual mapping, pair them with a mentor, and scaffold.**
- C. Increase content difficulty without support.
- D. Remove collaboration and let student work alone.

When supporting a student who struggles to integrate science and art, the essential approach is to provide targeted, scaffolded help that makes cross-disciplinary connections clear and manageable. Begin by assessing where the integration breaks down—whether the student misunderstands a scientific idea, can't apply it to an artistic task, or can't link the process to the product. With that information, offer cross-disciplinary resources that illustrate how science ideas can influence artistic decisions, and vice versa. Adapt the task with explicit integration criteria, so the student knows exactly what counts as success across both domains. For example, require the project to demonstrate a specific scientific principle and show how that principle informs design choices, materials, or media in the artwork. Use visual mapping, like concept or idea maps, to lay out how science concepts connect to artistic processes, making the relationships visible and navigable. Pair the student with a mentor who models the integration process and provides concrete examples, questions, and feedback. Scaffold the work step by step: start with shared vocabulary and simple connections, move to guided practice, then to independent application with structured supports and rubrics. This combination helps build confidence and competence in blending disciplines over time. Delaying intervention allows gaps to widen and makes later support less effective. Increasing difficulty without supports can overwhelm the student, and removing collaboration deprives them of needed guidance and feedback.

10. Which term refers to the nostril openings on the external nose?

- A. Root
- B. Nares**
- C. Ala
- D. Columella

The term for the nostril openings on the external nose is nares. These are the actual openings through which air enters the nasal cavity. The other terms refer to different parts: the root is the upper part near the bridge of the nose, the ala are the outer side flaps formed by the lateral nasal cartilages, and the columella is the tissue that runs between the two nostrils along the midline. So, nares is the precise label for the openings you can see at the base of the nose.

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://holisticlos3.examzify.com>

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

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