

LICENSED PRACTICAL NURSE (LPN) ENTRANCE 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. Negative feedback involves what type of reaction cycle?**
 - A. A straight line process
 - B. A constant back and forth
 - C. An exponential increase
 - D. A series of one-time actions
- 2. What is the role of connective tissue?**
 - A. Cover and protect organs
 - B. Transmit electrical impulses
 - C. Support and bind other tissues
 - D. Facilitate movement
- 3. Which lymph tissue and lymph nodes protect the body from infection?**
 - A. Adenoids and tonsils
 - B. Alveoli and sinuses
 - C. Bronchi and trachea
 - D. Heart and blood vessels
- 4. A human egg will develop into a female if it is fertilized by a sperm containing:**
 - A. An X chromosome
 - B. A Y chromosome
 - C. An XY chromosome
 - D. An XXY chromosome
- 5. Stratified epithelium serves primarily in which function?**
 - A. Absorption
 - B. Secretion
 - C. Protection
 - D. Filtration
- 6. What is the function of villi in the small intestine?**
 - A. Secrete enzymes for digestion
 - B. Absorb water from food
 - C. Secrete hydrochloric acid
 - D. Provide greater surface area for absorption

- 7. What role does the lymphatic system play in the body?**
- A. It digests food
 - B. It regulates blood pressure
 - C. It aids in immune function and fluid balance
 - D. It produces red blood cells
- 8. Which cells are known for their role in destroying virus-infected cells and tumor cells in the innate immune response?**
- A. B cells
 - B. Natural killer cells
 - C. Helper T cells
 - D. Suppressor T cells
- 9. What process involves the body's response to injury that includes heat, redness, swelling, and pain?**
- A. Phagocytosis
 - B. Inflammation
 - C. Fever
 - D. Immunity
- 10. What is chemotaxis?**
- A. The process by which white blood cells are produced
 - B. The movement of leukocytes towards damaged tissue
 - C. The activation of B cells by T-helper cells
 - D. The differentiation of macrophages

Answers

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

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Explanations

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1. Negative feedback involves what type of reaction cycle?

- A. A straight line process
- B. A constant back and forth**
- C. An exponential increase
- D. A series of one-time actions

Negative feedback is a process that typically involves a constant back and forth reaction cycle. This mechanism is crucial in maintaining homeostasis within biological systems. For instance, when a physiological variable deviates from its set point, negative feedback works to counteract that change and bring the variable back towards its optimal range. In this cycle, if a parameter, such as body temperature or blood sugar level, rises or falls beyond normal limits, the body responds by initiating processes that aim to reverse those changes. This continuous adjustment reflects the dynamic and responsive nature of negative feedback loops, where the system is constantly monitoring and reacting to fluctuations in internal or external conditions. Understanding negative feedback as a back and forth process is essential in grasping broader concepts in physiology, such as how the endocrine system regulates hormones or how the nervous system responds to stimuli. This cyclical nature emphasizes the importance of balance and stability in maintaining health.

2. What is the role of connective tissue?

- A. Cover and protect organs
- B. Transmit electrical impulses
- C. Support and bind other tissues**
- D. Facilitate movement

Connective tissue plays a vital role in the body by supporting and binding other tissues together. This type of tissue is characterized by a variety of cells embedded in an extracellular matrix, which can vary in density and composition. The main functions of connective tissue include providing structural support, enabling the transportation of nutrients and oxygen through blood vessels, and connecting and anchoring various body parts. For instance, bone is a dense form of connective tissue that supports the body and protects vital organs, while blood, composed of cells suspended in plasma, transports substances throughout the body. Loose connective tissue, such as the adipose tissue, serves to bind organs together and provides cushioning. Thus, the role of connective tissue in supporting and binding other tissues is essential for maintaining the overall structural integrity and function of the body's systems.

3. Which lymph tissue and lymph nodes protect the body from infection?

- A. Adenoids and tonsils**
- B. Alveoli and sinuses
- C. Bronchi and trachea
- D. Heart and blood vessels

The adenoids and tonsils play a crucial role in the immune system by acting as the body's first line of defense against pathogens that enter through the mouth and nose. These structures are composed of lymphoid tissue and are strategically located to intercept invading microbes, such as bacteria and viruses. When these pathogens are detected, the adenoids and tonsils help to initiate an immune response by producing antibodies and activating other immune cells, which aids in protecting the body from infections. In contrast, the other options do not specifically function as lymphatic structures involved in immune protection. Alveoli and sinuses are involved in gas exchange and air filtration but do not directly contribute to the immune response. The bronchi and trachea serve as passageways for air but do not have the same lymphatic tissue functions as adenoids and tonsils. Lastly, while the heart and blood vessels are critical for circulation and transport of immune cells, they are not part of the lymphatic system specifically designed to protect against infections like the lymphoid tissues do.

4. A human egg will develop into a female if it is fertilized by a sperm containing:

- A. An X chromosome**
- B. A Y chromosome
- C. An XY chromosome
- D. An XXY chromosome

When a human egg is fertilized by a sperm that carries an X chromosome, the resulting zygote will develop into a female. This is due to the genetic contribution from both the egg and the sperm. The human egg always contains an X chromosome, as females have two X chromosomes (XX). If the sperm also contributes an X chromosome, the combination becomes XX, which corresponds to female development. In contrast, if a sperm carrying a Y chromosome fertilizes the egg, the zygote will be XY, leading to male development. The presence of XY or XXY combinations corresponds to male and atypical situations, respectively, with XXY typically resulting in a condition called Klinefelter syndrome, which is not a standard male or female designation. Therefore, the fertilization by a sperm containing an X chromosome is what ensures the development of a female embryo.

5. Stratified epithelium serves primarily in which function?

- A. Absorption
- B. Secretion
- C. Protection**
- D. Filtration

Stratified epithelium is primarily designed for protection due to its multiple layers of cells. This type of epithelium can effectively withstand physical and chemical stress, making it an ideal lining for areas subject to abrasion and wear. For instance, stratified squamous epithelium, commonly found in the skin, mouth, and esophagus, provides a robust barrier that protects underlying tissues from damage, pathogens, and dehydration. While other types of epithelium, such as simple epithelium, are specialized for functions like absorption and secretion, stratified epithelium's layered structure is inherently suited to fulfillment of protective functions. In contrast, filtration is typically associated with specific areas like the kidneys, featuring specialized simple squamous epithelium rather than a stratified arrangement. Thus, the dominant function of stratified epithelium is its protective role, making it essential for maintaining the integrity of various organs and surfaces exposed to potential harm.

6. What is the function of villi in the small intestine?

- A. Secrete enzymes for digestion
- B. Absorb water from food
- C. Secrete hydrochloric acid
- D. Provide greater surface area for absorption**

The function of villi in the small intestine is to provide greater surface area for absorption. Villi are tiny, finger-like projections that line the walls of the small intestine. Their primary role is to increase the surface area significantly, which enhances the intestine's ability to absorb nutrients from digested food efficiently. The more surface area available, the more nutrients can be absorbed into the bloodstream. This adaptation is crucial for the digestive system's capacity to extract and utilize the nutrients necessary for the body's functions. In contrast, the other options refer to different processes within the digestive system. While some cells in the intestinal wall do secrete enzymes to aid digestion, the main absorption of nutrients is facilitated by the presence of villi. Absorption of water is also necessary, but again, it is the extensive surface area provided by the villi that optimizes this process. Hydrochloric acid is secreted primarily in the stomach and is not related to the function of villi in the small intestine. Thus, the role of villi is specifically tied to their structural enhancement of the small intestine, promoting more effective nutrient absorption.

7. What role does the lymphatic system play in the body?

- A. It digests food
- B. It regulates blood pressure
- C. It aids in immune function and fluid balance**
- D. It produces red blood cells

The lymphatic system plays a crucial role in maintaining the body's homeostasis by contributing to immune function and fluid balance. It is responsible for transporting lymph, a fluid that contains infection-fighting white blood cells, throughout the body. This system helps in removing toxins, waste, and excess fluid from tissues, thereby preventing swelling and maintaining fluid balance. Additionally, the lymphatic system is integral to the immune response. It houses lymph nodes, which filter lymph and trap pathogens, allowing the immune system to effectively identify and respond to infections. By coordinating the body's defense mechanisms, the lymphatic system helps protect against diseases and infections, making it a vital component of overall health. Other options focus on functions that are not associated with the lymphatic system. For example, digestion is primarily the role of the gastrointestinal system, blood pressure regulation is mainly the function of the cardiovascular system, and red blood cell production occurs in the bone marrow. Thus, the choice highlighting the lymphatic system's involvement in immune function and fluid balance is the most accurate.

8. Which cells are known for their role in destroying virus-infected cells and tumor cells in the innate immune response?

- A. B cells
- B. Natural killer cells**
- C. Helper T cells
- D. Suppressor T cells

Natural killer cells are a crucial component of the innate immune response, primarily responsible for identifying and eliminating virus-infected cells and tumor cells. They function without prior sensitization to antigens, allowing for a rapid response to threats in the body. Natural killer cells recognize stressed cells in the absence of antibodies and major histocompatibility complex (MHC) molecules, which is pivotal for their ability to act quickly. They release cytotoxic granules that lead to the apoptosis of infected or abnormal cells. This mechanism is essential for controlling viral infections and preventing cancer progression. In contrast, the other cells mentioned have different roles in the immune system. B cells are part of the adaptive immune response and are primarily responsible for antibody production. Helper T cells assist in activating and directing both B cells and other T cells, while suppressor T cells help modulate and down-regulate the immune response to prevent overactivity. Therefore, the specific ability of natural killer cells to destroy virus-infected and tumor cells makes them the correct answer in this context.

9. What process involves the body's response to injury that includes heat, redness, swelling, and pain?

- A. Phagocytosis
- B. Inflammation**
- C. Fever
- D. Immunity

The process described involves the body's inflammatory response, which is characterized by the classic signs of heat, redness, swelling, and pain. Inflammation occurs when tissues are injured or infected and is a critical part of the body's immune response. It serves to isolate and eliminate the source of injury, promotes healing, and helps prevent further damage. When tissue is damaged, the body releases chemicals that increase blood flow to the affected area, which accounts for the heat and redness. Increased permeability of blood vessels allows fluid and immune cells to enter the tissue, resulting in swelling. The accumulation of fluid and the action of immune cells can stimulate pain receptors, leading to the sensation of pain. Overall, inflammation is an essential process that protects the body and initiates the healing process, making it the correct choice in response to the question. Other processes like phagocytosis, fever, and immunity are related but do not specifically encompass the set of signs mentioned.

10. What is chemotaxis?

- A. The process by which white blood cells are produced
- B. The movement of leukocytes towards damaged tissue**
- C. The activation of B cells by T-helper cells
- D. The differentiation of macrophages

Chemotaxis refers specifically to the movement of cells, particularly leukocytes (or white blood cells), in response to chemical signals in their environment. In the context of the immune response, leukocytes are drawn toward sites of injury or infection due to the presence of various signaling molecules. These signaling molecules can be produced by damaged tissues or by pathogens, and they serve to guide the white blood cells to the location where they are needed most, facilitating an effective immune response. During chemotaxis, white blood cells detect these chemical gradients and move accordingly, allowing for a rapid response to potential threats, such as infections or inflammation. This biological process is crucial for the immune system's ability to function optimally, ensuring that immune cells can effectively reach and target areas where they are necessary to fight off pathogens and promote healing. The other options provided relate to different aspects of immune function but do not define chemotaxis accurately. For instance, the production of white blood cells occurs in the bone marrow and involves hematopoiesis, while the activation of B cells involves a specific type of immune response and the interaction with T-helper cells. Differentiation of macrophages involves their development from monocytes, yet this too is unrelated to the movement aspect defined by chemotaxis.

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:

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

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