NLN NEX 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

1. The site within the testes where sperm are produced is the?

A. Seminiferous tubules

B. Epididymis

C. Vas deferens

D. Urethra

2. Part of the brain that controls basic life functions.

A. Cerebrum

B. Brain Stem

C. Cerebellum

D. Hypothalamus

3. The thyroid gland primarily secretes which hormone to regulate metabolism?

A. Thyroxin

B. Parathormone

C. Thymosin

D. Adrenaline

4. Concerned with the internal environment, such as the digestive system.

A. Central Nervous System

B. Somatic Branch

C. Autonomic Branch

D. Peripheral Nervous System

5. Which structure stores and matures sperm after production?

A. Epididymis

B. Vas Deferens

C. Prostate

D. Seminal Vesicles

6. Which group of organs assists digestion but is not the main digestive tract?

A. Surface area

B. Accessory organs

C. Chyme

D. Alimentary canal

7. Which structure is a network of capillaries located inside Bowman's capsule?

A. Bowman's capsule

B. Proximal convoluted tubule

C. Kidney

D. Glomerulus

8. What is the first segment of the renal tubule where reabsorption occurs?

A. Distal convoluted tubule

B. Proximal convoluted tubule

C. Glomerulus

D. Bowman's capsule

9. What is the part of a neuron that transmits impulses away from the cell body?

A. Axon

B. Dendrite

C. Soma

D. Nucleus

10. The male gamete is called?

A. Gamete

B. Sperm

C. Zygote

D. Ovum

Answers

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

Explanations

1. The site within the testes where sperm are produced is the?

A. Seminiferous tubules

B. Epididymis

C. Vas deferens

D. Urethra

Sperm production happens in the seminiferous tubules, the coiled tubes inside each testicular lobule where germ cells progress through spermatogenesis with support from Sertoli cells. These tubules line the interior with developing sperm cells—from spermatogonia to spermatozoa—that eventually mature and are released into the tubule lumen. The epididymis, outside the testes, stores and matures the sperm after they leave the tubules; the vas deferens transports them toward the urethra, which is the final passage for semen during ejaculation. So the site within the testes where sperm are produced is the seminiferous tubules.

2. Part of the brain that controls basic life functions.

A. Cerebrum

B. Brain Stem

C. Cerebellum

D. Hypothalamus

The brain stem handles basic life-sustaining functions. It houses the medulla oblongata, which contains the cardiovascular and respiratory centers that adjust heart rate, blood pressure, and breathing. The pons also helps regulate breathing. Because these centers operate largely below conscious control, they keep essential bodily functions running even when you're not awake. The cerebrum is responsible for thinking, memory, and sensory processing, not automatic life support. The cerebellum coordinates movement and balance, not autonomic maintenance. The hypothalamus regulates autonomic and endocrine activities like temperature, hunger, and thirst, but the rapid control of breathing and heart rate is a brain stem function.

3. The thyroid gland primarily secretes which hormone to regulate metabolism?

A. Thyroxin

B. Parathormone

C. Thymosin

D. Adrenaline

The main concept being tested is which hormone from the thyroid controls metabolic rate. The thyroid gland mainly secretes thyroid hormones, especially thyroxine (T4) and its active form T3, which raise the body's basal metabolic rate by enhancing cellular energy use and heat production. Thyroxin is the circulating thyroid hormone listed here, and it drives these metabolic processes (after being converted to the more active T3 in tissues). The other options come from different glands and serve different roles: parathormone (calcium regulation), thymosin (immune cell development), and adrenaline (acute fight-or-flight responses with a brief metabolic boost). Therefore, thyroxin best fits the function of regulating metabolism.

4. Concerned with the internal environment, such as the digestive system.

A. Central Nervous System

B. Somatic Branch

C. Autonomic Branch

D. Peripheral Nervous System

The autonomic nervous system handles the regulation of the internal environment, including the digestive system, without conscious effort. It controls involuntary functions of organs, smooth muscles, and glands, adjusting gut motility, enzyme and acid secretion, and regional blood flow to match the body's needs. Within this system, the sympathetic and parasympathetic divisions coordinate actions to optimize digestion and maintain homeostasis. The central nervous system, while it processes information and can influence autonomic responses, is not described as the system that directly manages internal organ function on a moment-to-moment basis. The somatic branch governs voluntary movement and conscious sensation, not automatic organ regulation. The peripheral nervous system includes all nerves outside the CNS, but the specific regulation of internal organs is carried out by the autonomic subdivision within the PNS.

5. Which structure stores and matures sperm after production?

A. Epididymis

B. Vas Deferens

C. Prostate

D. Seminal Vesicles

Sperm maturation and storage occur in the epididymis. After sperm are produced in the seminiferous tubules of the testes, they enter the epididymis, a long coiled duct along the back of the testis. As they travel from the head to the tail, they undergo functional maturation, gaining motility and the ability to fertilize an egg. The epididymal environment and its specialized epithelium support these changes, and the tail serves as a reservoir where mature sperm are stored until ejaculation. When ejaculation occurs, contractions move the sperm into the vas deferens for onward transport. The other structures don’t serve this storage-and-maturation role: the vas deferens mainly carries sperm from the epididymis during ejaculation, while the prostate and seminal vesicles add fluids to semen rather than maturing or storing sperm.

6. Which group of organs assists digestion but is not the main digestive tract?

A. Surface area

B. Accessory organs

C. Chyme

D. Alimentary canal

The essential idea here is that some organs support digestion without forming the main digestive passageway. These supporting parts are the accessory organs. They include the teeth and tongue for breaking food and moving it, the salivary glands for saliva, and the liver, pancreas, and gallbladder for making and delivering digestive secretions like bile and digestive enzymes. Food travels through the alimentary canal—the continuous tube from mouth to anus—where digestion and absorption occur, while the accessory organs provide the tools that make those processes possible without being the main route the food follows. The other terms describe either a concept related to digestion (surface area) or a substance/state within digestion (chyme) or simply the main digestive tract itself (alimentary canal), which isn't the group that assists digestion without being the main tract.

7. Which structure is a network of capillaries located inside Bowman's capsule?

A. Bowman's capsule

B. Proximal convoluted tubule

C. Kidney

D. Glomerulus

A tuft of capillaries called the glomerulus sits inside Bowman's capsule. This network is the site where blood plasma is filtered to begin urine formation. The filtration barrier is formed by the fenestrated capillary endothelium, a shared basement membrane, and podocyte foot processes with filtration slits, allowing water and small solutes to pass into Bowman's space while blood cells and most proteins stay in the blood. The surrounding Bowman's capsule collects this filtrate and passes it into the nephron tubule for processing. The other options describe structures that are not capillary networks inside Bowman's capsule: Bowman's capsule is just the surrounding sac, the proximal convoluted tubule is the tubular section that reabsorbs substances, and the kidney is the organ as a whole.

8. What is the first segment of the renal tubule where reabsorption occurs?

A. Distal convoluted tubule

B. Proximal convoluted tubule

C. Glomerulus

D. Bowman's capsule

The first segment of the renal tubule where reabsorption occurs is the proximal convoluted tubule. After filtration, this part of the nephron is the major reclamation site, equipped with a brush-border surface that greatly increases absorptive area. Sodium reabsorption here drives the process: Na+ is pumped out basolaterally by Na+/K+ ATPase, creating an electrochemical gradient that pulls Na+ along with glucose, amino acids, bicarbonate, and other solutes from the tubular fluid into the cells and then into the blood. Water follows by osmosis, so a large portion of filtered water is reabsorbed in this segment as well. The proximal tubule thus reclaims most of what was filtered, setting the stage for finer adjustments further along the nephron. The other options either refer to filtration structures (the glomerulus, Bowman's capsule) or to later tubular segments (the distal tubule) that handle specific, regulated reabsorption rather than the initial bulk reclamation.

9. What is the part of a neuron that transmits impulses away from the cell body?

A. Axon

B. Dendrite

C. Soma

D. Nucleus

The axon is the part that carries the electrical impulse away from the cell body toward other neurons or effector cells. Dendrites mainly receive signals and send them toward the soma, which integrates information. The soma (cell body) houses organelles and processes signals, with the nucleus inside it containing genetic material; neither structure transmits impulses. The axon, often insulated by myelin, is the conduction pathway that delivers the message to the next cell.

10. The male gamete is called?

A. Gamete

B. Sperm

C. Zygote

D. Ovum

In humans, the male reproductive cell is the sperm. A gamete is a haploid sex cell produced by meiosis, with the male counterpart being sperm and the female counterpart being the ovum. Sperm are designed to deliver paternal DNA to the egg and enable fertilization, which together with the female gamete forms a zygote. The general term “gamete” is not specific to one sex, the zygote is the fertilized cell, and the ovum is the female gamete. So the best answer is sperm.

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://nlnnexanatomy.examzify.com

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