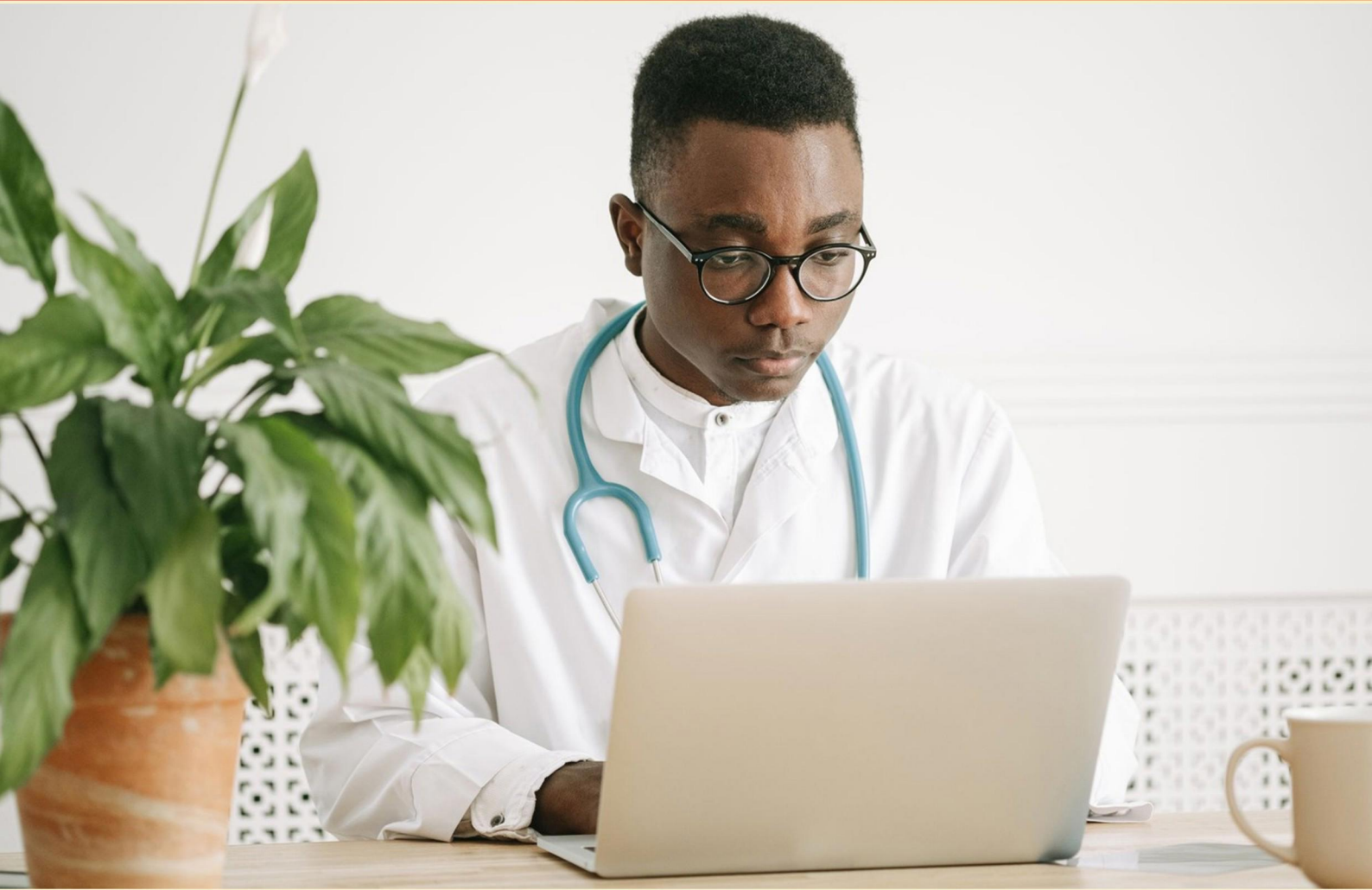


NATIONAL MEDICAL ADMISSIONS PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. What is the main role of the small intestine in the digestive system?**
 - A. To break down proteins
 - B. To absorb nutrients
 - C. To produce bile
 - D. To eliminate waste
- 2. What structure in the heart is responsible for preventing backflow of blood?**
 - A. Atria
 - B. Veins
 - C. Valves
 - D. Arteries
- 3. What term describes the cognitive development stage where children begin to engage in logical thought?**
 - A. Concrete Operational Stage
 - B. Preoperational Stage
 - C. Formal Operational Stage
 - D. Developmental Stage
- 4. What approach explores the influence of the unconscious mind on behavior?**
 - A. Psychoanalysis
 - B. Behaviorism
 - C. Cognitive Behavioral Theory
 - D. Existential Psychology
- 5. In which part of the cell does cellular respiration primarily occur?**
 - A. Nucleus
 - B. Ribosomes
 - C. Mitochondria
 - D. Lysosomes

- 6. What term refers to learning through the association of stimuli?**
- A. Psychoanalytic Theory
 - B. Behaviorism
 - C. Classical Conditioning
 - D. Cognitivism
- 7. Which area of psychology examines mental processes such as thinking and memory?**
- A. Psychoanalytic Theory
 - B. Cognitivism
 - C. Reversibility
 - D. Classical Conditioning
- 8. What is the function of the hypothalamus?**
- A. To produce hormones
 - B. To regulate body temperature and maintain homeostasis
 - C. To process sensory information
 - D. To control movement
- 9. Which principle involves grouping items based on shared characteristics?**
- A. Similarity
 - B. Closure
 - C. Denial
 - D. Projection
- 10. Which process involves the learning of cultural norms and values?**
- A. Acculturation
 - B. Cultural Transmission
 - C. Socialization
 - D. Enculturation

Answers

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

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Explanations

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1. What is the main role of the small intestine in the digestive system?

- A. To break down proteins
- B. To absorb nutrients**
- C. To produce bile
- D. To eliminate waste

The small intestine plays a critical role in the digestive system primarily by absorbing nutrients into the bloodstream. Once food leaves the stomach, it enters the small intestine, where the majority of digestion and nutrient absorption occurs. The walls of the small intestine are lined with tiny, finger-like projections called villi and microvilli, which increase the surface area available for absorption. As food is digested, nutrients such as amino acids, fatty acids, simple sugars, vitamins, and minerals are absorbed through these projections directly into the bloodstream, allowing the body to utilize these essential components for energy, growth, and cellular repair. While the small intestine also plays a part in breaking down proteins and fats with the help of enzymes and bile, its primary and most important function is nutrient absorption. This distinct role sets it apart from other parts of the digestive system, which have different functions such as the production of bile in the liver or waste elimination through the large intestine.

2. What structure in the heart is responsible for preventing backflow of blood?

- A. Atria
- B. Veins
- C. Valves**
- D. Arteries

The structure responsible for preventing backflow of blood in the heart is the valves. These one-way valves are located between the chambers of the heart and at the entrances to the blood vessels. Their primary function is to ensure that blood flows in a forward direction, preventing any regurgitation or backflow. For example, the atrioventricular valves (the tricuspid and mitral valves) prevent backflow from the ventricles to the atria, while the semilunar valves (the pulmonary and aortic valves) prevent backflow from the arteries into the ventricles after the heart has pumped blood. This specific function of valves is critical for maintaining proper circulation and efficient functioning of the cardiovascular system. Without these valves, blood could flow backward, leading to reduced efficiency of the heart as well as increased cardiac workload and potential heart failure.

3. What term describes the cognitive development stage where children begin to engage in logical thought?

- A. Concrete Operational Stage**
- B. Preoperational Stage
- C. Formal Operational Stage
- D. Developmental Stage

The term that describes the cognitive development stage where children begin to engage in logical thought is indeed the Concrete Operational Stage. This stage, according to Jean Piaget's theory of cognitive development, typically occurs between the ages of 7 and 11 years. During this period, children start to develop the ability to think logically about concrete events. They gain skills such as understanding the concept of conservation (the idea that quantity does not change even when its shape does), organizing objects into categories, and understanding the reversibility of actions. In contrast, during the Preoperational Stage, which occurs prior to the Concrete Operational Stage (ages 2 to 7), children are not yet able to perform logical operations and often think in a more egocentric manner. The Formal Operational Stage, which follows the Concrete Operational Stage (commencing around age 12), involves the development of abstract reasoning and hypothetical thinking. The term "Developmental Stage" is not specific to cognitive development and does not refer to a recognized stage in Piaget's framework. Thus, the Concrete Operational Stage is the correct and precise term for the stage where logical thought begins to emerge.

4. What approach explores the influence of the unconscious mind on behavior?

- A. Psychoanalysis**
- B. Behaviorism
- C. Cognitive Behavioral Theory
- D. Existential Psychology

The approach that explores the influence of the unconscious mind on behavior is psychoanalysis. Developed by Sigmund Freud, psychoanalysis emphasizes the role of unconscious processes in shaping thoughts, emotions, and behaviors. According to this theory, many of our feelings, desires, and motivations are hidden from conscious awareness, stemming from unresolved conflicts, particularly those originating during early childhood. Psychoanalysis involves techniques such as free association, dream analysis, and the exploration of repressed memories. By bringing unconscious thoughts to the surface, individuals can gain insight into their behavior and emotions, leading to psychological healing and personal growth. This exploration of the unconscious mind is central to understanding how it affects behavior, making psychoanalysis a distinct and essential approach in psychology. In contrast, other approaches such as behaviorism focus primarily on observable behaviors and the influence of the environment, while cognitive behavioral theory looks at the interplay between thoughts and behaviors without emphasizing the unconscious. Existential psychology addresses issues related to existence and personal meaning, but does not specifically focus on the unconscious mind's influence on behavior. Thus, psychoanalysis stands out as the correct answer, as it directly investigates the unconscious factors that drive human behavior.

5. In which part of the cell does cellular respiration primarily occur?

- A. Nucleus
- B. Ribosomes
- C. Mitochondria**
- D. Lysosomes

Cellular respiration primarily occurs in the mitochondria, which are often referred to as the "powerhouses" of the cell. This organelle is specifically designed to facilitate the conversion of energy stored in glucose into adenosine triphosphate (ATP), the energy currency cells use for various metabolic processes. During cellular respiration, glucose undergoes a series of reactions, including glycolysis, the citric acid cycle, and oxidative phosphorylation. Glycolysis takes place in the cytoplasm, but the citric acid cycle and oxidative phosphorylation occur in the mitochondria, highlighting its crucial role in energy production. Furthermore, the structure of mitochondria, with their inner membrane folds known as cristae, increases the surface area available for critical reactions, further emphasizing their importance in this process. This specialization makes the mitochondria an ideal site for the efficient production of ATP, distinguishing it from other cellular components that do not play a direct role in cellular respiration.

6. What term refers to learning through the association of stimuli?

- A. Psychoanalytic Theory
- B. Behaviorism
- C. Classical Conditioning**
- D. Cognitivism

The term that refers to learning through the association of stimuli is classical conditioning. This is a foundational concept in behavioral psychology, first developed by Ivan Pavlov through his experiments with dogs. In his studies, Pavlov demonstrated that dogs could learn to associate a neutral stimulus, such as the sound of a bell, with an unconditioned stimulus, like food, which naturally elicited a response. After several pairings, the dogs began to salivate merely in response to the sound of the bell, demonstrating that learning occurred through the association formed between the two stimuli. Classical conditioning emphasizes the automatic and involuntary nature of the learned responses, highlighting how organisms can develop new behaviors based on associations with stimuli in their environment. This concept distinguishes itself from other learning theories, such as behaviorism, which encompasses a broader range of behavioral studies, or cognitivism, which focuses on mental processes like thinking and memory. Psychoanalytic theory, meanwhile, emphasizes unconscious motivations and childhood experiences rather than observable behavior. Therefore, the correct term that specifically describes the process of learning through the association of stimuli is classical conditioning.

7. Which area of psychology examines mental processes such as thinking and memory?

- A. Psychoanalytic Theory
- B. Cognitivism**
- C. Reversibility
- D. Classical Conditioning

Cognitivism is the area of psychology that specifically focuses on understanding mental processes, including thinking, memory, problem-solving, and language. It emerged in response to behaviorism, with a strong emphasis on the internal mental states and cognitive functions that underlie observable behavior. Cognitive psychologists investigate how people process information, how they store and retrieve memories, and how these processes influence their behavior and emotions. This approach has led to significant insights into human thought processes and has generated various applications, particularly in education and therapy. In contrast, the other areas mentioned serve different functions in psychology. Psychoanalytic theory emphasizes unconscious motivations and early childhood experiences as the foundation of behavior and personality, rather than focusing directly on cognitive processes. Reversibility is a cognitive developmental concept from Piaget's theory, dealing with the ability to mentally return to an initial state in a sequence of events but does not encompass the broad study of cognitive processes. Classical conditioning is a theory of learning that describes how associations are formed between stimuli and responses, and while it addresses behavior, it does not examine cognitive processes like thinking and memory. Thus, the focus on mental processes and cognition makes cognitivism the correct answer.

8. What is the function of the hypothalamus?

- A. To produce hormones
- B. To regulate body temperature and maintain homeostasis**
- C. To process sensory information
- D. To control movement

The hypothalamus plays a crucial role in regulating various bodily functions, which includes the maintenance of homeostasis, or the stable internal environment of the body. One of its primary functions is to regulate body temperature by initiating processes that either generate heat or facilitate heat loss, such as sweating or shivering. Additionally, the hypothalamus influences hunger, thirst, sleep-wake cycles, and emotional responses. It accomplishes these regulatory tasks by integrating input from different parts of the brain and coordinating responses accordingly, ensuring that the body remains balanced and maintains its physiological state despite changes in the external environment. The role of the hypothalamus in homeostasis is essential for survival, as it helps the body adapt to varying conditions, such as changes in temperature, fluid balance, and energy needs.

9. Which principle involves grouping items based on shared characteristics?

A. Similarity

B. Closure

C. Denial

D. Projection

The principle of similarity is fundamental in the field of perception and cognitive psychology. It suggests that individuals tend to group items together when they share common characteristics, such as shape, color, size, or other visual attributes. This principle is evident in various contexts, including design, where objects that are similar are perceived as belonging together, facilitating organization and comprehension. For instance, when presented with a visually cluttered scene, our brains instinctively organize the components into groups based on their similarities. This allows us to make sense of the information more efficiently, enhancing our ability to recognize patterns and relationships among objects. The principle of similarity plays a vital role in how we interpret and respond to our visual environment, impacting everything from art to user interface design. In contrast, other principles like closure refer to the tendency to perceive a complete image even when part of it is missing, denial and projection are psychological defense mechanisms that relate to how individuals deal with thoughts and feelings, rather than directly addressing visual grouping. Therefore, the principle of similarity distinctly focuses on how shared characteristics lead to the perception of relatedness among items.

10. Which process involves the learning of cultural norms and values?

A. Acculturation

B. Cultural Transmission

C. Socialization

D. Enculturation

The process that involves learning cultural norms and values is known as cultural transmission. This concept refers to the ways in which culture is passed down from one generation to another, encompassing the beliefs, practices, and social behaviors that are considered acceptable within a particular society. Cultural transmission can occur through various means, including formal education, peer interactions, family teachings, and media consumption. This process helps individuals understand the values and norms that are prevalent in their society, allowing them to function effectively within it. Cultural transmission is essential for maintaining the continuity of cultural traditions and ensures that the community's unique identity is preserved over time. Other options refer to different but related concepts. Acculturation involves adopting cultural traits from another culture, often as a result of prolonged contact and interaction, without necessarily passing on the original culture. Socialization is a broader term that refers to the lifelong process through which individuals learn and develop their identities, social skills, and societal roles. Enculturation specifically refers to the process of learning one's own culture, typically occurring during childhood within one's own family or community. Therefore, cultural transmission is focused specifically on how culture is shared and propagated across different generations.

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:

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

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