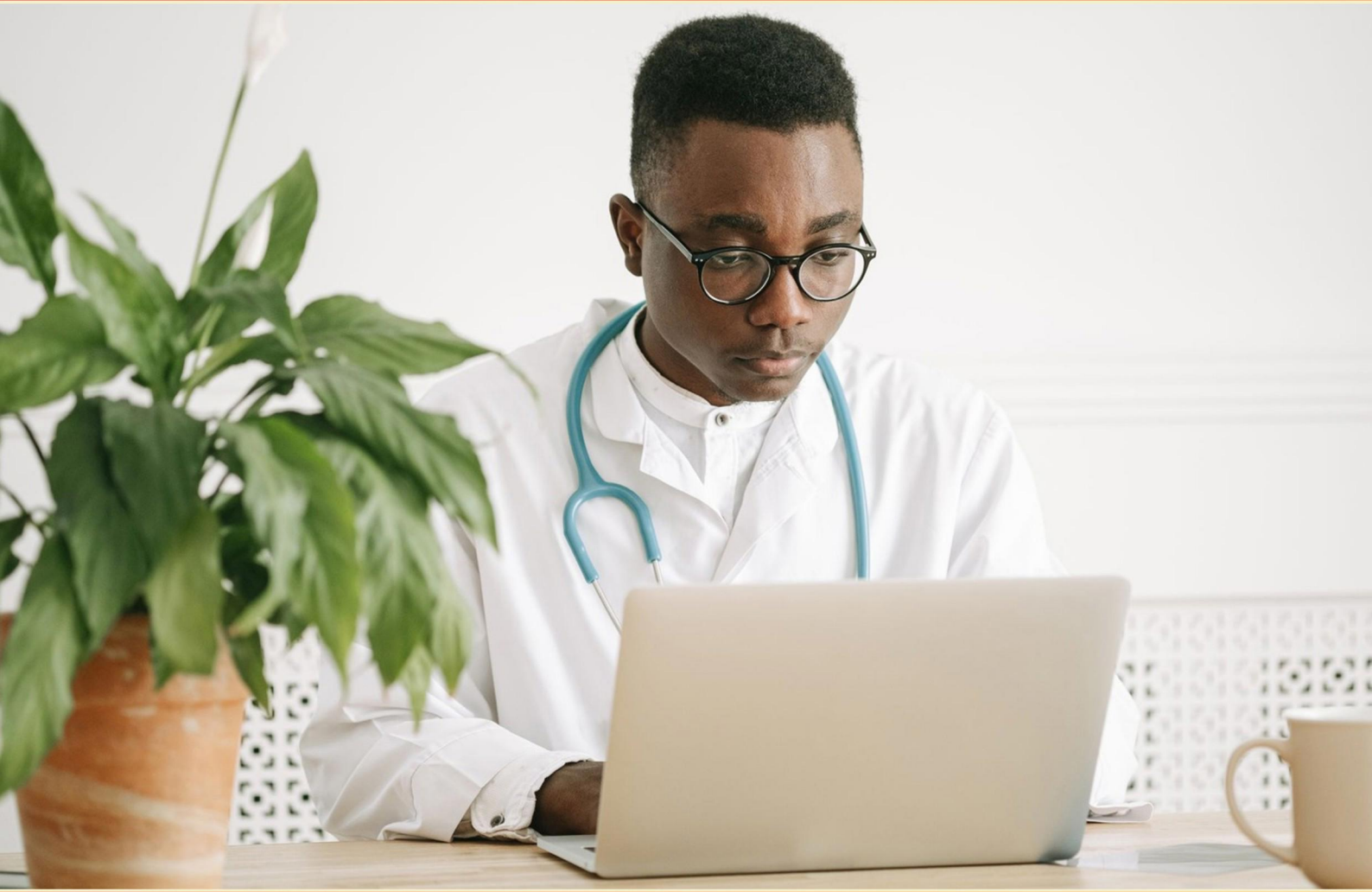


NATIONAL MEDICAL ADMISSIONS PRACTICE TEST (SAMPLE)

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 part of the brain controls involuntary actions such as breathing?**
 - A. The cerebellum
 - B. The brainstem
 - C. The cerebrum
 - D. The thalamus
- 2. What does the term "homeostasis" mean in a biological context?**
 - A. Growth and development of organisms
 - B. The ability to adapt to changing environments
 - C. The maintenance of stable internal conditions
 - D. The process of cell division and reproduction
- 3. 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
- 4. What term refers to an initially neutral stimulus that elicits a response after conditioning?**
 - A. Unconditioned Stimulus
 - B. Neutral Stimulus
 - C. Conditioned Stimulus
 - D. Reinforced Stimulus
- 5. What is the primary function of functionalism in sociology?**
 - A. To promote individuality and personal freedom
 - B. To examine the roles of the government
 - C. To maintain social order and stability
 - D. To advocate for social change and progress

- 6. Which concept is used to differentiate between foreground and background objects?**
- A. Figure and Ground
 - B. Depth Perception
 - C. Focus and Attention
 - D. Perceptual Constancy
- 7. Which typology is associated with non-conformity and rule-breaking behavior?**
- A. Ritualism
 - B. Innovatio
 - C. Rebellion
 - D. Typology of Deviance
- 8. 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
- 9. What does social solidarity refer to?**
- A. Unity among members of a society
 - B. Conflict resolution strategies
 - C. Social mobility trends
 - D. Groupthink phenomena
- 10. Which type of memory is associated with the recollection of facts and events?**
- A. Reversibility
 - B. Declarative Memory
 - C. Psychoanalytic Theory
 - D. Pragnanz

Answers

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

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Explanations

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1. Which part of the brain controls involuntary actions such as breathing?

- A. The cerebellum
- B. The brainstem**
- C. The cerebrum
- D. The thalamus

The brainstem is crucial for controlling involuntary actions in the body, particularly those related to maintaining vital functions. It consists of three main parts: the midbrain, pons, and medulla oblongata. Among these, the medulla oblongata plays a key role in regulating essential autonomic functions such as breathing, heart rate, and blood pressure. By constantly monitoring the levels of carbon dioxide and oxygen in the blood, the brainstem adjusts the rate and depth of breathing accordingly, ensuring that the body maintains homeostasis. The other parts of the brain have distinct functions that do not include the control of involuntary actions. For instance, the cerebellum is primarily involved in coordinating voluntary movements and balance, while the cerebrum is responsible for higher cognitive functions, sensory perception, and voluntary motor control. The thalamus acts as a relay station for sensory and motor signals but does not manage autonomic functions. Therefore, the brainstem's role in overseeing involuntary actions like breathing makes it the correct answer.

2. What does the term "homeostasis" mean in a biological context?

- A. Growth and development of organisms
- B. The ability to adapt to changing environments
- C. The maintenance of stable internal conditions**
- D. The process of cell division and reproduction

Homeostasis refers to the process through which living organisms maintain stable internal conditions despite changes in their external environment. This concept is essential for the survival of organisms, as it ensures that critical physiological variables such as temperature, pH, and electrolyte balance remain within a narrow, optimal range. For instance, in humans, homeostasis regulates body temperature through mechanisms like sweating to cool down or shivering to generate heat. Similarly, it manages blood glucose levels by controlling the secretion of hormones like insulin and glucagon. These regulatory processes are vital for the organism to function effectively and remain healthy. In contrast, other concepts mentioned—such as the growth and development of organisms, the ability to adapt to changing environments, and the processes involved in cell division and reproduction—do not capture the essence of homeostasis, which specifically focuses on internal stability and the mechanisms that sustain it in the face of external variables.

3. 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

4. What term refers to an initially neutral stimulus that elicits a response after conditioning?

- A. Unconditioned Stimulus
- B. Neutral Stimulus
- C. Conditioned Stimulus**
- D. Reinforced Stimulus

The term that refers to an initially neutral stimulus that elicits a response after conditioning is "Conditioned Stimulus." In classical conditioning, a neutral stimulus is paired repeatedly with an unconditioned stimulus, which automatically elicits an unconditioned response. After sufficient pairings, the neutral stimulus becomes associated with the unconditioned stimulus and thus transforms into a conditioned stimulus. It is now capable of eliciting a similar response on its own, which is known as the conditioned response. In this context, the other terms have distinct meanings: - The unconditioned stimulus is a stimulus that naturally and automatically triggers a response without any conditioning. - A neutral stimulus is one that does not initially elicit any intrinsic response before conditioning occurs. - The term "reinforced stimulus" is not commonly used in classical conditioning and does not accurately describe this process. It may rather be relevant in the context of operant conditioning, where behaviors are reinforced through rewards or punishments. Understanding the role of a conditioned stimulus is crucial for grasping the principles of learning and behavior modification in psychological theories.

5. What is the primary function of functionalism in sociology?

- A. To promote individuality and personal freedom
- B. To examine the roles of the government
- C. To maintain social order and stability**
- D. To advocate for social change and progress

Functionalism in sociology primarily focuses on understanding how various elements of society work together to promote social order and stability. It posits that each component of society—such as institutions, norms, and values—serves a specific purpose that contributes to the overall functioning of the social system. Through this lens, social structures are viewed as necessary for maintaining equilibrium and ensuring that society operates smoothly. For example, education systems impart knowledge and social norms, thereby preparing individuals to fulfill their roles within society effectively. The functionalist perspective highlights how cooperation among society's institutions helps to reinforce collective behavior, ultimately facilitating continuity and stability in social life. This approach diverges from perspectives that prioritize individualism or advocate for social change, as functionalism emphasizes the importance of order and cohesion rather than personal freedom or activism. It is fundamentally centered on the idea that a well-functioning society requires collaboration and integration among its various parts to sustain itself over time.

6. Which concept is used to differentiate between foreground and background objects?

- A. Figure and Ground**
- B. Depth Perception
- C. Focus and Attention
- D. Perceptual Constancy

The concept of "Figure and Ground" is a fundamental principle in visual perception that helps distinguish objects from their backgrounds. In this context, the "figure" refers to the main object of focus, while the "ground" is the background that provides context. This differentiation is crucial for visual processing, as it allows individuals to identify and recognize objects within complex visual scenes. For example, when looking at a painting, the central element, such as a tree, is perceived as the figure, whereas the sky and land behind it serve as the ground. This relationship helps the brain to prioritize what is relevant in a scene. Our ability to separate figure from ground is influenced by various visual cues, such as contrast, color, and shape. The other concepts, while important in the study of perception, do not specifically address the differentiation between foreground and background objects. Depth perception relates to how we perceive the distance of objects, focus and attention deal with where we direct our cognitive resources, and perceptual constancy refers to our ability to perceive stable images despite changes in sensory input. Each of these plays a role in our overall visual experience but does not target the specific figure-ground relationship as directly as the chosen concept.

7. Which typology is associated with non-conformity and rule-breaking behavior?

- A. Ritualism
- B. Innovatio
- C. Rebellion

D. Typology of Deviance

The typology associated with non-conformity and rule-breaking behavior is indeed a comprehensive term that encompasses various forms of deviation from established norms and rules. When discussing behaviors that signify a departure from the expected societal standards, this typology captures a wide range of actions, including innovation, rebellion, and retreatism, all of which can fall under the umbrella of deviant behavior. In sociology, deviance is defined as behaviors that differ from the accepted societal norms. This encompasses a spectrum from mild infractions to severe transgressions. By identifying the broad category of deviance, it becomes clear how behaviors associated with non-conformity and rule-breaking can manifest in different ways, such as through innovative actions that seek to create new solutions outside the norm, or rebellious acts that challenge existing societal structures. Other specific forms, such as ritualism and innovation, pertain to particular responses to societal expectations, but the broader term, typology of deviance, effectively encapsulates all forms of non-conforming behaviors and would thus be the most appropriate choice for describing non-conformity and rule-breaking behavior in a general sense.

8. 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

9. What does social solidarity refer to?

- A. Unity among members of a society**
- B. Conflict resolution strategies
- C. Social mobility trends
- D. Groupthink phenomena

Social solidarity is a concept that describes the cohesion and unity among individuals within a society. It emphasizes the importance of shared norms, values, and beliefs that bind people together, fostering a sense of belonging and collective identity. This unity helps maintain social order and allows societies to function effectively. In particular, social solidarity contributes to the stability of communities, as it encourages cooperation among members, facilitates communication, and strengthens social ties. The presence of social solidarity can be observed in various aspects of life, such as cultural traditions, religious practices, and communal activities, which reinforce connections and a collective sense of responsibility toward one another. The other options, while related to social interactions and dynamics, do not encapsulate the essence of social solidarity. For instance, conflict resolution strategies focus on methods to resolve disputes, social mobility trends examine the movement of individuals between social strata, and groupthink phenomena delve into how group cohesion can inhibit critical thinking and lead to poor decision-making. None of these concepts directly address the idea of unity among members of a society as effectively as the notion of social solidarity does.

10. Which type of memory is associated with the recollection of facts and events?

- A. Reversibility
- B. Declarative Memory**
- C. Psychoanalytic Theory
- D. Pragnanz

The choice of declarative memory accurately reflects the type of memory that involves the recollection of facts and events. This type of memory is further divided into two subcategories: episodic memory (which pertains to personal experiences and specific events in time) and semantic memory (which encompasses general knowledge and facts about the world). Declarative memory is characterized by the ability to consciously recall information, which can be verbalized or explicitly articulated. For instance, when you remember the capital of a country or an important event in your life, you are utilizing declarative memory. This contrasts with non-declarative memory, which involves skills and procedures that are performed without conscious awareness. The other options relate to different psychological concepts. Reversibility pertains to a principle in intellectual development and problem-solving, psychoanalytic theory is a framework for understanding mental processes and behavior, and pragnanz is a principle in perceptual organization stating that perception tends to organize experiences in the simplest way possible. None of these options directly relate to memory types concerned with the recall of facts and events.

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!

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