

JLAB Biology SOL Practice Test (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. What happens to enzyme activity when the temperature increases beyond the optimal range?**
 - A. It increases significantly**
 - B. It remains the same**
 - C. It decreases and may denature**
 - D. It fluctuates randomly**
- 2. What group of organisms is generally classified based on similar hemoglobin sequences?**
 - A. Mammals**
 - B. Amphibians**
 - C. Reptiles**
 - D. Birds**
- 3. How do fungi, such as mushrooms and molds, obtain their nutrition?**
 - A. Photosynthesis**
 - B. Absorbing nutrients directly from soil**
 - C. Decomposing dead organic matter**
 - D. Predation on living organisms**
- 4. What is the primary factor that affects the adaptation of a bird's foot for hunting?**
 - A. Foot size and shape**
 - B. Feather strength**
 - C. Your geographic location**
 - D. Body weight**
- 5. Which characteristic is indicative of the kingdom Fungi?**
 - A. Photosynthesis ability**
 - B. Cell walls made of chitin**
 - C. Multicellular organisms only**
 - D. Ability to move independently**

- 6. The x-ray diffraction of DNA contributed to the understanding that DNA has what characteristic structure?**
- A. Single strand**
 - B. Triple helix**
 - C. Double helix**
 - D. Linear structure**
- 7. Recognizing that bacteria can cause diseases changed the following aspect of medicine:**
- A. Approach to surgical procedures**
 - B. Understanding of infectious diseases**
 - C. Prescription of medications**
 - D. Hospital management practices**
- 8. What is the main function of organelles within a cell?**
- A. To react with external stimuli**
 - B. To perform specific tasks for the cell**
 - C. To promote genetic diversity**
 - D. To generate energy exclusively**
- 9. Why is photosynthesis critical for life on Earth?**
- A. It generates heat**
 - B. It produces food and oxygen**
 - C. It converts carbon dioxide into water**
 - D. It decomposes organic material**
- 10. Which category best describes the organism discussed that is classified as a eukaryote?**
- A. Animal**
 - B. Plant**
 - C. Fungi**
 - D. Bacteria**

Answers

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

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Explanations

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1. What happens to enzyme activity when the temperature increases beyond the optimal range?

- A. It increases significantly**
- B. It remains the same**
- C. It decreases and may denature**
- D. It fluctuates randomly**

Enzyme activity is highly dependent on temperature because enzymes, which are proteins, have a specific structure that is optimized for their function within a narrow temperature range. As the temperature rises and exceeds this optimal range, several changes occur within the enzyme's structure. Firstly, increased temperature can lead to higher kinetic energy among molecules, resulting in more frequent collisions between enzymes and substrates, which might increase activity up to a point. However, when the temperature surpasses the optimal range, the bonds that maintain the enzyme's three-dimensional shape start to break down. This process, known as denaturation, alters the enzymes' active sites, preventing them from binding to substrates effectively. As a result, the overall catalytic activity of the enzyme decreases. In some cases, extreme temperatures may cause irreversible denaturation, where the enzyme loses its functional shape permanently, resulting in drastically reduced or completely lost enzymatic activity. Hence, if the temperature continues to rise beyond what is optimal, the effective depletion of catalytic function occurs due to structural changes, leading to decreased enzyme activity and potential denaturation.

2. What group of organisms is generally classified based on similar hemoglobin sequences?

- A. Mammals**
- B. Amphibians**
- C. Reptiles**
- D. Birds**

Mammals are generally classified based on similar hemoglobin sequences because they share a more recent common ancestor that leads to similarities in their hemoglobin molecules, which are proteins responsible for transporting oxygen in the blood. The sequences of these proteins can exhibit notable similarities among different mammalian species, reflecting their evolutionary relationships. By examining the differences and similarities in hemoglobin sequences, scientists can infer phylogenetic relationships and better understand the evolutionary history of mammals. This type of molecular analysis provides insights into how certain traits have evolved and helps classify organisms within the mammalian group. Other groups, while they may also utilize hemoglobin for oxygen transport, do not share the same degree of sequence similarity in hemoglobin as seen in mammals, making them less suitable for classification based on hemoglobin sequences alone.

3. How do fungi, such as mushrooms and molds, obtain their nutrition?

- A. Photosynthesis**
- B. Absorbing nutrients directly from soil**
- C. Decomposing dead organic matter**
- D. Predation on living organisms**

Fungi, including mushrooms and molds, obtain their nutrition primarily through the process of decomposition. They play a crucial role in ecosystems as decomposers, breaking down dead organic matter such as decaying plants and animals. This process involves the secretion of enzymes that break down complex organic materials into simpler compounds, which the fungi can then absorb. The ability of fungi to decompose organic matter allows them to recycle nutrients back into the soil, benefiting plant life and maintaining the balance of ecosystems. Unlike plants, fungi do not perform photosynthesis; instead, they rely on organic matter for their energy and carbon needs. This is why they are fundamental in nutrient cycling within ecosystems. The other options do not accurately describe how fungi obtain their nutrition. For instance, while they absorb nutrients from their environment, they do not directly absorb nutrients from soil like plants do, nor do they engage in predation as animals might. Therefore, the ability of fungi to decompose dead organic matter is the correct answer, highlighting their essential role as decomposers in nature.

4. What is the primary factor that affects the adaptation of a bird's foot for hunting?

- A. Foot size and shape**
- B. Feather strength**
- C. Your geographic location**
- D. Body weight**

The primary factor affecting the adaptation of a bird's foot for hunting is foot size and shape. Birds have evolved specific foot structures that correspond to their hunting methods and prey types. For instance, birds of prey like eagles and hawks have strong, sharp talons that allow them to grasp and capture their prey effectively. The shape of the foot can also play a critical role; webbed feet are advantageous for swimming birds, while short, stocky feet might benefit birds that hunt in dense vegetation. This adaptation is essential because it directly influences how well a bird can hunt and capture food, ensuring its survival and effectiveness as a predator. The specialized adaptations of foot size and shape make certain birds exceptionally well-suited for their particular ecological niches, enhancing their hunting efficiency and overall fitness in their environments.

5. Which characteristic is indicative of the kingdom Fungi?

- A. Photosynthesis ability
- B. Cell walls made of chitin**
- C. Multicellular organisms only
- D. Ability to move independently

The characteristic that indicates membership in the kingdom Fungi is the presence of cell walls made of chitin. In fungi, chitin is a key component of their cell walls, which provides structural support and rigidity. This is distinct from plants, which have cell walls composed of cellulose. Fungi exhibit a wide variety of forms, including single-celled organisms like yeasts as well as multicellular forms like molds and mushrooms. Therefore, the notion that fungi are exclusively multicellular is incorrect because the kingdom encompasses both types. Additionally, fungi are heterotrophic organisms that obtain their nutrients by absorbing organic material, rather than through photosynthesis, which is a process associated with plants and some protists. Lastly, fungi do not possess the ability to move independently; they are generally stationary organisms. Therefore, the defining feature of having cell walls made of chitin is what clearly identifies fungi as a separate kingdom within the larger framework of biological classification.

6. The x-ray diffraction of DNA contributed to the understanding that DNA has what characteristic structure?

- A. Single strand
- B. Triple helix
- C. Double helix**
- D. Linear structure

The x-ray diffraction of DNA, particularly the famous images obtained by Rosalind Franklin, provided critical evidence for the double helix structure of DNA. The distinct patterns observed in the diffraction images indicated how the molecules were arranged in a helical shape, which was later confirmed by James Watson and Francis Crick. The double helix model describes DNA as consisting of two complementary strands that wrap around each other, forming a spiral. This model explains how genetic information is stored and replicated in living organisms, as the two strands can separate and serve as templates for producing copies of DNA. This structural arrangement is pivotal in understanding the mechanisms of heredity, replication, and the overall function of DNA within biological systems.

7. Recognizing that bacteria can cause diseases changed the following aspect of medicine:

- A. Approach to surgical procedures**
- B. Understanding of infectious diseases**
- C. Prescription of medications**
- D. Hospital management practices**

Recognizing that bacteria can cause diseases significantly advanced the understanding of infectious diseases. This realization led to a foundational shift in how physicians and scientists viewed the causes of ailments, emphasizing the role of microorganisms in health and disease. It introduced the germ theory, which explains that specific diseases are caused by specific pathogens, such as bacteria. This shift has been pivotal in developing diagnostic techniques, preventive measures, and treatment modalities for infectious diseases. With this new understanding, medical professionals began to focus on controlling bacterial infections through sanitation, hygiene practices, and antibiotics, ultimately leading to improved public health outcomes. This foundational knowledge continues to impact how diseases are identified, studied, and managed today. The other options, while related to the broader context of medicine, do not encapsulate the fundamental change in understanding the nature of diseases caused by infectious agents.

8. What is the main function of organelles within a cell?

- A. To react with external stimuli**
- B. To perform specific tasks for the cell**
- C. To promote genetic diversity**
- D. To generate energy exclusively**

The main function of organelles within a cell is to perform specific tasks for the cell. Each type of organelle has a unique role that contributes to the overall functioning and maintenance of the cell. For example, mitochondria are responsible for energy production through cellular respiration, while ribosomes are involved in protein synthesis. Organelles work in concert to ensure that the cell can grow, replicate, and respond to its environment effectively. This specialized function allows cells to maintain homeostasis, carry out metabolic processes, and respond to signals from the environment. The compartmentalization of tasks within organelles enables more efficient communication and interaction among different cellular functions. Overall, organelles are essential for the life of the cell, each contributing in its own way to the cell's health and activity.

9. Why is photosynthesis critical for life on Earth?

- A. It generates heat
- B. It produces food and oxygen**
- C. It converts carbon dioxide into water
- D. It decomposes organic material

Photosynthesis is essential for life on Earth primarily because it produces food and oxygen. This process occurs in plants, algae, and some bacteria, where they convert sunlight, carbon dioxide, and water into glucose and oxygen. The glucose produced serves as a fundamental source of energy for plants and, consequently, for the animals that consume them, forming the base of the food chain. Moreover, the oxygen released during photosynthesis is critical for the survival of aerobic organisms, including humans, as it is necessary for cellular respiration. This process not only supports life by ensuring the availability of energy-rich compounds but also maintains the balance of gases in the atmosphere, making it vital for sustaining ecosystems. The other choices do not capture the primary importance of photosynthesis in the same way. While generating heat might occur as a byproduct in some scenarios, it is not the primary function of photosynthesis. Converting carbon dioxide into water is inaccurate, as the process involves converting water and CO₂ into glucose and oxygen. Lastly, while decomposing organic material is an important ecological function, it is not a role of photosynthesis but rather of saprophytes and decomposers in the ecosystem. Thus, the production of food and oxygen stands out as the critical reason why photosynthesis is

10. Which category best describes the organism discussed that is classified as a eukaryote?

- A. Animal
- B. Plant**
- C. Fungi
- D. Bacteria

The organism classified as a eukaryote fits best under the category of plants. Eukaryotes are organisms characterized by cells that contain a nucleus and membrane-bound organelles. This group includes animals, plants, fungi, and protists, distinguishing them from prokaryotes like bacteria, which lack these cellular structures. In the context of this question, a plant is a specific type of eukaryotic organism that performs photosynthesis, has cell walls made of cellulose, and is usually adapted to living in various environments. Understanding that eukaryotes encompass a broader range of organisms, the distinction of plants signifies an important aspect of their biology, such as their roles in ecosystems as producers. Other categories, such as animals and fungi, also represent eukaryotic organisms but differ significantly in their characteristics and functions. Animals, for example, are heterotrophs and do not possess cell walls, while fungi are primarily decomposers with a unique reproductive method. Since the reference is specifically to plants, that categorization highlights the unique traits and biological processes associated with this group of eukaryotes.

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://jlabbiologysol.examzify.com>

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