

National Medical Admissions Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. What principle involves viewing nearby objects as a single group?**
 - A. Proximity**
 - B. Closure**
 - C. Similarity**
 - D. Continuity**
- 2. What is the primary function of the spleen?**
 - A. To filter blood and recycle iron**
 - B. To produce hormones**
 - C. To store bile**
 - D. To regulate body temperature**
- 3. Which community type places value on personal relationships and close-knit bonds?**
 - A. Gesellschaft**
 - B. Communal**
 - C. Gemeinschaft**
 - D. Individualistic**
- 4. Which concept refers to the understanding of cause-and-effect relationships in development?**
 - A. Correlation**
 - B. Causality**
 - C. Consequentiality**
 - D. Impact Analysis**
- 5. What is the study of word structure in linguistics known as?**
 - A. Syntax**
 - B. Phonology**
 - C. Morphology**
 - D. Semantics**

- 6. What term describes elements that are moving in the same direction being perceived as a group?**
- A. Common Fate**
 - B. Group Cohesion**
 - C. Motion Parallax**
 - D. Proximity**
- 7. What role does cholesterol play in cardiovascular health?**
- A. It is beneficial for all functions in the body**
 - B. It can cause blockage in arteries when elevated**
 - C. It has no effect on cholesterol levels**
 - D. It is only harmful when combined with sugar**
- 8. Which defense mechanism involves refusing to acknowledge painful facts?**
- A. Projection**
 - B. Denial**
 - C. Rationalization**
 - D. Repression**
- 9. What is the main focus of biological anthropology?**
- A. Human evolutionary history**
 - B. Human biological diversity and adaptation**
 - C. Cultural practices of historical societies**
 - D. Sociocultural systems in relation to biology**
- 10. What theory explains behavior in extreme social situations?**
- A. Emerging Social Dynamics**
 - B. Emergent Norm Theory**
 - C. Social Influence Theory**
 - D. Behavioral Analysis Theory**

Answers

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

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Explanations

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1. What principle involves viewing nearby objects as a single group?

- A. Proximity**
- B. Closure**
- C. Similarity**
- D. Continuity**

The principle that involves viewing nearby objects as a single group is known as Proximity. This principle, derived from Gestalt psychology, suggests that elements that are close to each other in space are perceived as part of a collective whole rather than as separate entities. For instance, if a number of dots are arranged in clusters, we naturally perceive these clusters as groups rather than individual dots. Our mind tends to organize visual elements based on their spatial relationships, leading to this grouping effect. In contrast, while the other principles have their own unique roles in perception, they do not specifically focus on the aspect of spatial closeness leading to grouping. Closure pertains to the tendency to perceive incomplete shapes as complete, Similarity relates to grouping based on shared characteristics, and Continuity involves the perception of smoothly flowing lines or patterns. Each of these concepts plays a crucial role in how we interpret visual information but does not directly address the grouping of nearby objects as Proximity does.

2. What is the primary function of the spleen?

- A. To filter blood and recycle iron**
- B. To produce hormones**
- C. To store bile**
- D. To regulate body temperature**

The primary function of the spleen is to filter blood and recycle iron. This organ plays a vital role in the body's immune response and in the management of blood components. The spleen filters out old and damaged red blood cells, breaking them down and recycling their components, particularly iron, which is then reused in the production of new red blood cells. Additionally, the spleen helps to mount an immune response against pathogens found in the blood, making it critical for maintaining overall health and proper immune function. In contrast, the production of hormones is primarily the role of glands such as the pituitary, thyroid, and adrenal glands, rather than the spleen. The storage of bile is a function of the gallbladder, which is responsible for concentrating and storing bile produced by the liver, not the spleen. Regulation of body temperature is managed through various mechanisms involving the hypothalamus and other systems, but it is not a function associated with the spleen. Thus, the function of filtering blood and recycling iron distinctly sets the spleen apart from these other options.

3. Which community type places value on personal relationships and close-knit bonds?

- A. Gesellschaft
- B. Communal
- C. Gemeinschaft**
- D. Individualistic

The concept of Gemeinschaft is pivotal in understanding communities that prioritize personal relationships and close-knit bonds. Originating from the work of sociologist Ferdinand Tönnies, Gemeinschaft refers to a type of social relationship characterized by strong emotional ties, kinship, and a sense of community. In such communities, individuals typically have personal connections to each other, which fosters a sense of belonging and shared values. In a Gemeinschaft setting, social interactions are often based on trust, loyalty, and familiarity. Relationships are cultivated through face-to-face interactions and often involve shared experiences and traditions. This contrasts with more impersonal forms of interaction seen in other community types, where connections may be driven more by individual goals or economic objectives rather than emotional ties. For instance, in urban settings or in societies that emphasize individualism or economic efficiency, the relationships may be more transactional and less about personal connections. Thus, the strong focus on personal relationships and community support found in Gemeinschaft makes it the appropriate choice for this question.

4. Which concept refers to the understanding of cause-and-effect relationships in development?

- A. Correlation
- B. Causality**
- C. Consequentiality
- D. Impact Analysis

The concept that refers to the understanding of cause-and-effect relationships in development is causality. Causality implies that a certain action or phenomenon directly leads to the occurrence of another event or outcome. It goes beyond mere association, which is what correlation measures, and focuses on establishing a definitive link where one variable produces a change in another. In the context of development, understanding causality is crucial because it allows researchers and practitioners to identify which factors or interventions are responsible for specific changes or outcomes. This insight is essential for effective decision-making, policy formulation, and intervention design, ensuring that efforts are directed towards factors that truly drive positive change. While correlation indicates a relationship between variables, it does not imply a direct cause-and-effect link; this might lead to incorrect conclusions. Consequentiality and impact analysis also relate to evaluating outcomes but may not specifically capture the essence of direct cause-and-effect relationships as effectively as causality does. Hence, causality is the most accurate term in this context.

5. What is the study of word structure in linguistics known as?

- A. Syntax**
- B. Phonology**
- C. Morphology**
- D. Semantics**

The study of word structure in linguistics is referred to as morphology. Morphology deals specifically with the internal structure of words and how they are formed from morphemes, which are the smallest grammatical units in a language. This includes understanding how affixes (prefixes and suffixes) combine with root words to create new meanings or grammatical forms. In contrast, syntax relates to how words are arranged to form sentences, phonology focuses on the sounds of speech and their systematic organization, and semantics concerns the meaning of words and sentences. Each of these fields addresses different layers of language, but morphology is uniquely centered on the composition and structure of individual words.

6. What term describes elements that are moving in the same direction being perceived as a group?

- A. Common Fate**
- B. Group Cohesion**
- C. Motion Parallax**
- D. Proximity**

The term "Common Fate" refers to the principle in Gestalt psychology where elements that move together in the same direction are perceived as a unified group. This concept plays an important role in visual perception, as it emphasizes how our brains tend to group visual stimuli based on their movement patterns. When objects are seen to be moving together, observers instinctively perceive them as part of the same entity or group, even if they are physically separate. This is significant in various fields such as design, animation, and psychology, as it highlights how movement can influence our perception. For instance, in an observation of a flock of birds flying together, the birds each moving as one unit convey the idea that they are part of a collective group, thanks to their shared directionality. In contrast, other terms presented in the options describe different concepts related to perception or grouping and do not specifically capture the idea of shared movement leading to group perception. Group Cohesion typically pertains to the bonds and interactions among members of a group rather than visual grouping based on motion. Motion Parallax refers to the visual effect where objects closer to an observer appear to move faster than those further away, impacting depth perception but not grouping. Proximity describes the principle that objects close to one another are perceived

7. What role does cholesterol play in cardiovascular health?

- A. It is beneficial for all functions in the body
- B. It can cause blockage in arteries when elevated**
- C. It has no effect on cholesterol levels
- D. It is only harmful when combined with sugar

Cholesterol plays a significant role in cardiovascular health, primarily influencing the development of atherosclerosis, which is the buildup of plaque in the arteries. Elevated levels of cholesterol, particularly low-density lipoprotein (LDL) cholesterol, can lead to the formation of plaques in the arterial walls. These plaques can narrow the arteries, restricting blood flow and potentially leading to serious cardiovascular events such as heart attacks or strokes. While cholesterol is necessary for various bodily functions such as hormone production, cell membrane structure, and vitamin D synthesis, excessive levels can be detrimental, making the understanding of cholesterol's impact on cardiovascular health crucial. The identification of elevated cholesterol as a risk factor is well-supported by extensive research, reinforcing the importance of monitoring and managing cholesterol levels for maintaining heart health. Thus, the connection between high cholesterol levels and arterial blockage underlines the importance of regulating cholesterol to prevent cardiovascular disease.

8. Which defense mechanism involves refusing to acknowledge painful facts?

- A. Projection
- B. Denial**
- C. Rationalization
- D. Repression

Denial is a defense mechanism that involves refusing to acknowledge painful or distressing facts, experiences, or realities. When an individual employs denial, they essentially block out the truth, which may be too difficult or uncomfortable to face. This mechanism can occur in situations where the emotional impact is overwhelming, such as dealing with addiction, loss, illness, or other stressful life events. By not accepting the reality of a situation, individuals may attempt to protect themselves from the anxiety or discomfort associated with it. For instance, a person diagnosed with a serious illness might insist that they are fine and ignore medical advice, thereby denying the existence of their condition. This avoidance can prevent them from taking necessary steps toward recovery or coping appropriately with their circumstances. The other defense mechanisms mentioned—projection, rationalization, and repression—differ from denial in their functions. Projection involves attributing one's own unacceptable thoughts and feelings to someone else, rationalization entails justifying behaviors or feelings with logical reasoning to avoid uncomfortable truths, and repression involves unconsciously burying distressing thoughts or memories, but not necessarily denying their existence outright. Each of these mechanisms serves different purposes in managing anxiety and emotional pain, but denial specifically centers on an outright refusal to accept reality.

9. What is the main focus of biological anthropology?

- A. Human evolutionary history
- B. Human biological diversity and adaptation**
- C. Cultural practices of historical societies
- D. Sociocultural systems in relation to biology

The main focus of biological anthropology is on human biological diversity and adaptation. This field examines how humans have adapted biologically to their environments over time and how various factors influence human physical development, health, and genetic variation. Biological anthropologists study a range of topics, including evolution, genetics, primatology, and the relationship between biology and culture, allowing them to understand the complexity of human beings as both biological organisms and cultural entities. The emphasis on human biological diversity highlights the importance of examining how different populations exhibit variations in physical traits and how these traits are influenced by environmental pressures and evolutionary processes. This focus is crucial for understanding modern human populations and how they have adapted to diverse habitats worldwide. While the other options touch upon significant aspects of anthropology, they do not encapsulate the primary concentration of biological anthropology as effectively as the concept of biological diversity and adaptation does.

10. What theory explains behavior in extreme social situations?

- A. Emerging Social Dynamics
- B. Emergent Norm Theory**
- C. Social Influence Theory
- D. Behavioral Analysis Theory

Emergent Norm Theory is essential for understanding how individuals behave in extreme social situations because it posits that in such circumstances, social norms can rapidly evolve or emerge. This theory suggests that when people find themselves in unfamiliar or crisis situations, existing social norms might no longer apply, leading to the development of new behaviors that are perceived as acceptable or necessary by the group. An example of this can be seen in events such as protests, riots, or natural disasters, where traditional social guidelines may be challenged or disregarded. In these scenarios, individuals look to those around them to gauge how they should act, which can create a collective understanding of appropriate behavior. This can sometimes lead to behaviors that are not typical for individuals when they are in more structured situations, ultimately reflecting how group dynamics can influence personal actions. This theory effectively explains why behaviors can become erratic or fundamentally shift when the social environment changes drastically, thereby enabling a deeper understanding of human actions in crisis or extreme social settings. Other theories may focus on aspects of individual behavior or static social influence, but Emergent Norm Theory specifically addresses the evolution of group behavior in response to unique social contexts.