

# **NCHSE EOC STANDARD 1 ACADEMIC FOUNDATION PRACTICE TEST (SAMPLE) STUDY GUIDE**



## **SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS**

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

[https://nchseeocstandard  
1acadfoundation.examzify.com](https://nchseeocstandard1acadfoundation.examzify.com)



**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# Table of Contents

|                             |    |
|-----------------------------|----|
| Copyright .....             | 1  |
| Table of Contents .....     | 2  |
| Introduction .....          | 3  |
| How to Use This Guide ..... | 4  |
| Questions .....             | 5  |
| Answers .....               | 8  |
| Explanations .....          | 10 |
| Next Steps .....            | 15 |

SAMPLE

# 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

SAMPLE

- 1. The term 'military time' refers to which clock format?**
  - A. Military time
  - B. Standard time
  - C. AM/PM time
  - D. Digital time
- 2. Which of the following is a function of the reproductive system?**
  - A. Regulation of body temperature
  - B. Filtration of wastes
  - C. Production of gametes
  - D. Digestion of fats
- 3. Which term means above?**
  - A. Inferior
  - B. Superior
  - C. Ventral
  - D. Dorsal
- 4. Which organ is located in the Right Upper Quadrant along with the liver and duodenum?**
  - A. Spleen
  - B. Left kidney
  - C. Esophagus
  - D. Head of pancreas
- 5. Which organ is primarily located in the Right Upper Quadrant?**
  - A. Stomach
  - B. Liver
  - C. Spleen
  - D. Appendix
- 6. What is the cup-shaped structure around the glomerulus called?**
  - A. Bowman's capsule
  - B. Renal pyramid
  - C. Ureter
  - D. Renal pelvis

- 7. Depression is defined as which of the following?**
- A. A prolonged feeling of helplessness, hopelessness, and sadness
  - B. A slowly progressive decline in mental abilities
  - C. Inflammation of a joint
  - D. Clouding of the lens
- 8. 1300 hours is used primarily in which timekeeping system?**
- A. 12-hour clock
  - B. 24-hour clock
  - C. AM/PM notation
  - D. Ancillary timekeeping
- 9. The term for nearer to the body surface is?**
- A. Deep
  - B. Dorsal
  - C. Superficial
  - D. Ventral
- 10. Which option is the correct 24-hour equivalent of 1:00 PM?**
- A. 1100 hours
  - B. 1200 hours
  - C. 1300 hours
  - D. 1400 hours

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

### 1. The term 'military time' refers to which clock format?

- A. Military time
- B. Standard time
- C. AM/PM time
- D. Digital time

*Military time is the 24-hour clock format. In this system the day runs from 00:00 to 23:59, so times like 13:00 or 21:45 are used to represent what 1:00 PM or 9:45 PM would be in the 12-hour system. This eliminates the need for AM or PM and helps prevent confusion in schedules and communications, especially in settings where precision matters, such as the military, aviation, and emergency services. In contrast, standard time uses a 12-hour cycle with AM/PM, and digital time simply refers to how time is displayed and can be either 12-hour or 24-hour depending on the device, but the term "military time" specifically points to the 24-hour format.*

### 2. Which of the following is a function of the reproductive system?

- A. Regulation of body temperature
- B. Filtration of wastes
- C. Production of gametes
- D. Digestion of fats

*The reproductive system's job is to produce gametes—sperm in males and eggs in females—and support the processes that enable reproduction, including fertilization and the development of offspring. This happens in the gonads, where gametes are formed through meiosis, providing half the chromosomes for a new individual and contributing to genetic variation. Other options relate to different body systems: regulating body temperature involves the nervous system and skin, filtering wastes is the job of the urinary/excretory system, and digesting fats is part of the digestive system. Therefore, producing gametes is the function of the reproductive system.*

### 3. Which term means above?

- A. Inferior
- B. Superior
- C. Ventral
- D. Dorsal

*In anatomy, location terms describe where a structure is relative to another part. The word that means above is superior, indicating a higher position on the body or closer to the head—for example, the head is superior to the chest. Inferior means below; ventral means toward the belly or front; dorsal means toward the back.*

**4. Which organ is located in the Right Upper Quadrant along with the liver and duodenum?**

- A. Spleen
- B. Left kidney
- C. Esophagus
- D. Head of pancreas**

*Abdominal quadrants categorize where organs sit in relation to the midline and belly button. In the right upper quadrant you commonly find the liver, gallbladder, part of the duodenum, and portions of the pancreas and kidney. The head of the pancreas sits in the curve of the duodenum, tucked under the liver's right lobe, which places it in the right upper quadrant along with the liver and the duodenum. The pancreas as a whole extends across the midline, with the head in the RUQ and the tail reaching toward the left upper quadrant near the spleen. That's why the head of the pancreas is the correct match for being located in the RUQ together with the liver and duodenum. The spleen and left kidney are mainly in the left side, and the esophagus runs through the chest and upper abdomen rather than staying in one quadrant.*

**5. Which organ is primarily located in the Right Upper Quadrant?**

- A. Stomach
- B. Liver**
- C. Spleen
- D. Appendix

*Understanding how abdominal organs are distributed in the four quadrants helps identify which organ sits in the right upper quadrant. The liver is primarily located under the right side of the diaphragm, occupying most of the right upper quadrant. It's the body's largest internal organ, and while its left lobe reaches toward the left, the bulk sits on the right. The gallbladder is attached to its underside in that same region. In contrast, the stomach is mainly in the left upper quadrant and the epigastric area, the spleen is in the left upper quadrant, and the appendix is in the right lower quadrant. So, among these options, the organ most associated with the right upper quadrant is the liver.*

**6. What is the cup-shaped structure around the glomerulus called?**

- A. Bowman's capsule**
- B. Renal pyramid
- C. Ureter
- D. Renal pelvis

*This question tests knowledge of kidney anatomy, specifically the structure that surrounds the glomerulus to begin urine formation. The cup-shaped structure around the glomerulus is Bowman's capsule. It forms a chamber that collects the filtrate filtered from the glomerular capillaries and starts it on its journey through the nephron. The capsule has an outer parietal layer and an inner visceral layer with podocytes, creating Bowman's space where the filtrate first accumulates. To place it in context, the renal pyramid lies in the kidney's medulla and does not surround the glomerulus; the ureter is the tube that carries urine from the kidney to the bladder; the renal pelvis is the funnel-shaped area that collects urine inside the kidney before it moves to the ureter.*

## 7. Depression is defined as which of the following?

- A. A prolonged feeling of helplessness, hopelessness, and sadness**
- B. A slowly progressive decline in mental abilities
- C. Inflammation of a joint
- D. Clouding of the lens

*Depression is a mental health condition defined by a persistent emotional state that includes feelings of helplessness, hopelessness, and sadness that last for weeks or longer and interfere with daily life. The key idea is that the mood disturbance is long-lasting and pervasive, not just a temporary feeling. This distinguishes it from conditions described by physical problems: a slowly progressive decline in mental abilities suggests dementia, inflammation of a joint points to arthritis, and clouding of the lens refers to cataracts. Depression centers on sustained mood and its impact on functioning, not on physical or cognitive degeneration.*

## 8. 1300 hours is used primarily in which timekeeping system?

- A. 12-hour clock
- B. 24-hour clock**
- C. AM/PM notation
- D. Ancillary timekeeping

*1300 hours is part of the 24-hour clock. In this system the day runs from 00:00 to 23:59 and times are written as four digits (HHMM). The hour 13 corresponds to 1 PM, so 1300 hours equals 1:00 PM. This format doesn't use AM or PM. If you were using a 12-hour clock, you'd say 1:00 PM instead of 1300 hours. AM/PM notation is how the 12-hour system labels morning or afternoon, not how the 24-hour system represents time. Ancillary timekeeping isn't a standard method for representing time.*

## 9. The term for nearer to the body surface is?

- A. Deep
- B. Dorsal
- C. Superficial**
- D. Ventral

*In anatomy, you describe location with position terms that tell you how close something is to the surface. The term for nearer to the body surface is superficial. It means close to the outside of the body or to the skin; for example, superficial veins lie just beneath the skin, while deeper structures like some muscles are farther from the surface. The opposite term, deep, describes structures that are farther inward. Dorsal and ventral refer to back and belly sides, not to how close something is to the surface, so they don't indicate depth in the same way. A superficial wound affects the surface layers, whereas a deep wound reaches deeper tissues.*

**10. Which option is the correct 24-hour equivalent of 1:00 PM?**

- A. 1100 hours
- B. 1200 hours
- C. 1300 hours**
- D. 1400 hours

*Converting times from a 12-hour to a 24-hour format after noon means adding 12 to the hour portion. Noon through 11:59 PM correspond to 12:00 to 23:59 in 24-hour time. For 1:00 PM, add 12 to the 1, giving 13:00 hours, which is written as 1300 hours. So the 24-hour equivalent is 1300 hours. The other options correspond to different times: 1100 hours is 11:00 AM, 1200 hours is noon, and 1400 hours is 2:00 PM.*

SAMPLE

## 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](mailto:hello@examzify.com).

Or visit your dedicated course page for more study tools and resources:

<https://nchseeocstandard1acadfoundation.examzify.com>

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

SAMPLE