

NIGHTINGALE ANATOMY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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

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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 tissue type is designed for absorption and secretion throughout much of the GI tract?**
 - A. Simple columnar epithelium
 - B. Simple cuboidal epithelium
 - C. Stratified squamous epithelium
 - D. Pseudostratified ciliated columnar epithelium
- 2. Which bone is the only one in the body that articulates with no other bones?**
 - A. Mandible
 - B. Clavicle
 - C. Hyoid
 - D. Scapula
- 3. Which hormone test is associated with decreasing the amount of urine produced?**
 - A. Aldosterone and ADH
 - B. Antidiuretic hormone only
 - C. Atrial natriuretic peptide
 - D. Renin
- 4. The tube connecting the ovaries to the uterus is called the**
 - A. Uterine cavity
 - B. Cervical canal
 - C. Endometrium
 - D. Uterine tubes, Oviducts, fallopian tubes
- 5. Compact bone contains many cylinder-shaped structural units called**
 - A. Lamellae
 - B. Periosteum
 - C. Trabeculae
 - D. Osteons

- 6. Adrenal medulla hormones enter the bloodstream to influence various targets.**
- A. They are neurotransmitters at synapses
 - B. They act as endocrine hormones in blood
 - C. They pacify the sympathetic system
 - D. They have no effect
- 7. Which of the following does not distribute air?**
- A. Alveolus
 - B. Trachea
 - C. Nasal cavity
 - D. Bronchi
- 8. Conduction to autonomic effectors requires only one efferent neuron.**
- A. True
 - B. Not determinable
 - C. False
 - D. Both
- 9. What term describes the barrier that forms the first line of defense, as indicated by the statement that it protects the internal environment?**
- A. Mucous membranes
 - B. Skin
 - C. Blood
 - D. Lymph
- 10. The autonomic nervous system includes only efferent neurons.**
- A. False
 - B. True
 - C. Not determinable
 - D. Both

Answers

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

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Explanations

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1. Which tissue type is designed for absorption and secretion throughout much of the GI tract?

- A. Simple columnar epithelium**
- B. Simple cuboidal epithelium
- C. Stratified squamous epithelium
- D. Pseudostratified ciliated columnar epithelium

Absorption and secretion in much of the GI tract are carried out by a single layer of tall, column-shaped epithelial cells—the simple columnar epithelium. This lining is thin enough to allow nutrients to pass through efficiently, yet tall enough to provide a large surface area. The apical surface often has microvilli, forming a brush border that massively increases surface area and hosts digestive enzymes and transporters needed for nutrient uptake. Goblet cells interspersed among these cells secrete mucus, protecting and lubricating the lining as contents move along the tract. This combination makes the tissue ideal for both absorbing nutrients and secreting mucus and enzymes across the stomach to the colon, though the esophagus uses a protective stratified squamous epithelium instead. The other listed tissues are structured for protection, mucus movement, or glandular secretion in different contexts, not for broad absorption along the GI tract.

2. Which bone is the only one in the body that articulates with no other bones?

- A. Mandible
- B. Clavicle
- C. Hyoid**
- D. Scapula

Some bones in the body don't form joints with other bones. The hyoid bone is the one that doesn't participate in any bone-to-bone articulation. It sits in the anterior neck as a small U-shaped structure and is suspended by ligaments and muscles from the skull and mandible, not connected to another bone by a joint. This unique setup lets it serve as an anchor for tongue and throat muscles and move with swallowing and speech without constraining adjacent bones. By comparison, the other bones shown form joints with other bones: the jawbone articulates with the temporal bone at a joint, the clavicle connects to the sternum and to the scapula, and the scapula forms joints with the clavicle and the humerus.

3. Which hormone test is associated with decreasing the amount of urine produced?

- A. Aldosterone and ADH**
- B. Antidiuretic hormone only
- C. Atrial natriuretic peptide
- D. Renin

Urine volume is shaped by hormones that control water and salt reabsorption in the kidneys. Antidiuretic hormone (ADH) directly reduces urine output by making the collecting ducts more permeable to water, so more water is reabsorbed back into the body and the urine becomes more concentrated and smaller in volume. Aldosterone also decreases urine output, but indirectly: it increases sodium reabsorption in the distal tubule and collecting ducts, and water follows by osmosis, which expands blood volume and reduces the amount of urine produced. The combination of these two hormones is what most strongly decreases urine volume. By contrast, atrial natriuretic peptide promotes diuresis (increases urine), and renin is an enzyme that drives RAAS rather than a direct hormone that lowers urine output. Therefore, the test associated with decreasing urine production involves both aldosterone and ADH.

4. The tube connecting the ovaries to the uterus is called the

- A. Uterine cavity
- B. Cervical canal
- C. Endometrium
- D. Uterine tubes, Oviducts, fallopian tubes**

The tube that connects the ovaries to the uterus is the fallopian tube, also called the uterine tube or oviduct. It carries the released egg from the ovary toward the uterus and is the usual site where fertilization occurs. The uterine cavity is the space inside the uterus, the cervical canal runs through the cervix, and the endometrium is the lining of the uterus. So naming the uterine tubes, oviducts, or fallopian tubes correctly identifies the structure linking the ovaries to the uterus.

5. Compact bone contains many cylinder-shaped structural units called

- A. Lamellae
- B. Periosteum
- C. Trabeculae
- D. Osteons**

In compact bone, the repeating cylindrical unit is the osteon. An osteon is a long, hollow cylinder made of concentric lamellae wrapped around a central Haversian canal that houses blood vessels and nerves. Osteocytes reside in lacunae between the lamellae and communicate via tiny canaliculi to exchange nutrients and waste. The osteons align parallel to the bone's long axis, giving compact bone its dense, strong tubular structure. Perforating canals connect adjacent osteons and bring nutrient-rich blood from the periosteum, while trabeculae refer to the latticework in spongy bone, not the cylindrical units of compact bone. So the cylinder-shaped structural unit of compact bone is the osteon.

6. Adrenal medulla hormones enter the bloodstream to influence various targets.

- A. They are neurotransmitters at synapses
- B. They act as endocrine hormones in blood**
- C. They pacify the sympathetic system
- D. They have no effect

The main concept is that adrenal medulla hormones act as endocrine signals when they enter the bloodstream to affect distant targets. The adrenal medulla releases epinephrine and norepinephrine directly into the blood, so they function as neurohormones that circulate to reach heart, blood vessels, liver, and lungs to produce broad fight or flight effects. While these catecholamines can act as neurotransmitters at sympathetic synapses, their release into the bloodstream defines their endocrine role. That's why describing them as endocrine hormones in blood best fits the scenario. They do have activating effects on multiple systems; they are not meant to pacify the sympathetic system, and saying they have no effect is incorrect.

7. Which of the following does not distribute air?

- A. Alveolus
- B. Trachea
- C. Nasal cavity
- D. Bronchi

The main idea is distinguishing conducting airways from the actual gas-exchange units. The nasal cavity, trachea, and bronchi form a conducting pathway that carries and conditions air as it moves down into the lungs. They actively distribute air through the respiratory tree down to the sites where gas exchange can occur. The alveolus, on the other hand, is the site of gas exchange itself—the thin-walled sacs where oxygen diffuses into blood and carbon dioxide diffuses out. They do not distribute air to other areas; air ends its conducting journey there to be exchanged. So the alveolus is the structure that does not distribute air.

8. Conduction to autonomic effectors requires only one efferent neuron.

- A. True
- B. Not determinable
- C. False
- D. Both

Autonomic control normally uses a two-neuron chain: a preganglionic neuron from the CNS that synapses in an autonomic ganglion, and a postganglionic neuron that projects to the target organ (heart, smooth muscle, glands). This means conduction to autonomic effectors does not rely on a single efferent neuron. A special case is the adrenal medulla, where preganglionic fibers directly stimulate chromaffin cells that release hormones into the blood; there isn't a distinct postganglionic neuron contacting the tissue in the usual neural way. But even this setup isn't a single-neuron pathway to an effector, so the statement is not correct.

9. What term describes the barrier that forms the first line of defense, as indicated by the statement that it protects the internal environment?

- A. Mucous membranes
- B. Skin
- C. Blood
- D. Lymph

The main idea here is the body's first line of defense as a physical barrier that protects the internal environment. The skin serves as that outermost barrier, forming a tough, intact surface that is hard for microbes to penetrate. Its keratinized layers, along with protective secretions like sweat and sebum, create conditions that are inhospitable to many pathogens and help prevent water loss, keeping the internal environment stable. While mucous membranes also play a protective role at entry points such as the nose, mouth, and digestive tract, the description of guarding the internal environment points to the skin as the primary barrier. Blood and lymph are fluids involved in immune responses, not barriers.

10. The autonomic nervous system includes only efferent neurons.

A. False

B. True

C. Not determinable

D. Both

The autonomic nervous system includes both efferent and afferent components. While efferent neurons carry commands from the CNS to smooth muscle, cardiac muscle, and glands to regulate function, there are also visceral afferent neurons that carry sensory information from organs back to the CNS. This sensory input helps modulate autonomic output and maintain homeostasis, via reflexes like the baroreceptor reflex that adjusts heart rate and blood pressure, or signals about gut distension that influence digestion. Because of these sensory pathways, the statement that the autonomic nervous system includes only efferent neurons is not correct.

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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://nightingaleanatomy.examzify.com>

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

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