

NORTH SEATTLE COLLEGE EMT ENTRANCE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 of the following is included in a general impression assessment during ABC?**
 - A. Physical examination
 - B. Urgency assessment
 - C. Appearance, breathing, circulation
 - D. Vital signs analysis

- 2. What type of sign is Battle's Sign considered in the context of trauma assessment?**
 - A. External bleeding
 - B. Skin discoloration
 - C. Swelling
 - D. Potential skull fracture indicator

- 3. Who is more likely to experience air embolism?**
 - A. Patients with skin burns
 - B. Individuals with blunt force trauma
 - C. Patients with torn blood vessels
 - D. Individuals with chronic headaches

- 4. What structures are defined as the lower airway?**
 - A. Nose and pharynx
 - B. Pharynx and larynx
 - C. Trachea, lungs, bronchi, bronchioles, alveoli
 - D. Sinuses and throat

- 5. What is the term for the involuntary wave-like contraction of smooth muscles in the digestive tract?**
 - A. Peristalsis
 - B. Segmentation
 - C. Digestion
 - D. Absorption

- 6. What is the function of arterioles in the circulatory system?**
- A. Exchange nutrients
 - B. Connect arteries to capillaries
 - C. Transport deoxygenated blood
 - D. Return blood to the heart
- 7. Which organ is NOT found in the thoracic cavity?**
- A. Heart
 - B. Lungs
 - C. Pancreas
 - D. Major vessels
- 8. Which gland is located in the center of the brain and secretes melatonin and serotonin?**
- A. Cerebellum
 - B. Pineal gland
 - C. Pituitary gland
 - D. Thyroid gland
- 9. What type of fracture is characterized by a break in the bone where it comes through the skin?**
- A. Simple fracture
 - B. Greenstick fracture
 - C. Compound fracture
 - D. Stress fracture
- 10. Which of the following signs would indicate that a patient may be in respiratory distress?**
- A. Normal skin color
 - B. Delayed capillary refill
 - C. Use of abdominal muscles to assist in breathing
 - D. Increased physical activity tolerance

Answers

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

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Explanations

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1. Which of the following is included in a general impression assessment during ABC?

- A. Physical examination
- B. Urgency assessment
- C. Appearance, breathing, circulation**
- D. Vital signs analysis

The correct answer includes "appearance, breathing, circulation" because this term encompasses the critical components of a general impression assessment during the initial evaluation of a patient in the ABC (Airway, Breathing, Circulation) approach. In emergency medical situations, establishing a quick general impression allows responders to assess the patient's overall condition effectively. This includes evaluating the patient's appearance, which reflects their level of consciousness and potential distress; assessing breathing to determine if it is effective or requires intervention; and evaluating circulation to check for pulse and signs of bleeding or shock. These elements are vital since they provide immediate insight into the patient's stability and the urgency of the medical situation, guiding responders in prioritizing interventions and treatments.

2. What type of sign is Battle's Sign considered in the context of trauma assessment?

- A. External bleeding
- B. Skin discoloration
- C. Swelling
- D. Potential skull fracture indicator**

Battle's Sign is considered an indicator of a potential skull fracture, particularly one associated with underlying brain injury. This sign manifests as a discoloration or bruising behind the ears, often resembling a "raccoon eye" presentation around the eyes or postauricular ecchymosis. It signifies that there may be a significant trauma to the head, leading to blood pooling and subsequent bruising in these areas. In the context of trauma assessment, recognizing Battle's Sign is crucial for EMTs and medical professionals as it suggests that there may be an associated cranial injury, necessitating further evaluation and management. Identifying this sign can help in prioritizing treatment protocols and alerting appropriate medical facilities about the severity of the injury. The association with skull fractures and potential brain injury is what makes this sign particularly important, underscoring the need for comprehensive assessment and care in trauma cases.

3. Who is more likely to experience air embolism?

- A. Patients with skin burns
- B. Individuals with blunt force trauma
- C. Patients with torn blood vessels**
- D. Individuals with chronic headaches

Air embolism occurs when air bubbles enter the bloodstream, which can lead to serious complications like stroke or cardiac arrest. Individuals with torn blood vessels are particularly at risk because the trauma can create a pathway for air to enter the vascular system. When blood vessels are torn, especially in situations involving significant trauma, there's a greater chance for atmospheric pressure to push air into the circulatory system. This phenomenon is commonly observed in medical scenarios involving deep lacerations or vascular injuries where air is introduced as a result of the injury. In contrast, patients with skin burns typically do not have an open vascular system that would allow air to enter the bloodstream. Blunt force trauma could potentially cause vascular injuries, but it is less directly related to air embolism than torn blood vessels. Chronic headaches do not present any direct risk for air embolism, as they are usually not associated with trauma or disruption to the vascular integrity. Thus, among these groups, individuals with torn blood vessels are the most likely to experience air embolism due to the direct relationship between their injury and the possibility of air entering the vascular system.

4. What structures are defined as the lower airway?

- A. Nose and pharynx
- B. Pharynx and larynx
- C. Trachea, lungs, bronchi, bronchioles, alveoli**
- D. Sinuses and throat

The lower airway is defined as the part of the respiratory system that begins at the trachea and includes structures that are involved in the passage of air and gas exchange. This includes the trachea, which is the windpipe leading to the bronchi, then extending into the bronchi, bronchioles, and finally reaching the alveoli, where the exchange of oxygen and carbon dioxide takes place. The trachea serves as the main conduit for air entering the lungs, dividing into the right and left bronchi, which further branch into smaller bronchioles that end in the alveoli. This entire section of the respiratory system is crucial for the effective functioning of breathing and gas exchange. In contrast, the other options include structures that do not fall within the lower airway definition. The nose and pharynx comprise the upper airway, primarily involved in filtering, humidifying, and warming the air before it reaches the lower airway. The pharynx and larynx are also part of the upper airway; the larynx, while important for voice production and protecting the trachea during swallowing, does not include the structures that are primarily responsible for gas exchange. The sinuses and throat are further indications of upper airway components and are

5. What is the term for the involuntary wave-like contraction of smooth muscles in the digestive tract?

- A. Peristalsis**
- B. Segmentation
- C. Digestion
- D. Absorption

The term for the involuntary wave-like contraction of smooth muscles in the digestive tract is peristalsis. Peristalsis is a crucial physiological process that helps in moving food through the gastrointestinal tract. It involves coordinated contractions and relaxations of the smooth muscle layers surrounding the digestive organs, effectively pushing the contents along the tract. This process begins in the esophagus when a bolus of food is swallowed, and it continues throughout the stomach and intestines, ensuring that food is mixed with digestive juices and propelled towards the rectum for elimination. Understanding peristalsis is vital for comprehending how the body digests food and absorbs nutrients effectively. The other terms listed are related to the digestive process but refer to different functions. Segmentation, for instance, refers to the rhythmic contraction of the circular muscles in the intestines, which helps to mix and break down food rather than move it along the tract as peristalsis does. Digestion is the broader process of breaking down food into smaller components that can be absorbed, while absorption specifically concerns the uptake of nutrients from the digestive tract into the bloodstream.

6. What is the function of arterioles in the circulatory system?

- A. Exchange nutrients
- B. Connect arteries to capillaries**
- C. Transport deoxygenated blood
- D. Return blood to the heart

Arterioles serve as crucial connectors between arteries and capillaries in the circulatory system. They are small-diameter blood vessels that branch off from arteries and lead directly into capillary networks. This function is vital because arterioles help regulate blood flow and pressure throughout the body. By adjusting their diameter through vasoconstriction or vasodilation, arterioles can control the amount of blood that enters the capillaries, thus ensuring that tissues receive the appropriate supply of oxygen and nutrients according to their needs. Understanding the function of arterioles is essential for grasping how blood circulation is maintained and regulated, as they play a pivotal role in distributing blood to various parts of the body. The other choices highlight different functions within the circulatory system but do not accurately capture the primary role of arterioles in connecting arteries to capillaries.

7. Which organ is NOT found in the thoracic cavity?

- A. Heart
- B. Lungs
- C. Pancreas**
- D. Major vessels

The pancreas is the organ that is not found in the thoracic cavity. Instead, it is located in the abdominal cavity, specifically behind the stomach. The thoracic cavity is primarily enclosed by the rib cage and contains the organs responsible for respiration and circulation, including the heart and lungs. Major vessels, such as the aorta and pulmonary arteries, are also integral to this cavity as they carry blood to and from the heart and lungs. Understanding the anatomical locations of these organs is crucial in the study of human biology and medical emergencies, especially for EMTs, as it aids in assessing and managing medical situations effectively.

8. Which gland is located in the center of the brain and secretes melatonin and serotonin?

- A. Cerebellum
- B. Pineal gland**
- C. Pituitary gland
- D. Thyroid gland

The pineal gland, located in the center of the brain, plays a crucial role in the regulation of circadian rhythms and sleep-wake cycles primarily by secreting melatonin, a hormone that helps to regulate sleep patterns. Additionally, the pineal gland produces serotonin, a neurotransmitter that influences mood and contributes to the regulation of sleep and other functions. The importance of the pineal gland lies in its response to light exposure; it produces more melatonin in the dark, which helps signal the body when it's time to sleep. This regulation is essential for maintaining a healthy sleep schedule and overall well-being. This makes it distinct from other glands listed. The cerebellum is involved in motor control rather than hormonal secretion. The pituitary gland, while important for hormone regulation, is not responsible for melatonin production. The thyroid gland primarily regulates metabolism and does not secrete melatonin or serotonin.

9. What type of fracture is characterized by a break in the bone where it comes through the skin?

- A. Simple fracture
- B. Greenstick fracture
- C. Compound fracture**
- D. Stress fracture

A compound fracture, also known as an open fracture, is characterized by a break in the bone that results in the bone protruding through the skin. This type of fracture poses a higher risk of infection due to the exposure of bone and surrounding tissue to the external environment. The healing process for compound fractures is often more complex than for other types of fractures, as it requires careful management of the wound to prevent infection. In addition, treatment typically involves more extensive medical intervention, such as surgery or stabilization with pins or plates to allow the bone to heal properly while protecting the exposed area. Understanding the characteristics of different fracture types is critical for assessing injuries and determining the appropriate course of treatment.

10. Which of the following signs would indicate that a patient may be in respiratory distress?

- A. Normal skin color
- B. Delayed capillary refill
- C. Use of abdominal muscles to assist in breathing**
- D. Increased physical activity tolerance

The use of abdominal muscles to assist in breathing is a clear indicator that a patient may be experiencing respiratory distress. When a patient is in respiratory distress, they often have difficulty fully engaging the diaphragm – the primary muscle used for breathing. This difficulty can lead them to recruit accessory muscles, including those in the abdominal region, to help facilitate breathing. This pattern of using additional muscles is a physiological response to increased effort required for adequate ventilation and can indicate that the patient is struggling to get enough oxygen. In contrast, normal skin color suggests that the patient has adequate oxygenation and is not in respiratory distress. Delayed capillary refill may signal other circulatory issues but is not a direct sign of respiratory distress. Increased physical activity tolerance would indicate that the patient is likely not in distress, as individuals experiencing breathing difficulties typically have reduced tolerance for exertion due to inadequate airflow or oxygenation. Therefore, the correct choice emphasizes the use of abdominal muscles as a significant and observable sign of respiratory compromise.

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:

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

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