

National Medical Admissions Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What term describes the optical illusion where motion is perceived due to the arrangement of static images?**
 - A. Closure**
 - B. Phi Phenomenon**
 - C. Transference**
 - D. Denial**
- 2. What term describes a family structure where the couple lives near the wife's family?**
 - A. Matriarchal**
 - B. Virilocal**
 - C. Patrilocal**
 - D. Patriarchal**
- 3. Who is defined as an individual with greater understanding or expertise in learning situations?**
 - A. Peer Tutor**
 - B. More Knowledgeable Other**
 - C. Learning Assistant**
 - D. Educational Mentor**
- 4. What is the ideal range for healthy blood cholesterol levels?**
 - A. 200-240 mg/dL**
 - B. Less than 200 mg/dL**
 - C. 240-260 mg/dL**
 - D. Above 260 mg/dL**
- 5. Which term describes a theory that emphasizes the importance of social control in society?**
 - A. Behaviorism**
 - B. Conflict Theory**
 - C. Social Learning Theory**
 - D. Structural Functionalism**

- 6. Which term refers to the ability to categorize objects based on shared characteristics?**
- A. Conservation**
 - B. Classification**
 - C. Sociocultural Theory**
 - D. Abstract Reasoning**
- 7. What psychological perspective investigates observable behaviors learned through the environment?**
- A. Cognitivism**
 - B. Behaviorism**
 - C. Pragnanz**
 - D. Hierarchy of Needs**
- 8. What is the primary function of the circulatory system?**
- A. To filter waste from the body**
 - B. To transport nutrients and gases**
 - C. To regulate body temperature**
 - D. To produce hormones**
- 9. Which term best describes a child's tendency to view natural phenomena as if they are created by humans?**
- A. Animism**
 - B. Artificialism**
 - C. Environmentalism**
 - D. Naturalism**
- 10. What belief holds that natural phenomena are human-made?**
- A. Artificialism**
 - B. Attribution**
 - C. Naturalism**
 - D. Environmentalism**

Answers

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

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Explanations

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1. What term describes the optical illusion where motion is perceived due to the arrangement of static images?

A. Closure

B. Phi Phenomenon

C. Transference

D. Denial

The correct term that describes the optical illusion where motion is perceived due to the arrangement of static images is the Phi Phenomenon. This phenomenon occurs when two or more stationary images are presented in rapid succession, creating the illusion of movement. This effect illustrates how our visual system can interpret sequential images as continuous motion, a fundamental principle applied in animation and motion picture technology. The Phi Phenomenon is a vital concept in understanding how we perceive motion and is rooted in principles of gestalt psychology, which focuses on how we perceive visual elements as unified wholes rather than merely as separate parts. The shape and positioning of the static images play a crucial role in this illusion, as they are designed to trigger our brain's pattern recognition capabilities. In contrast, other terms listed may relate to perceptual phenomena but do not specifically describe the illusion of perceived motion from static images. Closure refers to the brain's tendency to perceive incomplete shapes as whole ones. Transference involves the shifting of emotions or associations from one situation or subject to another, while denial is a defense mechanism in psychological contexts rather than a visual perception phenomenon.

2. What term describes a family structure where the couple lives near the wife's family?

A. Matriarchal

B. Virilocal

C. Patrilocal

D. Patriarchal

The term that describes a family structure where a couple resides near the wife's family is known as "matrilocal." In a matrilocal society, after marriage, the couple moves into or stays close to the wife's familial home. This arrangement reflects cultural practices that prioritize the wife's lineage and family connections, often facilitating support from her relatives in raising children and managing household responsibilities. Understanding this concept also clarifies why some of the other terms do not apply. A virilocal structure would mean that the couple resides near the husband's family, which is opposite to what is described. Patrilocal refers to a family living in proximity to the husband's family, further emphasizing the support and resources that might come from the male lineage. Patriarchal describes a societal structure where males hold primary power, which does not specifically address the location or living arrangements of a married couple. In summary, the correct term captures the specific living arrangement related to the wife's family, highlighting the significance of maternal ties in family structure.

3. Who is defined as an individual with greater understanding or expertise in learning situations?

- A. Peer Tutor**
- B. More Knowledgeable Other**
- C. Learning Assistant**
- D. Educational Mentor**

The term that best fits the definition of an individual with greater understanding or expertise in learning situations is "More Knowledgeable Other." This concept is rooted in sociocultural learning theory, particularly in the work of Lev Vygotsky. The More Knowledgeable Other refers to someone who possesses more knowledge or skills than the learner, and who can provide guidance, support, and insight to help the learner advance their understanding and abilities. This relationship is essential in the context of learning, as it emphasizes the dynamic interaction between a more knowledgeable individual and a learner. The more knowledgeable other may be a teacher, a mentor, a peer, or even a family member. Their role is to facilitate learning by providing assistance that is tailored to the learner's current level of understanding and helping them to reach a higher level of competence through scaffolding. The other options, while related to learning contexts, do not specifically encapsulate the role of a person who holds a greater depth of understanding in a learning situation. For instance, a Peer Tutor might provide help to classmates but may not necessarily possess a significantly greater understanding or expertise. A Learning Assistant typically supports the learning process but may not have advanced expertise. An Educational Mentor may offer guidance and support, but this role is broader and

4. What is the ideal range for healthy blood cholesterol levels?

- A. 200-240 mg/dL**
- B. Less than 200 mg/dL**
- C. 240-260 mg/dL**
- D. Above 260 mg/dL**

The ideal range for healthy blood cholesterol levels is defined as less than 200 mg/dL. This threshold is critical because cholesterol levels above this mark can indicate an increased risk of cardiovascular diseases, including heart attacks and strokes. Maintaining cholesterol levels below 200 mg/dL helps ensure that an individual is at a lower risk of these health issues and promotes overall cardiovascular health. Cholesterol is a waxy substance found in your blood, and while your body needs it to build healthy cells, high levels can lead to the formation of plaque in arteries, narrowing them and potentially leading to serious cardiovascular conditions. Health organizations typically recommend regular screenings and maintaining a cholesterol level within this healthy range, highlighting the importance of lifestyle choices such as diet and exercise in achieving optimal cholesterol levels.

5. Which term describes a theory that emphasizes the importance of social control in society?

- A. Behaviorism**
- B. Conflict Theory**
- C. Social Learning Theory**
- D. Structural Functionalism**

The term that emphasizes the importance of social control within society is indeed best associated with a theory known as Structural Functionalism. This perspective views society as a complex system whose parts work together to promote stability and social order. Structural Functionalism suggests that social structures and institutions function to maintain societal equilibrium; hence, social control becomes key to ensuring that individuals adhere to societal norms and expectations. This theory underscores the role of various societal components, such as laws, norms, and institutions, in achieving collective goals and maintaining social order. Social control can manifest through formal mechanisms, like laws and regulations, as well as informal means, such as social norms and expectations, all of which are critical to the functioning of a well-ordered society. In contrast, Conflict Theory focuses on the power dynamics and struggles between different social groups, highlighting inequality and the ways in which those in power maintain their dominance. It does not primarily emphasize social control but rather examines how various social conflicts arise from the unequal distribution of resources and power. Behaviorism is largely grounded in psychology, emphasizing observable behaviors and the effects of the environment on those behaviors rather than social structures. Similarly, Social Learning Theory pertains to how individuals learn behaviors and norms through observation and imitation, focusing on cognitive processes rather than on broader

6. Which term refers to the ability to categorize objects based on shared characteristics?

- A. Conservation**
- B. Classification**
- C. Sociocultural Theory**
- D. Abstract Reasoning**

The term that refers to the ability to categorize objects based on shared characteristics is classification. This cognitive process involves grouping items that exhibit similar traits or belong to the same category, which is fundamental in various fields such as biology, where living organisms are classified into species, or in education, where students learn to organize information in a structured manner. Classification enables individuals to simplify and make sense of the complex world around them by identifying and grouping similar elements, helping to streamline decision-making and communication. It is a foundational skill in both early childhood development and later academic pursuits, as it aids in developing critical thinking and organizational skills. The concepts of conservation, sociocultural theory, and abstract reasoning, while important cognitive processes, do not specifically denote the action of categorizing based on shared characteristics.

7. What psychological perspective investigates observable behaviors learned through the environment?

- A. Cognitivism**
- B. Behaviorism**
- C. Pragnanz**
- D. Hierarchy of Needs**

The psychological perspective that investigates observable behaviors learned through the environment is behaviorism. This approach focuses on the idea that all behaviors are acquired through conditioning. Behaviorists emphasize the role of environmental stimuli in shaping behavior, arguing that internal thoughts and feelings are not necessary for understanding behavior. They believe that by examining the external influences on behavior, such as reinforcement and punishment, one can understand how certain behaviors are learned and modified. This perspective has been foundational in fields such as education and therapy, influencing practices that involve behavior modification and observational learning. In contrast, cognitivism centers on the mental processes involved in learning and understanding, such as memory and problem-solving, rather than just observable behaviors. Pragnanz is related to Gestalt psychology, which focuses on perception and how individuals organize visual elements into groups. The hierarchy of needs, proposed by Maslow, addresses human motivation and needs rather than behavior learned through environmental interaction. Therefore, behaviorism is specifically the perspective that aligns with the investigation of observable behaviors learned through the environment.

8. What is the primary function of the circulatory system?

- A. To filter waste from the body**
- B. To transport nutrients and gases**
- C. To regulate body temperature**
- D. To produce hormones**

The primary function of the circulatory system is to transport nutrients and gases throughout the body. This system is essential for maintaining homeostasis and facilitating the exchange of gases, such as oxygen and carbon dioxide, between the body and the environment. The heart pumps oxygen-rich blood from the lungs to the tissues and organs, providing essential nutrients and oxygen required for cellular respiration and metabolism. Meanwhile, the circulatory system also collects carbon dioxide and other metabolic wastes from the tissues to be delivered to the lungs and kidneys for removal from the body. This transport function is vital for sustaining life, as all body systems depend on the circulatory system to function efficiently. By ensuring that all cells receive the necessary components for energy production and waste removal, the circulatory system plays a critical role in supporting overall health and vitality.

9. Which term best describes a child's tendency to view natural phenomena as if they are created by humans?

A. Animism

B. Artificialism

C. Environmentalism

D. Naturalism

The term that best describes a child's tendency to view natural phenomena as if they are created by humans is artificialism. This concept reflects the understanding that children may attribute human-like qualities or intentions to natural events, suggesting that they believe elements of nature are made or controlled by people. This perspective is typical during certain developmental stages when children are still forming their understanding of the world around them and often have a magical thinking approach. In contrast, animism focuses on the belief that objects and animals possess a spirit or life force. Environmentalism refers to a concern for and action to protect the environment, which is more of a social and political stance rather than a developmental perspective. Naturalism, on the other hand, relates to understanding nature based on observable and scientific phenomena without attributing human characteristics to it. These distinctions help clarify why artificialism is the most fitting term for the described tendency.

10. What belief holds that natural phenomena are human-made?

A. Artificialism

B. Attribution

C. Naturalism

D. Environmentalism

The belief that holds that natural phenomena are human-made is best characterized by the concept of artificialism. This perspective includes the idea that what is observed in nature can be attributed to human influence, design, or construction, suggesting that many elements of the natural world are not inherently natural but rather the result of human activity or interpretation. In this context, artificialism encompasses a range of views that can include scientific, philosophical, or cultural interpretations of natural phenomena as constructions by human beings. It contrasts with other belief systems that see nature as existing independently of human influence. While other options like attribution involve assigning causes to events or phenomena, naturalism emphasizes the understanding of nature as self-existing and governed by natural laws, without human imposition. Environmentalism focuses on the relationship between humans and the environment, advocating for the protection of natural entities, but does not assert that these entities are entirely human-made.

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://natlmedicaladmission.examzify.com>

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