

Netter's Anatomy Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 describes a fusiform muscle?**
 - A. Thick in the center and tapered at the ends**
 - B. Four-sided muscle**
 - C. Formed by parallel fibers**
 - D. Sphincters that close off tubes**

- 2. Which directional term means toward the midline of the body?**
 - A. Medial**
 - B. Lateral**
 - C. Anterior**
 - D. Posterior**

- 3. Which structure reflects off the body walls and covers the abdominal visceral organs?**
 - A. Visceral peritoneum**
 - B. Parietal peritoneum**
 - C. Mesentery**
 - D. Omentum**

- 4. The peripheral nervous system includes which nerves?**
 - A. Somatic, Autonomic, and Enteric nerves in the periphery**
 - B. Brain and spinal cord**
 - C. Cranial nerves only**
 - D. Spinal nerves only**

- 5. Which are the principal cells of the immune system?**
 - A. Lymphocytes**
 - B. Eosinophils**
 - C. Adipocytes**
 - D. Myofibroblasts**

- 6. Which structure consists of paired bundle-like inclusions essential for chromosome movement during cell division?**
- A. Nucleolus**
 - B. Centrioles**
 - C. Microtubules**
 - D. Organelles**
- 7. Which term describes usually a movement that decreases the joint's angle?**
- A. Flexion**
 - B. Extension**
 - C. Abduction**
 - D. Adduction**
- 8. Feathered in appearance (uni-, bi-, or multi- forms) describes**
- A. Pennate muscle**
 - B. Flat muscle**
 - C. Fusiform muscle**
 - D. Circular muscle**
- 9. Which term refers to the muscle's fixed or proximal attachment?**
- A. Insertion**
 - B. Origin**
 - C. Circular muscle**
 - D. Fusiform muscle**
- 10. Which term describes movement toward the body's midline?**
- A. Abduction**
 - B. Adduction**
 - C. Flexion**
 - D. Extension**

Answers

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

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Explanations

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1. What describes a fusiform muscle?

- A. Thick in the center and tapered at the ends**
- B. Four-sided muscle**
- C. Formed by parallel fibers**
- D. Sphincters that close off tubes**

Fusiform muscles are spindle-shaped, with a broad, rounded belly in the middle and tapered ends where the tendons attach. This design allows a muscle to shorten efficiently along its length, producing rapid contraction. The fibers run largely parallel to the long axis, contributing to that quick shortening. The description that matches this shape is a thick center with tapered ends. The other options describe different muscle forms—four-sided refers to a rectangular shape, and sphincters are circular muscles that close passages. While parallel fibers can be present, the defining feature is the central belly that tapers at the ends.

2. Which directional term means toward the midline of the body?

- A. Medial**
- B. Lateral**
- C. Anterior**
- D. Posterior**

Medial describes a position toward the midline that splits the body into left and right halves. The midline is an imaginary vertical line running down the center of the body, so structures closer to that line are medial, while those farther away are lateral. This term helps distinguish front/back orientation from left/right. For example, the nose is medial to the eyes because it lies along the midline, whereas the ears are lateral to the nose. In contrast, anterior and posterior denote front and back, respectively.

3. Which structure reflects off the body walls and covers the abdominal visceral organs?

- A. Visceral peritoneum**
- B. Parietal peritoneum**
- C. Mesentery**
- D. Omentum**

Peritoneum consists of two layered membranes: a parietal layer lining the interior of the abdominal wall and a visceral layer that covers the surfaces of most abdominal viscera. When the peritoneum reflects from the body wall to pass onto an organ, it forms the surface covering of that organ—the visceral peritoneum. This is the layer that directly envelops the abdominal organs like the stomach, intestines, liver, and spleen, providing a smooth, slippery surface for their movement within the cavity. In contrast, structures like the mesentery and omenta are folds of peritoneum created by this reflection; they connect organs to each other or to the body wall and do not themselves constitute the visceral surface covering the organs. So the structure that reflects off the body walls and covers the abdominal visceral organs is the visceral peritoneum.

4. The peripheral nervous system includes which nerves?

- A. Somatic, Autonomic, and Enteric nerves in the periphery**
- B. Brain and spinal cord**
- C. Cranial nerves only**
- D. Spinal nerves only**

The peripheral nervous system comprises all neural structures outside the brain and spinal cord, including the nerves and ganglia that carry information to and from the central nervous system. It has three main functional components: somatic nerves that control voluntary movements and convey sensory information from the body; autonomic nerves that regulate involuntary functions via sympathetic and parasympathetic pathways; and the enteric nervous system, a large network within the GI tract that can function largely independently but interacts with the CNS. Because the periphery includes somatic, autonomic, and enteric nerves, this description best matches what the PNS encompasses. The brain and spinal cord are part of the central nervous system, not the periphery. Cranial nerves are indeed part of the PNS, but there are also spinal nerves and peripheral autonomic/enteric networks, so a choice that lists cranial nerves only or spinal nerves only would be incomplete.

5. Which are the principal cells of the immune system?

- A. Lymphocytes**
- B. Eosinophils**
- C. Adipocytes**
- D. Myofibroblasts**

Lymphocytes are the principal cells of the immune system. They drive adaptive immunity, with B cells producing antibodies and T cells coordinating cell-mediated responses, including helper and cytotoxic roles. Natural killer cells, also part of this group, provide rapid early defense against infected or transformed cells. The other cell types listed have different functions: eosinophils are mainly involved in parasitic defense and allergic reactions; adipocytes store fat and can secrete inflammatory mediators; myofibroblasts assist in wound healing and tissue remodeling. Thus, lymphocytes best fit as the central immune cells.

6. Which structure consists of paired bundle-like inclusions essential for chromosome movement during cell division?

- A. Nucleolus**
- B. Centrioles**
- C. Microtubules**
- D. Organelles**

Chromosome movement in cell division is driven by the spindle apparatus organized at the centrosome. The centrosome contains a pair of centrioles, each a cylindrical bundle of microtubule triplets. These two centrioles sit at opposite ends of the cell and organize the microtubules that attach to chromosomes at kinetochores, pulling sister chromatids toward opposite poles during mitosis. The centrioles duplicate before division so two poles form, creating the bipolar spindle necessary for accurate chromosome separation. The nucleolus is focused on ribosome production, not spindle formation; microtubules are the fibers that form the spindle but are not paired, bundle-like inclusions themselves; organelles is a broad term that does not specify the structure responsible for organizing the spindle.

7. Which term describes usually a movement that decreases the joint's angle?

- A. Flexion**
- B. Extension**
- C. Abduction**
- D. Adduction**

The movement that decreases the angle between two jointed segments is called flexion. This happens when you bend a joint, such as bringing the forearm toward the upper arm at the elbow, which makes the angle between those two bones smaller. In contrast, extending the joint straightens it and increases that angle. Abduction and adduction describe moving a limb away from or toward the midline of the body and aren't about reducing a joint angle in the same way as flexion.

8. Feathered in appearance (uni-, bi-, or multi- forms) describes

- A. Pennate muscle**
- B. Flat muscle**
- C. Fusiform muscle**
- D. Circular muscle**

Feathered in appearance describes pennate muscles. The muscle fibers insert into a central tendon at oblique angles, giving a feather-like look. They can be unipennate (fibers on one side of the tendon), bipennate (fibers on both sides), or multipennate (several feathered sections around multiple tendinous branches). This arrangement increases the physiological cross-sectional area, so more fibers pull in parallel to generate greater force for a given muscle volume. The trade-off is less shortening and a smaller range of motion because the fibers run at angles, so the effective shortening along the tendon is reduced. Examples include unipennate, bipennate, and multipennate muscles, such as those often cited in anatomy texts.

9. Which term refers to the muscle's fixed or proximal attachment?

- A. Insertion**
- B. Origin**
- C. Circular muscle**
- D. Fusiform muscle**

Origin is the term for the muscle's fixed or proximal attachment. It's where the muscle anchors to bone (often closer to the center of the body or the stationary part of the limb) and remains relatively still during contraction. The moving end that pulls on the bone is the insertion. So the origin stays put as the insertion moves toward it when the muscle contracts. For example, the sternocleidomastoid has its origin on the sternum and clavicle and inserts on the mastoid process; when it contracts, its action pulls the skull toward the sternum/clavicle. The other terms mentioned describe where a muscle attaches in a movement (insertion) or describe muscle shape (circular, fusiform), not the fixed attachment.

10. Which term describes movement toward the body's midline?

A. Abduction

B. Adduction

C. Flexion

D. Extension

Adduction is the movement toward the body's midline. The midline is the imaginary line that divides the body into left and right halves, and adduction brings a limb or part back toward that line—for example, lowering the raised arm to your side or bringing the thighs together. This contrasts with abduction, which moves away from the midline, such as lifting the arms out to the sides. Flexion and extension describe changes in joint angles: flexion bends a joint to reduce the angle, while extension straightens it to increase the angle. So the term for moving toward the midline is adduction.

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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://nettersanatomy.examzify.com>

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

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