

RUTGERS ANATOMY 2 PRACTICE TEST (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 fibrous membrane surrounds the cortex of the kidney?**
 - A. Renal fascia
 - B. Renal capsule
 - C. Renal cortex
 - D. Renal medulla
- 2. What is the largest protein found in the plasma?**
 - A. Globulins
 - B. Fibrinogen
 - C. Coagulation factors
 - D. Albumin
- 3. What is the region of the aorta that passes inferiorly towards the feet called?**
 - A. Ascending aorta
 - B. Descending aorta
 - C. Aortic arch
 - D. Aortic valve
- 4. Red blood cells are formed in which type of bone marrow?**
 - A. Yellow
 - B. Red
 - C. White
 - D. Compact
- 5. What is the main function of a thrombocyte?**
 - A. Producing red blood cells
 - B. Creating clots
 - C. Transporting nutrients
 - D. Breaking down pathogens

- 6. Which term refers to the volume of air present in the lungs at the end of passive expiration?**
- A. Inspiratory reserve volume
 - B. Functional residual capacity
 - C. Residual volume
 - D. Tidal volume
- 7. What happens to the reabsorbed solutes and water after tubular reabsorption?**
- A. They are excreted in urine
 - B. They return to the bloodstream
 - C. They enter the glomerulus
 - D. They move into the renal pelvis
- 8. What condition occurs when an artery in the lungs gets blocked by a blood clot?**
- A. Pneumothorax
 - B. Pulmonary embolism
 - C. Cardiac arrest
 - D. Aneurysm
- 9. What is the more common name for the thyroid cartilage?**
- A. Voice box
 - B. Larynx
 - C. Adams apple
 - D. Windpipe
- 10. What disease is characterized by hyperthyroid issues and often includes protruding eyes?**
- A. Hashimoto's disease
 - B. Grave's disease
 - C. Cushing's syndrome
 - D. Diabetes mellitus

Answers

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

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Explanations

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1. Which fibrous membrane surrounds the cortex of the kidney?

- A. Renal fascia
- B. Renal capsule**
- C. Renal cortex
- D. Renal medulla

The renal capsule is a fibrous membrane that directly surrounds the cortex of the kidney. It is a thin, tough layer that provides protection and structural support to the kidney, helping to maintain its shape and integrity. The renal capsule also plays a role in protecting the kidney from infections and other external injuries. Its location and composition make it crucial for encapsulating the kidney, which is important for its overall function and health. Understanding the role of the renal capsule is essential in anatomy, especially in the context of renal protection and support structures.

2. What is the largest protein found in the plasma?

- A. Globulins
- B. Fibrinogen
- C. Coagulation factors**
- D. Albumin

The largest protein found in plasma is fibrinogen, which is essential in the coagulation process. Fibrinogen is a glycoprotein produced by the liver and plays a crucial role in blood clotting by being converted into fibrin during the clotting process. Fibrin strands form a mesh that traps blood cells, leading to the formation of a stable clot. While globulins and albumin are significant plasma proteins, they do not surpass fibrinogen in size. Globulins are a diverse family of proteins primarily involved in immune responses, and albumin is important for maintaining osmotic pressure and transporting various substances in the blood. Coagulation factors are active proteins that play roles in the coagulation cascade, but fibrinogen remains the largest among the common plasma proteins that directly participate in the coagulation process. Thus, the identification of fibrinogen as the largest plasma protein is accurate due to its larger molecular size compared to other proteins and its direct role in the formation of fibrin, which is crucial in hemostasis.

3. What is the region of the aorta that passes inferiorly towards the feet called?

- A. Ascending aorta
- B. Descending aorta**
- C. Aortic arch
- D. Aortic valve

The region you're referring to is known as the descending aorta. This part of the aorta is characterized by its pathway running downward through the thoracic and into the abdominal cavity, ultimately supplying blood to the lower regions of the body, including the abdomen and lower extremities. It is important to understand its anatomical position and function in the circulatory system. After the aorta ascends from the heart as the ascending aorta, it arches into the aortic arch before transitioning into the descending aorta. The descending aorta is continuous with the aortic arch, distinguishing it from the earlier portions of the aorta, which serve more localized functions in blood distribution. This region is crucial in delivering oxygen-rich blood to various organs and tissues in the lower body, and any abnormalities or conditions affecting the descending aorta can have significant implications on systemic circulation. Thus, identifying and understanding the descending aorta's role within the cardiovascular system is key in the study of anatomy and physiology.

4. Red blood cells are formed in which type of bone marrow?

- A. Yellow
- B. Red**
- C. White
- D. Compact

Red blood cells are formed in red bone marrow, which is highly vascularized and contains hematopoietic stem cells responsible for the production of various blood components, including red blood cells, white blood cells, and platelets. This marrow is found in the flat bones such as the pelvis, sternum, and ribs, as well as in the ends of long bones. In contrast, yellow bone marrow primarily serves as a fat storage area and is not involved in the production of blood cells. White bone marrow is not a recognized term in anatomy; rather, the red and yellow types are the primary classifications of marrow. Compact bone is the dense outer layer of bone that provides strength and support but does not play a direct role in hematopoiesis. Thus, understanding the specific function of each type of bone marrow emphasizes why red marrow is the key site for the formation of red blood cells.

5. What is the main function of a thrombocyte?

- A. Producing red blood cells
- B. Creating clots**
- C. Transporting nutrients
- D. Breaking down pathogens

A thrombocyte, also known as a platelet, plays a crucial role in hemostasis, which is the process of blood clotting. When a blood vessel is injured, thrombocytes are activated and aggregate at the site of injury. They adhere to the exposed collagen and secrete chemical signals that enhance clot formation and promote the recruitment of more platelets. These platelets form a temporary plug and, together with clotting factors, facilitate the formation of a stable blood clot. This function is essential to prevent excessive bleeding and to initiate the healing processes in the body. The other options do not accurately represent the primary role of thrombocytes. They are specialized for clotting rather than producing red blood cells, transporting nutrients, or breaking down pathogens.

6. Which term refers to the volume of air present in the lungs at the end of passive expiration?

- A. Inspiratory reserve volume
- B. Functional residual capacity**
- C. Residual volume
- D. Tidal volume

The term that refers to the volume of air present in the lungs at the end of passive expiration is functional residual capacity. This volume represents the total amount of air remaining in the lungs after a normal, passive exhalation, encompassing both the residual volume and the expiratory reserve volume. Functional residual capacity is essential for maintaining adequate gas exchange during the breathing cycle, as it prevents the complete collapse of the alveoli and allows for a continuous supply of oxygen to the bloodstream. It reflects how much air remains in the lungs during normal resting breathing and is particularly important in assessing lung function and diagnosing various respiratory conditions. Understanding this concept helps in evaluating aspects of pulmonary health and function, as abnormalities in functional residual capacity can indicate problems such as restrictive or obstructive lung diseases.

7. What happens to the reabsorbed solutes and water after tubular reabsorption?

- A. They are excreted in urine
- B. They return to the bloodstream**
- C. They enter the glomerulus
- D. They move into the renal pelvis

After tubular reabsorption, the reabsorbed solutes and water return to the bloodstream. This process occurs primarily in the nephrons of the kidneys, where essential substances such as glucose, amino acids, and electrolytes, along with water, are absorbed back into the peritubular capillaries. This reabsorption is crucial for maintaining the body's fluid and electrolyte balance, ensuring that necessary nutrients are retained for the body's functions while waste products continue to be filtered and excreted through urine. The other options do not accurately describe the fate of reabsorbed solutes and water. Excretion in urine would imply that these substances were not reabsorbed, and entering the glomerulus or moving into the renal pelvis are not correct in this context as they don't reflect the process of reabsorption but rather filtration or final urine collection pathways, respectively.

8. What condition occurs when an artery in the lungs gets blocked by a blood clot?

- A. Pneumothorax
- B. Pulmonary embolism**
- C. Cardiac arrest
- D. Aneurysm

Pulmonary embolism is a condition that occurs when a blood clot travels to the lungs and blocks one or more arteries. This can happen when a clot from another part of the body (often from the deep veins of the legs, known as deep vein thrombosis) dislodges and moves through the bloodstream to the pulmonary arteries. The blockage can lead to reduced blood flow to the lung tissue, resulting in complications such as decreased oxygen levels in the blood and respiratory distress. Symptoms of pulmonary embolism often include sudden shortness of breath, chest pain that may become worse when breathing deeply, and coughing up blood. This condition can be life-threatening and requires immediate medical attention. Understanding pulmonary embolism is crucial in anatomy and physiology as it highlights the importance of the circulatory system and its functions within the broader context of respiratory health.

9. What is the more common name for the thyroid cartilage?

- A. Voice box
- B. Larynx
- C. Adams apple**
- D. Windpipe

The thyroid cartilage is commonly referred to as the "Adam's apple." This term arises from the prominence of the cartilage in the neck, which is more noticeable in males due to hormonal changes during puberty that cause the cartilage to grow larger. The Adam's apple forms the anterior wall of the larynx, which is integral to voice production as it houses the vocal cords. In contrast, the other choices have different anatomical or functional meanings. The voice box is a colloquial term for the larynx, which includes the thyroid cartilage but refers to the entire structure. The larynx is the proper anatomical term for the organ that houses the vocal cords and plays crucial roles in breathing, sound production, and protecting the trachea against food aspiration. The windpipe, medically known as the trachea, is a separate structure that extends below the larynx and is responsible for conducting air to and from the lungs. Thus, the term "Adam's apple" specifically denotes the thyroid cartilage itself rather than the broader anatomical features encompassed by the other terms.

10. What disease is characterized by hyperthyroid issues and often includes protruding eyes?

- A. Hashimoto's disease
- B. Grave's disease**
- C. Cushing's syndrome
- D. Diabetes mellitus

Grave's disease is an autoimmune disorder that leads to hyperthyroidism, which is an overproduction of thyroid hormones. This condition often results in various symptoms, one of the most recognizable being exophthalmos, or protruding eyes. This occurs due to an inflammatory response in the tissues behind the eyes, leading to swelling and pushing the eyeballs forward. Grave's disease is characterized not only by hyperthyroid symptoms, such as increased metabolism, weight loss, and heat intolerance, but also by its distinctive ocular manifestations. Understanding these associations is important in clinical settings for diagnosis. Meanwhile, the other conditions listed—such as Hashimoto's disease, which causes hypothyroidism, Cushing's syndrome, characterized by excess cortisol, and diabetes mellitus, primarily related to insulin and glucose metabolism—do not present with both hyperthyroid symptoms and protruding eyes. Thus, Grave's disease is the clear choice for this question.

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://rutgersanatomy2.examzify.com>

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

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