

NLN NEX ANATOMY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 term describes the ability to differentiate between different types of touch?**
 - A. Light touch
 - B. Temperature
 - C. Light pressure
 - D. Discriminative touch
- 2. Which part of the neuron contains the nucleus and organelles?**
 - A. Dendrite
 - B. Axon
 - C. Nucleus
 - D. Cell body
- 3. Which term describes the organ responsible for nutrient and gas exchange between mother and fetus?**
 - A. Placenta
 - B. Umbilical Cord
 - C. Amniotic Sac
 - D. Chorion
- 4. The thyroid gland primarily secretes which hormone to regulate metabolism?**
 - A. Thyroxine
 - B. Parathormone
 - C. Thymosin
 - D. Adrenaline
- 5. Which term describes the circulation that delivers blood to all body tissues?**
 - A. Pulmonary circulation
 - B. Lymph capillaries
 - C. Systemic circulation
 - D. Platelets

- 6. Which phase occurs when the heart muscle relaxes and fills with blood?**
- A. Diastole
 - B. Hemoglobin
 - C. Oxygenated blood
 - D. Systemic circulation
- 7. Which hormone produced by the ovaries regulates the menstrual cycle?**
- A. Progesterone
 - B. Estrogen
 - C. Testosterone
 - D. Oxytocin
- 8. Which term describes the circulation that delivers blood to all body tissues?**
- A. Lymph capillaries
 - B. Oxygenated blood
 - C. Pulmonary circulation
 - D. Systemic circulation
- 9. Blood vessels that transport blood away from the heart?**
- A. Arteries
 - B. Lymph nodes
 - C. Plasma
 - D. White blood cells
- 10. In human reproduction, which term describes a reproductive cell that fuses during fertilization?**
- A. Zygote
 - B. Ovum
 - C. Gamete
 - D. Sperm

Answers

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

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Explanations

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1. Which term describes the ability to differentiate between different types of touch?

- A. Light touch
- B. Temperature
- C. Light pressure
- D. Discriminative touch**

Discriminative touch is the ability to differentiate between different types of touch. It involves recognizing fine details of a tactile stimulus—such as texture, shape, size, and edges—and accurately localizing where the touch occurs. This precision comes from high-resolution sensory pathways that carry detailed tactile information (like texture, vibration, and proprioception) from the skin to the somatosensory cortex, where the brain interprets it and lets you distinguish one object or sensation from another. In contrast, light touch provides only a basic sense of contact, and temperature senses warmth or cold via a different set of receptors and pathways, not the nuanced discrimination of touch types. Light pressure is even less specific in character, so it doesn't capture the ability to distinguish among different tactile qualities as well as discriminative touch does.

2. Which part of the neuron contains the nucleus and organelles?

- A. Dendrite
- B. Axon
- C. Nucleus
- D. Cell body**

The cell body, also called the soma, houses the nucleus and most of the neuron's organelles. The nucleus contains the DNA that directs gene expression, while organelles like mitochondria, rough endoplasmic reticulum with ribosomes, Golgi, and other cytoplasmic structures support the cell's metabolic needs and protein synthesis. Dendrites are mainly for receiving signals and have fewer organelles, and the axon is specialized for transmitting impulses away from the cell body and generally does not contain the nucleus. So, the region that contains the nucleus and organelles is the cell body.

3. Which term describes the organ responsible for nutrient and gas exchange between mother and fetus?

- A. Placenta**
- B. Umbilical Cord
- C. Amniotic Sac
- D. Chorion

The placenta is the organ that enables the exchange of nutrients and gases between mother and fetus. It forms a connection between fetal tissue and the uterine lining, with fetal villi extending into maternal blood spaces. Through these structures, nutrients and oxygen diffuse from mother to fetus, while waste products like carbon dioxide diffuse in the opposite direction. Importantly, maternal and fetal blood do not mix directly; exchange occurs across the placental barrier. The placenta also functions as an endocrine organ, supporting pregnancy with hormone production. The umbilical cord merely transports blood between the placenta and the fetus, not the site of exchange. The amniotic sac surrounds the fetus with fluid, and the chorion is a fetal membrane involved in placenta development, but the actual organ responsible for exchange is the placenta.

4. 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.

5. Which term describes the circulation that delivers blood to all body tissues?

- A. Pulmonary circulation
- B. Lymph capillaries
- C. Systemic circulation**
- D. Platelets

The main idea being tested is systemic circulation, the pathway that delivers blood to all body tissues. After leaving the left ventricle, oxygen-rich blood travels through the aorta and branching arteries, reaching capillary beds throughout the body to deliver oxygen and nutrients and pick up waste products. The returned blood, now low in oxygen, is carried back to the right atrium via the superior and inferior vena cavae, completing the systemic loop. This distinguishes it from pulmonary circulation, which focuses on moving blood to the lungs for gas exchange. Lymph capillaries belong to the lymphatic system, not the blood circulation, and platelets are components involved in clotting rather than a circulation route.

6. Which phase occurs when the heart muscle relaxes and fills with blood?

- A. Diastole**
- B. Hemoglobin
- C. Oxygenated blood
- D. Systemic circulation

During the cardiac cycle, relaxation of the heart muscle occurs in diastole. In this phase the ventricles relax and their pressure falls, the atrioventricular valves open, and blood flows from the atria into the ventricles, with atrial contraction helping to complete filling. This sets up the next contraction that pumps blood out to the lungs and to the rest of the body. Diastole is also when the coronary arteries receive blood to nourish the heart muscle itself. The other terms describe a blood component, the oxygen status of blood, or the overall circulation route, none of which describe the relaxation and filling of the heart.

7. Which hormone produced by the ovaries regulates the menstrual cycle?

A. Progesterone

B. Estrogen

C. Testosterone

D. Oxytocin

Progesterone from the corpus luteum drives the luteal phase and prepares the lining of the uterus for possible implantation. After ovulation, this hormone rises and transforms the endometrium from its proliferative state into a secretory one, making it receptive to a fertilized egg. It also exerts feedback that helps regulate the hypothalamic-pituitary axis, shaping the cycle's progression. If pregnancy doesn't occur, progesterone falls, and the secretory endometrium is shed as menstruation. Estrogen from the ovaries is essential earlier in the cycle for rebuilding the lining and aiding the cycle's regulation, but the key signal that maintains the endometrium after ovulation and drives the luteal phase is progesterone. The other options don't play the primary role in this regulatory aspect.

8. Which term describes the circulation that delivers blood to all body tissues?

A. Lymph capillaries

B. Oxygenated blood

C. Pulmonary circulation

D. Systemic circulation

The circulation that delivers blood to all body tissues is systemic circulation. It carries oxygenated blood from the left ventricle into the aorta and the arterial network, delivering oxygen and nutrients to every body tissue via capillaries, then returns deoxygenated blood through the veins to the right atrium, completing the loop. This is different from pulmonary circulation, which moves blood between the heart and lungs for gas exchange, and from the idea of "oxygenated blood," which describes the blood's oxygen content rather than the path it takes. Lymph capillaries belong to the lymphatic system and handle interstitial fluid and immune cells, not the actual blood circulation.

9. Blood vessels that transport blood away from the heart?

A. Arteries

B. Lymph nodes

C. Plasma

D. White blood cells

Arteries are the vessels that carry blood away from the heart. They handle blood under high pressure right after the heart contracts, so their walls are thick and muscular with abundant elastic tissue to withstand and propel the flow. The largest systemic artery is the aorta, and the pulmonary artery specifically carries blood from the heart to the lungs. In contrast, veins return blood to the heart and have thinner walls with valves to prevent backflow, while capillaries are the tiny exchanges between arteries and veins. The other terms—lymph nodes, plasma, and white blood cells—are not vessels: lymph nodes are part of the lymphatic system, plasma is the liquid component of blood, and white blood cells are cellular components circulating within the blood.

10. In human reproduction, which term describes a reproductive cell that fuses during fertilization?

- A. Zygote
- B. Ovum
- C. Gamete
- D. Sperm

A gamete is the reproductive cell that fuses during fertilization. It is a haploid cell—either a sperm or an ovum—that carries half the chromosomes. When a sperm and an ovum unite, they form a zygote, a diploid cell with a full chromosome set that begins development. Ovum and sperm are specific examples of gametes, while zygote is the product after fusion.

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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://nllexanatomy.examzify.com>

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

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