NATIONAL LEAGUE FOR NURSING (NLN PAX) 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

1. Why does a person's respiratory rate increase during exercise?

A. Decrease in oxygen levels

B. Increase in lactate concentration

C. Increase in CO_2 concentration in the blood

D. Increase in heart rate

2. A material that settles out of a reaction is known as a?

A. Suspension

B. Precipitate

C. Colloid

D. Emulsion

3. At room temperature, which of the following substances exist as diatomic molecules?

A. Carbon

B. Iron

C. Neon

D. Oxygen

4. A meeting at which several speakers deliver short speeches on a particular topic is called what?

A. a symposium

B. a cabinet

C. an orientation

D. an indoctrination

5. Which of the following processes requires energy input?

A. Passive diffusion

B. Osmosis

C. Facilitated diffusion

D. Active transport

6. Which of these single instruments may be used to measure the current flowing through a circuit?

A. A voltmeter.

B. An ammeter.

C. A potentiometer.

D. An ohmmeter.

7. Which particle can be stopped by a sheet of paper?

A. Alpha particle

B. Beta particle

C. Gamma ray

D. Cosmic ray

8. Which part of the brain is affected in humans suffering from amnesia due to head trauma?

A. Cerebellum

B. Brainstem

C. Cerebral cortex

D. Thalamus

9. What is the most complex level of organization in a frog?

A. Epithelium

B. Striated muscle

C. Respiratory system

D. Stomach

10. Coulomb's law is most closely associated with which of the following concepts?

A. Magnetic fields

B. Electric charges

C. Gravity

D. Friction

Answers

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

Explanations

1. Why does a person's respiratory rate increase during exercise?

A. Decrease in oxygen levels

B. Increase in lactate concentration

C. Increase in CO_2 concentration in the blood

D. Increase in heart rate

The increase in respiratory rate during exercise is primarily due to the increase in carbon dioxide (CO_2) concentration in the blood. When a person exercises, the muscles require more oxygen for energy production, which leads to an increase in metabolic activity. This metabolic activity generates more carbon dioxide as a byproduct. As CO_2 levels rise in the bloodstream, this change in concentration affects the body's acid-base balance and stimulates chemoreceptors located in the brain and in blood vessels. These receptors are sensitive to the levels of carbon dioxide and respond by signaling the respiratory center in the brain to increase the rate and depth of breathing. This compensatory mechanism aims to expel the excess CO_2 and bring in more oxygen, ensuring that the body can continue to meet the heightened demands of exercise. While other factors, such as a decrease in oxygen levels, increased lactate concentration, and an increase in heart rate, can also affect respiratory patterns during exercise, the direct and immediate stimulus for the increase in breathing rate is primarily linked to the rising concentrations of carbon dioxide in the blood.

2. A material that settles out of a reaction is known as a?

A. Suspension

B. Precipitate

C. Colloid

D. Emulsion

A material that settles out of a reaction is referred to as a precipitate. In the context of chemistry, a precipitate forms when certain conditions are met, such as a change in temperature, concentration, or the introduction of an insoluble compound. This results in a solid phase that separates from a liquid solution. In a chemical reaction, when two solutions are mixed and a solid product is formed that does not dissolve in the solution, that solid is called a precipitate. The process of precipitation is often used in analytical chemistry to isolate and identify specific substances within a mixture. Other types of mixtures, like suspensions, colloids, and emulsions, behave differently. Suspensions contain solid particles that do not dissolve but remain dispersed and can settle under gravity. Colloids consist of tiny, stable particles that do not settle out and remain suspended in a medium. Emulsions are mixtures of two immiscible liquids where one is dispersed in the other, often requiring an emulsifying agent to stabilize the mixture. Therefore, the defining characteristic of a precipitate is its ability to form a solid that settles from the liquid, distinguishing it from these other types of mixtures.

3. At room temperature, which of the following substances exist as diatomic molecules?

A. Carbon

B. Iron

C. Neon

D. Oxygen

Diatomic molecules are composed of two atoms of the same or different elements bonded together. At room temperature, certain elements naturally exist as diatomic molecules, and oxygen is one of them. Oxygen typically occurs in nature as O2, which comprises two oxygen atoms bonded together. This diatomic form is crucial for many biological processes, including respiration in animals and photosynthesis in plants. In contrast, carbon mainly exists in various allotropes such as graphite and diamond, neither of which is diatomic. Iron typically exists as a solid metallic element and does not form diatomic molecules. Neon is a noble gas and exists as monatomic (single atoms) rather than diatomic. Thus, the correct identification of oxygen as a diatomic molecule at room temperature highlights its fundamental role in both chemistry and biology.

4. A meeting at which several speakers deliver short speeches on a particular topic is called what?

A. a symposium

B. a cabinet

C. an orientation

D. an indoctrination

A meeting at which several speakers deliver short speeches on a particular topic is called a symposium. A symposium is designed specifically for experts or speakers to discuss various aspects of a subject, allowing for a range of perspectives and insights within a structured timeframe. This format not only promotes knowledge-sharing but also encourages interaction among attendees and speakers, often resulting in a more comprehensive understanding of the topic being addressed. In contrast, the other terms describe different types of gatherings. A cabinet usually refers to an advisory body of high-ranking officials, often in a governmental context, rather than a platform for multiple speakers. An orientation is typically an introductory session for new members or employees, focusing on familiarization with policies, procedures, and relevant information, rather than a discussion of diverse viewpoints on a specific topic. Indoctrination involves teaching a specific doctrine or system of beliefs, often emphasizing a singular perspective rather than a balanced discussion. Thus, the designation of a symposium is most fitting for an event featuring multiple speakers discussing a topic.

5. Which of the following processes requires energy input?

A. Passive diffusion

B. Osmosis

C. Facilitated diffusion

D. Active transport

Active transport is a process that requires energy input to move substances across a cell membrane against their concentration gradient. Unlike passive diffusion, osmosis, and facilitated diffusion, which rely on the natural movement of molecules from areas of higher concentration to areas of lower concentration without the need for energy, active transport works to move molecules from areas of lower concentration to areas of higher concentration. This uphill movement necessitates the use of energy, typically in the form of ATP, as it involves specific transport proteins, such as pumps in the cell membrane. This fundamental concept is crucial for maintaining cellular homeostasis, allowing cells to accumulate necessary substances and discard unwanted materials.

6. Which of these single instruments may be used to measure the current flowing through a circuit?

A. A voltmeter.

B. An ammeter.

C. A potentiometer.

D. An ohmmeter.

An ammeter is designed specifically for measuring the current flowing through a circuit. When connected in series within the circuit, an ammeter provides a direct reading of the current in amperes. This instrument is calibrated to allow for safe and accurate measurement of the flow of electric charge, making it essential for assessing the performance of electrical systems. Other instruments listed serve different purposes: a voltmeter measures the voltage across two points in a circuit and is connected in parallel, a potentiometer is used for measuring voltage and adjusting it, and an ohmmeter is utilized to measure resistance in an electrical component or circuit. Each of these tools has its unique function, but only an ammeter is specifically tailored to quantify current flow.

7. Which particle can be stopped by a sheet of paper?

A. Alpha particle

B. Beta particle

C. Gamma ray

D. Cosmic ray

An alpha particle is composed of two protons and two neutrons, making it relatively large and heavy compared to other types of radiation. Due to its charge and mass, an alpha particle interacts strongly with matter, losing its energy quickly when it encounters materials. A common way to shield against alpha particles is with a sheet of paper, which is sufficient to stop them. In contrast, beta particles, which are high-energy, high-speed electrons or positrons, can penetrate paper and require denser materials for effective shielding. Gamma rays are electromagnetic radiation with much higher energy and can pass through paper, requiring thicker layers of lead or concrete for effective attenuation. Cosmic rays consist of high-energy particles from outer space and are also highly penetrating, needing substantial shielding. Thus, the unique properties of alpha particles allow them to be effectively stopped by a thin barrier like paper.

8. Which part of the brain is affected in humans suffering from amnesia due to head trauma?

A. Cerebellum

B. Brainstem

C. Cerebral cortex

D. Thalamus

Amnesia, especially when related to head trauma, often involves damage to structures in the cerebral cortex, particularly those regions associated with memory formation and retrieval. The cerebral cortex, which is the outer layer of the brain, plays a vital role in higher-level cognitive functions, including memory. In cases of amnesia, individuals may experience difficulty forming new memories (anterograde amnesia) or recalling past memories (retrograde amnesia), often linked to damage in areas such as the hippocampus and surrounding cortical regions. While the other parts of the brain, such as the cerebellum, brainstem, and thalamus, are essential for various functions including coordination, vital life processes, and sensory processing, they are not primarily responsible for memory functions. Therefore, damage to the cerebral cortex makes the most sense in the context of amnesia resulting from head trauma, as it directly relates to the mechanisms involved in memory processing.

9. What is the most complex level of organization in a frog?

A. Epithelium

B. Striated muscle

C. Respiratory system

D. Stomach

The respiratory system is considered the most complex level of organization in a frog because it encompasses various tissues and organs that work together to perform the intricate functions necessary for gas exchange. This system includes structures such as the lungs, bronchi, and alveoli, where oxygen is absorbed, and carbon dioxide is expelled. Unlike the other options, which are more singular in structure or function, the respiratory system involves a coordination of multiple components: the airways for the passage of air, the respiratory surfaces for gas exchange, and associated muscles that facilitate breathing. This multi-organ system integrates with the circulatory system to ensure that oxygen reaches the tissues and that waste gases are removed efficiently. In contrast, options like epithelium, striated muscle, and the stomach represent more localized or specific organizations within the body. Epithelium refers to a type of tissue that covers surfaces, striated muscle denotes a specific type of muscle tissue responsible for voluntary movements, and the stomach is an individual organ that plays a role in digestion. While all these components are important for the overall functioning of a frog, the respiratory system embodies a higher level of complexity due to its integration of various functional parts working in concert towards a common physiological goal.

10. Coulomb's law is most closely associated with which of the following concepts?

A. Magnetic fields

B. Electric charges

C. Gravity

D. Friction

Coulomb's law is fundamentally associated with the interaction between electric charges. It defines the force between two charged objects, stating that the magnitude of the electrostatic force is directly proportional to the product of the magnitudes of the charges and inversely proportional to the square of the distance between their centers. This relationship highlights how electric charges exert forces on each other, which is the essence of electrostatics. The other concepts mentioned, such as magnetic fields, gravity, and friction, do not directly relate to Coulomb's law. Magnetic fields are associated with moving electric charges and can involve different principles, while gravity pertains to the attraction between masses and is described by a different law (Newton's law of gravitation). Friction involves the resistance to motion between two surfaces in contact and is not connected to the principles governing electric charges. Therefore, the connection to electric charges makes it the correct answer in relation to Coulomb's law.

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://nln-pax.examzify.com

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