

HUMAN FUNCTIONS TEST 1 PRACTICE (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. The interosseous membrane connects which bones?

- A. Radius and Ulna
- B. Tibia and Fibula
- C. Humerus and Radius
- D. Femur and Tibia

2. Which of the following is a carpal bone?

- A. Patella
- B. Femur
- C. Scaphoid
- D. Tibia

3. Joints involved in making a fist

- A. Radiocarpal joint
- B. MCP, PIP, DIP, and IP Joint (Thumb)
- C. Humeroradial joint
- D. MCP and DIP only

4. Which muscle is primarily involved when moving from a supine position to sitting?

- A. Rectus abdominis
- B. External oblique
- C. Transverse abdominis
- D. Iliopsoas

5. Which muscle group provides stabilization during movement?

- A. Gluteus Maximus
- B. Quadriceps
- C. Hamstrings
- D. Core Muscles

6. Which muscle is a primary hip adductor?

- A. Gluteus Maximus
- B. Adductor Magnus
- C. Quadriceps
- D. Hamstrings

- 7. Chewing primarily involves which muscle?**
- A. Masseter
 - B. Temporalis muscle
 - C. Lateral pterygoid
 - D. Digastric muscle
- 8. Sitting slumped with a rounded back in a chair would result in what kind of tilt to the pelvis?**
- A. Anterior
 - B. Posterior
 - C. Lateral
 - D. Superior
- 9. Which wrist flexor muscle is innervated by the median nerve?**
- A. Flexor Carpi Ulnaris
 - B. Flexor Carpi Radialis
 - C. Extensor Carpi Radialis
 - D. Flexor Digitorum Superficialis
- 10. Which ligament extends from the coracoid process to the greater tubercle of the humerus?**
- A. Glenohumeral Ligament
 - B. Transverse Humeral Ligament
 - C. Coracoacromial Ligament
 - D. Coracohumeral Ligament

Answers

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

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Explanations

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1. The interosseous membrane connects which bones?

- A. Radius and Ulna
- B. Tibia and Fibula
- C. Humerus and Radius
- D. Femur and Tibia

Interosseous membranes are fibrous sheets that bind two adjacent long bones along their shafts, creating a strong, slip-free link that helps transmit load and stabilize the forearm during rotation. In the forearm, this membrane runs between the radius and ulna, holding the two bones together along most of their length and providing a surface for muscle attachments. This connection is what helps transfer forces from the hand to the forearm and maintains the proper spacing of the bones during pronation and supination, as well as during activities that load the wrist and forearm. A similar interosseous membrane exists between the tibia and fibula in the leg, but the classic example tested in this context is the linkage between the radius and ulna. Therefore, the best answer is the connection between the radius and ulna.

2. Which of the following is a carpal bone?

- A. Patella
- B. Femur
- C. Scaphoid
- D. Tibia

Carpal bones are the eight small bones that form the wrist. The scaphoid is one of these carpal bones, located on the thumb side of the wrist and linking the radius to the other carpal bones. The other options come from different parts of the skeleton: the patella is the knee cap, the femur is the thigh bone, and the tibia is the shin bone. So the scaphoid is the correct choice because it is indeed a carpal bone.

3. Joints involved in making a fist

- A. Radiocarpal joint
- B. MCP, PIP, DIP, and IP Joint (Thumb)
- C. Humeroradial joint
- D. MCP and DIP only

Making a fist mainly comes from curling the fingers by bending their joints. Each finger has three joints that bend when you curl: the metacarpophalangeal joints at the base, the proximal interphalangeal joints in the middle, and the distal interphalangeal joints near the fingertips. Flexing all of these joints allows the fingers to fold toward the palm. The thumb participates by bending its interphalangeal joint, helping it tuck against the fingers for a secure grip. The wrist and elbow aren't the joints that form the fist; they influence position and leverage, but the actual curling comes from these finger joints and the thumb's IP joint. So, the joints involved are the MCP, PIP, and DIP joints of the fingers, plus the IP joint of the thumb.

4. Which muscle is primarily involved when moving from a supine position to sitting?

- A. Rectus abdominis**
- B. External oblique
- C. Transverse abdominis
- D. Iliopsoas

Moving from lying flat to sitting up mainly requires bending the spine to bring the chest toward the pelvis. The rectus abdominis is the primary muscle that produces this trunk flexion, pulling the ribcage toward the pelvis and curling the spine forward to lift you into a seated position. The external oblique can assist with flexion and also helps with side bending and rotation, but it isn't the main driver. The transverse abdominis provides core stability rather than producing the big bend of the trunk. The iliopsoas mainly flexes the hip, so it helps more when the legs are involved in lifting the torso, but for pure moving from supine to sitting, the spine-flexing action of the rectus abdominis is the key.

5. Which muscle group provides stabilization during movement?

- A. Gluteus Maximus
- B. Quadriceps
- C. Hamstrings
- D. Core Muscles**

Stabilization during movement comes from the core muscles, which brace the spine and pelvis to create a stable base for the limbs to work from. The core includes the deep abdominal muscles (like the transverse abdominis and internal obliques), the surrounding abdominal muscles, the pelvic floor, the diaphragm, and the muscles of the spine (such as the multifidus). When these muscles engage, they increase intra-abdominal pressure and stiffen the trunk, helping maintain proper alignment and transfer force efficiently between upper and lower body. This stability is what lets the glutes, quads, and hamstrings generate powerful, controlled movement rather than fighting to hold the torso steady. The gluteus maximus drives hip extension; the quadriceps extend the knee; the hamstrings flex the knee and assist hip extension. These are primary movers for specific joint actions and contribute to movement, but stability during those actions mainly comes from the core.

6. Which muscle is a primary hip adductor?

- A. Gluteus Maximus
- B. Adductor Magnus**
- C. Quadriceps
- D. Hamstrings

Hip adduction means pulling the thigh toward the midline, and this action is mainly produced by the adductor muscle group. Among them, the adductor magnus is the largest and strongest contributor to inward thigh movement, especially when the thigh is extended; its fibers work to bring the leg in while also helping with other movements, but its primary role is to adduct the hip. The gluteus maximus is mainly a hip extensor and external rotator (and can assist in abduction in some positions), while the quadriceps extend the knee, and the hamstrings flex the knee and extend the hip. So the adductor magnus best fits the role of the primary hip adductor.

7. Chewing primarily involves which muscle?

- A. Masseter
- B. Temporalis muscle**
- C. Lateral pterygoid
- D. Digastric muscle

Chewing relies on the jaw-closing muscles, with the masseter doing the heavy lifting. The masseter originates near the cheekbone and attaches to the mandible, producing powerful elevation of the jaw to bite and grind. The temporalis also helps by elevating the jaw and pulling it back slightly, but it doesn't generate as much force as the masseter. Other muscles like the lateral pterygoid help with opening the jaw and grinding movements, while the digastric mainly assists in opening the jaw rather than chewing. So, the muscle primarily involved in chewing is the masseter.

8. Sitting slumped with a rounded back in a chair would result in what kind of tilt to the pelvis?

- A. Anterior
- B. Posterior**
- C. Lateral
- D. Superior

Posture in a chair directly affects the pelvis. When you sit with a rounded upper back and the lower back flattening, the spine flexes forward and the pelvis rotates backward to balance the body. This backward rotation is a posterior pelvic tilt, and it also reduces the natural inward curve of the lower back. An anterior tilt would happen if the pelvis rotated forward and increased the lumbar curve, which isn't what slumping does. A lateral tilt would involve a tilt from one side to the other, and a superior tilt would involve a tilt upward, neither of which describes a forward-rounded sitting posture.

9. Which wrist flexor muscle is innervated by the median nerve?

- A. Flexor Carpi Ulnaris
- B. Flexor Carpi Radialis**
- C. Extensor Carpi Radialis
- D. Flexor Digitorum Superficialis

Wrist flexion is carried out by forearm flexors, and the nerve supply helps identify which muscle can actively flex the wrist. The Flexor Carpi Radialis is a primary wrist flexor that is innervated by the median nerve. It runs from the medial epicondyle to the base of the second metacarpal and flexes the wrist while also helping to abduct the hand. In contrast, the Flexor Carpi Ulnaris is innervated by the ulnar nerve and mainly flexes and adducts the wrist. The Extensor Carpi Radialis lies on the back of the forearm and extends the wrist, supplied by the radial nerve. The Flexor Digitorum Superficialis is also median-nerve-innervated but its main role is flexing the fingers at the proximal interphalangeal joints, with wrist flexion being secondary. Thus, the wrist flexor muscle innervated by the median nerve is Flexor Carpi Radialis.

10. Which ligament extends from the coracoid process to the greater tubercle of the humerus?

- A. Glenohumeral Ligament
- B. Transverse Humeral Ligament
- C. Coracoacromial Ligament
- D. Coracohumeral Ligament

In the shoulder, you identify a ligament by where it starts and where it ends. The one that travels from the coracoid process to the greater tubercle of the humerus is the coracohumeral ligament. It helps reinforce the upper part of the glenohumeral joint and blends with the joint capsule and nearby tendons, aiding stabilization of the humeral head. The coracoacromial ligament, by contrast, runs from the coracoid to the acromion and doesn't connect to the humerus. The transverse humeral ligament spans the bicipital groove between the greater and lesser tubercles to hold the long head of the biceps tendon, not from the coracoid. Glenohumeral ligaments connect the glenoid to the humeral head within the joint capsule, not from the coracoid.

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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!

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