Human Functions Test 1 Practice (Sample)

Study Guide

Everything you need from our exam experts!

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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

1. Which plane is primarily associated with abduction and adduction movements?

A. Sagittal plane

B. None

C. Coronal/Frontal plane

D. Transverse plane

2. Which muscle allows us to chew our food?

A. Temporalis

B. Buccinator

C. Masseter

D. Medial pterygoid

3. What is the function of the buccinator muscle?

A. Elevates the jaw

B. Closes the eyelids

C. Contracts the cheeks to narrow the mouth

D. Depresses the lips

4. Which muscle originates at the coracoid process of the scapula?

A. Long Head of Biceps Brachii

B. Short Head of Biceps Brachii

C. Triceps Brachii

D. Deltoid

5. Which rotator cuff muscle primarily abducts the arm?

A. Infraspinatus

B. Subscapularis

C. Supraspinatus

D. Teres minor

6. Which joint allows rotation of the head to the opposite side?

- **A. Atlantoaxial Joint**
- **B. Intervertebral Joints**
- **C. Nuchal Joint**
- **D. Atlantooccipital Joint**

7. Which muscle is engaged when blowing up a balloon or playing the trumpet?

- **A. Masseter**
- **B. Temporalis**
- **C. Risorius**
- **D. Buccinator**

8. Which contraction occurs when the joint angle changes with the muscle length lengthening, such as lowering a weight?

- **A. Isometric**
- **B. Eccentric**
- **C. Concentric**
- **D. Plyometric**

9. Which hip muscle is a prime mover for internal rotation?

- **A. Piriformis**
- **B. Gluteus Minimus**
- **C. Tensor Fasciae Latae**
- **D. Gluteus Maximus**

10. Which of the following lists contains the muscles that contribute to wrist flexion?

- **A. Abductor pollicis longus**
- **B. Flexor carpi radialis, flexor pollicis longus, flexor digitorum superficialis, flexor digitorum profundus, flexor carpi ulnaris, and palmaris longus**
- **C. Extensor carpi radialis longus and brevis**
- **D. Flexor carpi radialis and extensor carpi ulnaris only**

Answers

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

Explanations

1. Which plane is primarily associated with abduction and adduction movements?

A. Sagittal plane

B. None

C. Coronal/Frontal plane

D. Transverse plane

Abduction and adduction happen in the coronal (frontal) plane. This plane divides the body into front and back portions, and movements that move a limb away from or toward the midline occur within it. For example, lifting the arm out to the side is abduction in this plane, and bringing the arm back toward the body is adduction. In contrast, flexion and extension mainly occur in the sagittal plane, and rotation occurs in the transverse plane. So the coronal/frontal plane is the one primarily associated with abduction and adduction.

2. Which muscle allows us to chew our food?

A. Temporalis

B. Buccinator

C. Masseter

D. Medial pterygoid

Chewing hinges on closing the jaw to bring the teeth together, and the muscle that does this most powerfully is the masseter. It runs from the zygomatic arch to the angle of the mandible and provides the bulk of the bite force needed to crush and grind food. Other muscles assist in chewing but aren't the primary bite mover: the temporalis also elevates the jaw and can retract it, contributing to biting strength; the medial pterygoid helps elevate the mandible and assists with grinding; the buccinator keeps food between the teeth by pressing the cheek inward, guiding it toward the grinding surfaces; and the lateral pterygoid opens the jaw and helps with side-to-side movements during chewing. So, the masseter is the main muscle enabling us to chew by producing the strong jaw-closing action.

3. What is the function of the buccinator muscle?

A. Elevates the jaw

B. Closes the eyelids

C. Contracts the cheeks to narrow the mouth

D. Depresses the lips

This item tests the function of the buccinator, the muscle that forms the cheek and controls how the cheek is pressed toward the teeth. When it contracts, the buccinator tenses the cheek and presses it against the teeth, which narrows the mouth opening and helps keep food between the teeth during chewing while also aiding in blowing or whistling. That's why contracting the cheeks to narrow the mouth best fits the buccinator's role. It's not involved in elevating the jaw, closing the eyelids, or depressing the lips—those actions come from other muscles.

4. Which muscle originates at the coracoid process of the scapula?

A. Long Head of Biceps Brachii

B. Short Head of Biceps Brachii

C. Triceps Brachii

D. Deltoid

Identifying where muscles attach to the scapula is being tested here. The coracoid process serves as the origin for the short head of the biceps brachii. The long head of the biceps brachii originates from the supraglenoid tubercle, not the coracoid. The triceps brachii has origins at the infraglenoid tubercle (for the long head) and on the humerus for the other heads, while the deltoid originates from the clavicle, acromion, and spine of the scapula. Therefore, the muscle that originates at the coracoid process is the short head of the biceps brachii.

5. Which rotator cuff muscle primarily abducts the arm?

A. Infraspinatus

B. Subscapularis

C. Supraspinatus

D. Teres minor

Supraspinatus is the muscle that initiates and primarily abducts the arm. It sits in the supraspinous fossa, passes under the acromion, and attaches to the superior part of the greater tubercle of the humerus. As you begin to lift the arm, this tendon pulls the humeral head into the glenoid and generates the initial upward movement for the first roughly 15 degrees of abduction. After that initial phase, the deltoid becomes the main mover for further elevation, while the supraspinatus continues to help stabilize the joint and assist with ongoing abduction. The other rotator cuff muscles—infraspinatus and teres minor, which mainly external rotate and help with stabilization, and subscapularis, which mainly internal rotates and stabilizes—do not primarily drive abduction.

6. Which joint allows rotation of the head to the opposite side?

A. Atlantoaxial Joint

B. Intervertebral Joints

C. Nuchal Joint

D. Atlantooccipital Joint

Rotation of the head to either side is produced mainly by the atlantoaxial joint, the articulation between the atlas (C1) and the axis (C2). The dens (odontoid process) of the axis acts as a pivot around which the atlas and skull rotate, enabling you to turn the head left or right. The atlantooccipital joint, between the occipital bone and the atlas, mainly allows nodding yes (flexion-extension) with limited lateral movement, not the primary rotation. Intervertebral joints permit small gliding movements between vertebrae but don't provide the main rotational motion of the head. The nuchal joint isn't a standard primary joint involved in head rotation.

7. Which muscle is engaged when blowing up a balloon or playing the trumpet?

A. Masseter

B. Temporalis

C. Risorius

D. Buccinator

Blowing up a balloon or playing a trumpet requires keeping a tight seal inside the mouth and actively pushing air outward. The muscle that does this is the buccinator, located in the cheek. When it contracts, it presses the cheek against the teeth, helping push air out and maintain inward pressure, which is exactly what you need to blow air into a balloon or to control air flow for a brass instrument. The other muscles listed don't do this: the masseter and temporalis mainly raise the jaw for chewing, and the risorius helps pull the corners of the mouth outward in smiling, not control and direction of the air stream.

8. Which contraction occurs when the joint angle changes with the muscle length lengthening, such as lowering a weight?

A. Isometric

B. Eccentric

C. Concentric

D. Plyometric

The key idea is controlling movement while the muscle lengthens under tension. When you lower a weight, the joint angle changes as the muscle length increases while it still generates force to slow the descent. This active lengthening is called eccentric contraction. It's different from concentric contraction, where the muscle shortens to lift a load, and from isometric contraction, where the joint angle doesn't change. Plyometric refers to a training method involving rapid stretch-shortening cycles, not the basic contraction type in a controlled lowering. So the described scenario is eccentric contraction.

9. Which hip muscle is a prime mover for internal rotation?

A. Piriformis

B. Gluteus Minimus

C. Tensor Fasciae Latae

D. Gluteus Maximus

Internal rotation of the hip involves turning the thigh inward toward the midline. The muscle most effective at driving that motion is the gluteus minimus. Its fibers run from the ilium to the anterior aspect of the greater trochanter, so when it contracts, it pulls the femur medially. This makes gluteus minimus a primary internal rotator, especially when the hip is flexed. Piriformis, while a rotator of the hip, is mainly an external rotator when the leg is extended and only assists in other roles when the hip is flexed; tensor fasciae latae contributes to medial rotation mainly as a synergist and stabilizer rather than the primary mover; gluteus maximus is a powerful extensor and external rotator, not an internal rotator. Therefore, gluteus minimus best fits the role of a prime mover for internal rotation.

10. Which of the following lists contains the muscles that contribute to wrist flexion?

A. Abductor pollicis longus

B. Flexor carpi radialis, flexor pollicis longus, flexor digitorum superficialis, flexor digitorum profundus, flexor carpi ulnaris, and palmaris longus

C. Extensor carpi radialis longus and brevis

D. Flexor carpi radialis and extensor carpi ulnaris only

Wrist flexion comes from forearm flexor muscles that cross the wrist on the anterior side. The primary wrist flexors are flexor carpi radialis and flexor carpi ulnaris, and other muscles that cross the wrist also contribute: flexor digitorum superficialis and flexor digitorum profundus (which flex the fingers and assist the wrist when the fingers are flexed), palmaris longus (which tenses the palmar fascia and helps flex the wrist), and flexor pollicis longus (which flexes the thumb but also crosses the wrist and adds to wrist flexion). So the list that includes all of these muscles—flexor carpi radialis, flexor pollicis longus, flexor digitorum superficialis, flexor digitorum profundus, flexor carpi ulnaris, and palmaris longus—is the correct one. In contrast, muscles that extend the wrist or abduct it (such as extensor carpi radialis longus and brevis, extensor carpi ulnaris, and abductor pollicis longus) do not contribute to wrist flexion.

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://humanfunctions1.examzify.com

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