

LIFE SPAN AND A&P PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 cranial nerve mediates taste for the anterior two-thirds of the tongue?**
 - A. Glossopharyngeal nerve (CN IX)
 - B. Vagus nerve (CN X)
 - C. Trigeminal nerve (CN V)
 - D. Facial nerve (CN VII)
- 2. Which term refers to the bones that form the skull?**
 - A. Vertebrae
 - B. Clavicle
 - C. Skull
 - D. Scapula
- 3. The tissue type that lines surfaces and forms glands is called what?**
 - A. Connective tissue
 - B. Epithelial tissue
 - C. Muscle tissue
 - D. Nervous tissue
- 4. During bone remodeling, which cell type is responsible for bone resorption?**
 - A. Osteoclast
 - B. Osteoblast
 - C. Osteocyte
 - D. Chondrocyte
- 5. Which adrenergic receptor subtype mediates vasodilation and bronchodilation in smooth muscle?**
 - A. Beta 2 receptors
 - B. Beta 1 receptors
 - C. Alpha 1 receptors
 - D. Alpha 2 receptors

- 6. Which vessel is the largest in the body?**
- A. Pulmonary Vein
 - B. Aorta
 - C. Pulmonary Artery
 - D. Capillary
- 7. Involuntary muscle contractions that generate heat to raise body temperature in response to cold.**
- A. Shivering
 - B. Tremors
 - C. Rigor
 - D. Chills
- 8. Which structure in the throat houses the vocal cords and is involved in breathing and sound production?**
- A. Trachea
 - B. Esophagus
 - C. Pharynx
 - D. Larynx
- 9. Which chamber of the heart pumps oxygenated blood to the body through the aorta?**
- A. Right Ventricle
 - B. Left Ventricle
 - C. Left Atrium
 - D. Right Atrium
- 10. Which vessels carry oxygenated blood from the lungs to the left atrium of the heart?**
- A. Pulmonary Veins
 - B. Pulmonary Artery
 - C. Capillaries
 - D. Aorta

Answers

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

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Explanations

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1. Which cranial nerve mediates taste for the anterior two-thirds of the tongue?

- A. Glossopharyngeal nerve (CN IX)
- B. Vagus nerve (CN X)
- C. Trigeminal nerve (CN V)
- D. Facial nerve (CN VII)**

Taste from the anterior two-thirds of the tongue is carried by fibers in the chorda tympani, a branch of the facial nerve. These taste signals ride along with the lingual nerve to reach the brain, where they terminate in the solitary nucleus and then project to the thalamus and gustatory cortex. The posterior third of the tongue gets taste through the glossopharyngeal nerve, while the vagus nerve handles taste from the epiglottis and parts of the pharynx. General sensation in the anterior two-thirds is provided by the trigeminal nerve, but taste in this region specifically involves the facial nerve.

2. Which term refers to the bones that form the skull?

- A. Vertebrae
- B. Clavicle
- C. Skull**
- D. Scapula

The bones that form the skull are the skull itself. The skull is the head's protective framework, made up of cranial bones that encase the brain and facial bones that shape the face. In adults, there are about 22 bones in the skull. This distinguishes it from other options: vertebrae are in the spine, the clavicle is the collarbone, and the scapula is the shoulder blade.

3. The tissue type that lines surfaces and forms glands is called what?

- A. Connective tissue
- B. Epithelial tissue**
- C. Muscle tissue
- D. Nervous tissue

Epithelial tissue is the type that lines surfaces and forms glands. It creates continuous sheets that cover body surfaces and line cavities, protecting underlying tissues and regulating permeability. It also gives rise to glands through inward folding of the epithelium, which then specialize to produce secretions while remaining connected to ducts lined by epithelial cells. Epithelial cells are tightly packed, have apical and basolateral surfaces, are usually avascular, and regenerate readily, all of which support their roles in lining and gland formation. This distinguishes it from connective tissue (support and filling spaces), muscle tissue (contraction), and nervous tissue (signal transmission).

4. During bone remodeling, which cell type is responsible for bone resorption?

- A. Osteoclast**
- B. Osteoblast
- C. Osteocyte
- D. Chondrocyte

During bone remodeling, resorption is carried out by osteoclasts, specialized multinucleated cells that attach to the bone surface and create a sealed resorption zone. They secrete acid and proteolytic enzymes that dissolve mineral and degrade the organic matrix, forming resorption pits known as Howship's lacunae. After resorption, osteoblasts come in to lay down new osteoid that mineralizes into bone, while osteocytes are mature bone cells that maintain the matrix and sense mechanical load, and chondrocytes produce cartilage. So, the cell type responsible for bone resorption is the osteoclast.

5. Which adrenergic receptor subtype mediates vasodilation and bronchodilation in smooth muscle?

- A. Beta 2 receptors**
- B. Beta 1 receptors
- C. Alpha 1 receptors
- D. Alpha 2 receptors

Beta-2 adrenergic receptors on smooth muscle produce relaxation, leading to both bronchodilation in the airways and vasodilation in certain vascular beds. When epinephrine or other beta-2 agonists bind these receptors, they activate Gs proteins, increasing cAMP, which activates protein kinase A and lowers intracellular calcium. That shift reduces myosin light-chain phosphorylation, causing the smooth muscle to relax. This is why beta-2 agonists like albuterol are effective for treating asthma and why these receptors mediate dilation in the bronchial smooth muscle; they also mediate dilation in some skeletal muscle vessels, though vascular tone depends on multiple factors with alpha-1-mediated constriction often predominating in other beds.

6. Which vessel is the largest in the body?

- A. Pulmonary Vein
- B. Aorta**
- C. Pulmonary Artery
- D. Capillary

Vessels vary in size, and the largest single vessel in the body is the aorta, the main artery that carries blood from the heart to the rest of the body. Its lumen is the widest among blood vessels, which fits its job of handling a large volume of blood pumped from the left ventricle at high pressure. The pulmonary artery is large but narrower than the aorta, and it goes to the lungs. The pulmonary veins return blood to the heart and aren't as wide as the aorta either. Capillaries are tiny tubes, the smallest individual vessels, though there are many of them. So the aorta stands out as the largest single vessel.

7. Involuntary muscle contractions that generate heat to raise body temperature in response to cold.

- A. Shivering**
- B. Tremors
- C. Rigor
- D. Chills

Involuntary rapid muscle contractions generate heat to raise body temperature in response to cold. When the body senses a drop in temperature, the hypothalamus triggers quick, rhythmic contractions of skeletal muscles. Each contraction increases metabolic activity, releasing heat as a byproduct and helping restore core temperature. This response also often involves narrowing of blood vessels to reduce heat loss. This mechanism is specifically about producing heat to warm the body, whereas tremors can occur for other reasons and aren't the targeted heat-generating process, rigor is a stiffening of muscles not related to thermogenesis, and chills are a subjective sensation of feeling cold rather than the heat-producing action itself.

8. Which structure in the throat houses the vocal cords and is involved in breathing and sound production?

- A. Trachea
- B. Esophagus
- C. Pharynx
- D. Larynx**

The larynx, or voice box, houses the vocal cords and plays a dual role in breathing and sound production. Air passes through the larynx, and the vocal cords inside vibrate as air escapes, creating sound; muscles adjust the tension and length of the cords to change pitch and loudness. The trachea is the windpipe that simply conducts air to the lungs, not where the cords are located. The pharynx is a passageway behind the mouth and nose that guides air and food but does not contain the vocal folds. The esophagus carries food to the stomach and is not involved in sound production. So the structure that fits both functions and contains the vocal cords is the larynx.

9. Which chamber of the heart pumps oxygenated blood to the body through the aorta?

- A. Right Ventricle
- B. Left Ventricle**
- C. Left Atrium
- D. Right Atrium

Pumping oxygenated blood to the body through the aorta is the job of the left ventricle. The left ventricle has a thick muscular wall to generate the high pressure needed to propel blood into the aorta, which then distributes it to every body tissue. Blood becomes oxygenated in the lungs and returns to the heart, filling the left atrium, then moves into the left ventricle before being sent into the aorta. By contrast, the right ventricle moves blood to the lungs via the pulmonary artery, not to the body, and the atria simply receive blood and pass it to the ventricles.

10. Which vessels carry oxygenated blood from the lungs to the left atrium of the heart?

A. Pulmonary Veins

B. Pulmonary Artery

C. Capillaries

D. Aorta

In this part of circulation, blood is oxygenated in the lungs and then returns to the heart to be pumped to the body. The vessels that carry this newly oxygenated blood from the lungs back to the heart are the pulmonary veins. They deliver this blood into the left atrium, which then passes it to the left ventricle and onward to the body. Understanding the paths helps: the pulmonary artery carries blood from the heart to the lungs and is typically deoxygenated. The capillaries in the lungs are where gas exchange happens, turning blood from deoxygenated to oxygenated. The aorta distributes oxygenated blood from the left ventricle to the body, not back to the heart. So the channel that transports oxygenated blood from the lungs to the left atrium is the pulmonary veins.

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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://lifespanaandp.examzify.com>

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

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