

LIFE SPAN AND A&P PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://lifespanaandp.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which pressure occurs when the heart rests between beats?**
 - A. Systolic Blood Pressure
 - B. Mean Arterial Pressure
 - C. Diastolic Blood Pressure
 - D. Pulse Pressure

- 2. The skeleton portion that includes the skull, vertebral column, and rib cage, providing central support and protection for the brain and spinal cord?**
 - A. Appendicular skeleton
 - B. Central skeleton
 - C. Axial skeleton
 - D. Skeletal system

- 3. The five long bones in the foot that connect the tarsals to the phalanges.**
 - A. Metatarsals
 - B. Tarsals
 - C. Fibula
 - D. Patella

- 4. The hormone that regulates sleep-wake cycles and is produced by the pineal gland?**
 - A. Melatonin
 - B. Cortisol
 - C. Adrenaline
 - D. Serotonin

- 5. The atrioventricular valves separate which heart chambers?**
 - A. Atrioventricular valves (between atria and ventricles)
 - B. Aorta and ventricles
 - C. Right and left atria
 - D. Atria and ventricles

- 6. Which hollow organ in females where a fertilized egg implants and develops during pregnancy?**
- A. Vas Deferens
 - B. Cervix
 - C. Uterus
 - D. Testes
- 7. The initial filtrate entering the nephron from the blood is also called what?**
- A. Urine
 - B. Primary urine
 - C. Filtrate (glomerular filtrate)
 - D. Blood plasma
- 8. The double-layer membrane surrounding the heart is called?**
- A. Pericardium
 - B. Myocardium
 - C. Endocardium
 - D. Pleura
- 9. What are the small vessels where exchange of oxygen, carbon dioxide, nutrients, and wastes occurs between blood and tissues?**
- A. Veins
 - B. Arteries
 - C. Alveoli
 - D. Capillaries
- 10. What is the long bone in the upper arm?**
- A. Phalanges
 - B. Carpals
 - C. Metacarpals
 - D. Humerus

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which pressure occurs when the heart rests between beats?

- A. Systolic Blood Pressure
- B. Mean Arterial Pressure
- C. Diastolic Blood Pressure
- D. Pulse Pressure

During the heart's relaxation phase, arterial pressure drops to its lowest point in the cycle. This is diastolic pressure, the pressure in the arteries when the heart rests between beats and is filling with blood. Systolic pressure is the peak pressure during heart contraction, while pulse pressure is the difference between systolic and diastolic pressures, and mean arterial pressure is an average level across the whole cardiac cycle. So the pressure you're asking about—the pressure as the heart rests between beats—is diastolic pressure.

2. The skeleton portion that includes the skull, vertebral column, and rib cage, providing central support and protection for the brain and spinal cord?

- A. Appendicular skeleton
- B. Central skeleton
- C. Axial skeleton
- D. Skeletal system

The central idea is the axial skeleton, the main axis of the skeleton that includes the skull, vertebral column, and rib cage. This part provides central support for the body and protects the brain and spinal cord, which matches exactly what's described. The appendicular skeleton covers the limbs and their girdles, not the central axis. The skeletal system refers to all bones and related structures as a whole, not just this central portion. The term central skeleton isn't a standard anatomical label, so axial skeleton is the precise term.

3. The five long bones in the foot that connect the tarsals to the phalanges.

- A. Metatarsals
- B. Tarsals
- C. Fibula
- D. Patella

Metatarsals are the five long bones in the foot that run between the tarsal bones in the hind/midfoot and the phalanges in the toes. They form the main framework of the midfoot and transmit weight from the ankle (tarsals) forward to the toes through the metatarsophalangeal joints. This arrangement enables things like the arch support and the push-off motion during walking or running. The other structures mentioned aren't the long bones that connect tarsals to phalanges: tarsals are the ankle/heel bones, the fibula is a leg bone, and the patella is the kneecap.

4. The hormone that regulates sleep-wake cycles and is produced by the pineal gland?

A. Melatonin

B. Cortisol

C. Adrenaline

D. Serotonin

Melatonin regulates the sleep-wake cycle and is produced by the pineal gland. The pineal gland synthesizes melatonin from serotonin, with enzymes like AANAT and HIOMT catalyzing the steps. Melatonin levels rise in darkness, signaling to the brain that it's time to sleep, and are suppressed by light, helping you wake up. This ties directly to the daily rhythm we rely on to feel sleepy at night and alert during the day, which is why melatonin is the hormone linked to sleep-wake regulation from the pineal gland. Cortisol follows a different pattern, helping wake you up in the morning but not produced by the pineal gland. Adrenaline is part of the fight-or-flight response and isn't the sleep-regulating hormone produced by the pineal gland. Serotonin is a neurotransmitter involved in mood and is a precursor to melatonin, but the actual sleep-regulating hormone produced by the pineal gland is melatonin.

5. The atrioventricular valves separate which heart chambers?

A. Atrioventricular valves (between atria and ventricles)

B. Aorta and ventricles

C. Right and left atria

D. Atria and ventricles

The atrioventricular valves separate the atria from the ventricles. There are two of them: the tricuspid valve between the right atrium and right ventricle, and the mitral valve between the left atrium and left ventricle. They open to let blood flow from the atria into the ventricles, and they close when the ventricles contract to prevent backflow into the atria. This distinction is different from the semilunar valves, which separate the ventricles from the great arteries.

6. Which hollow organ in females where a fertilized egg implants and develops during pregnancy?

A. Vas Deferens

B. Cervix

C. Uterus

D. Testes

The uterus is the hollow, muscular organ where a fertilized egg attaches and grows during pregnancy. After fertilization, the embryo travels to the uterus and implants into the thickened lining (the endometrium). The uterus then expands to accommodate the developing fetus, using its muscular walls to support and eventually assist with birth contractions. The other structures are not the site of implantation: the vas deferens and testes belong to the male reproductive system, and the cervix is the lower part of the uterus that leads to the vagina; implantation occurs in the main body of the uterus.

7. The initial filtrate entering the nephron from the blood is also called what?

- A. Urine
- B. Primary urine
- C. Filtrate (glomerular filtrate)**
- D. Blood plasma

The fluid that first enters the nephron from the blood is the glomerular filtrate, often just called the filtrate. This happens when plasma is filtered across the glomerular membrane into Bowman's capsule, so the nephron starts with the filtrate as its input. It's sometimes called primary urine because it's the initial fluid before the tubules reabsorb or secrete substances. It's not urine yet, since urine is the final waste fluid after tubular processing, and it's not blood plasma because plasma remains in the blood and is separated from the filtrate by the filtration barrier. In a healthy kidney, the filtrate contains water, electrolytes, glucose, amino acids, and other small solutes, with large proteins and cells kept out.

8. The double-layer membrane surrounding the heart is called?

- A. Pericardium**
- B. Myocardium
- C. Endocardium
- D. Pleura

The double-layer membrane around the heart is the pericardium. It forms an outer fibrous layer plus an inner serous layer, which is divided into a parietal part that lines the fibrous sac and a visceral part that adheres to the heart (the epicardium). The small space between these layers, the pericardial cavity, contains fluid that reduces friction as the heart beats and helps suspend and protect the heart in the chest. The other terms refer to different structures: the myocardium is the muscular wall of the heart, the endocardium lines the heart's inner chambers, and the pleura surrounds the lungs.

9. What are the small vessels where exchange of oxygen, carbon dioxide, nutrients, and wastes occurs between blood and tissues?

- A. Veins
- B. Arteries
- C. Alveoli
- D. Capillaries**

Capillaries are the small vessels where exchange occurs. Their walls are extremely thin—often a single cell layer—so substances can diffuse between the blood and surrounding tissues. Oxygen and nutrients move from the blood into tissue cells, while carbon dioxide and wastes move from the cells into the blood to be removed. Veins and arteries transport blood to and from tissues but aren't the sites of this diffusion themselves. Alveoli are air sacs in the lungs where gas exchange with air happens, not with tissue cells. So the exchange between blood and tissues takes place across capillaries.

10. What is the long bone in the upper arm?

- A. Phalanges
- B. Carpals
- C. Metacarpals
- D. Humerus**

The long bone in the upper arm is the humerus. It runs from the shoulder to the elbow, acting as the main lever for arm movement. Its proximal end forms a joint with the scapula at the shoulder, and its distal end forms the elbow joint with the forearm bones. The humerus is characterized by a long shaft (diaphysis) and rounded ends (epiphyses) that support muscle attachments and joint articulation. The other bones listed are in the hand or wrist—phalanges are finger bones, carpals are wrist bones, and metacarpals are palm bones—so they do not occupy the upper arm.

SAMPLE

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!

SAMPLE