

SKELETAL SYSTEM A&P PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://skeletalssystemaandp.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

- 1. Which term describes movement toward the body's midline?**
 - A. Adduction
 - B. Abduction
 - C. Supination
 - D. Pronation
- 2. Which gland secretes growth hormone?**
 - A. Pituitary gland
 - B. Thyroid gland
 - C. Adrenal gland
 - D. Pineal gland
- 3. Which movement describes rotating a hip or shoulder toward the midline?**
 - A. Internal rotation
 - B. External rotation
 - C. Circumduction
 - D. Rotation
- 4. Which knee structure cushions the joint by forming a cartilaginous disk?**
 - A. Meniscus
 - B. ACL
 - C. MCL
 - D. Patella
- 5. Which bone is the upper jaw bone?**
 - A. Maxilla
 - B. Mandible
 - C. Nasal
 - D. Lacrimal
- 6. Which term describes broken ends of the bone protruding through the skin?**
 - A. Open fracture
 - B. Comminuted fracture
 - C. Greenstick fracture
 - D. Transverse fracture

- 7. Which suture is between the parietal bone and the frontal bone?**
- A. Coronal suture
 - B. Sagittal suture
 - C. Squamous suture
 - D. Lambdoid suture
- 8. Which knee structure acts as a cartilage disc to absorb shock and cushion the joint?**
- A. Meniscus
 - B. ACL
 - C. MCL
 - D. Patella
- 9. Which term designates the wedge-shaped bone that unites the pelvic bones?**
- A. Sacrum
 - B. Lumbar
 - C. Coccyx
 - D. Thoracic
- 10. Which bone forms the upper jaw?**
- A. Maxilla
 - B. Mandible
 - C. Zygomatic
 - D. Nasal

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which term describes movement toward the body's midline?

- A. Adduction
- B. Abduction
- C. Supination
- D. Pronation

Adduction is movement toward the body's midline. The midline is an imaginary vertical line that runs down the center of the body, and adduction brings a limb closer to that line. For example, bringing the arm from the side toward the torso or squeezing the thighs together toward the center are adduction movements. By contrast, abduction moves away from the midline (like raising the arms out to the sides). Supination and pronation involve rotating the forearm or hand (palm up for supination, palm down for pronation) and aren't about moving toward or away from the midline. So, the term for movement toward the body's midline is adduction.

2. Which gland secretes growth hormone?

- A. Pituitary gland
- B. Thyroid gland
- C. Adrenal gland
- D. Pineal gland

Growth hormone is produced by the pituitary gland, specifically the anterior lobe. This gland, located at the base of the brain, releases GH under hypothalamic control to stimulate growth of bones and tissues and to modulate metabolism. The other glands listed produce different hormones (thyroid hormones, adrenal hormones, melatonin) and are not the source of growth hormone. So the pituitary gland is the gland that secretes growth hormone.

3. Which movement describes rotating a hip or shoulder toward the midline?

- A. Internal rotation
- B. External rotation
- C. Circumduction
- D. Rotation

Internal rotation is the movement that turns a limb toward the body's midline. In the hip or shoulder, this means rotating the bone so the front (anterior) surface moves closer to the center of the body. For example, turning the arm so the palm faces inward toward the opposite shoulder or turning the leg so the kneecap and toes point slightly inward—the limb is rotating toward the midline. External rotation is the opposite, moving the limb away from the midline. Circumduction involves a circular path that combines multiple movements, not just turning toward the midline. Rotation by itself can be ambiguous, but when we specify toward the midline, we're describing internal rotation.

4. Which knee structure cushions the joint by forming a cartilaginous disk?

A. Meniscus

B. ACL

C. MCL

D. Patella

The knee uses fibrocartilaginous disks called the menisci to cushion the joint. These cartilaginous cushions sit between the femur and tibia, absorbing shock, spreading load, and improving contact congruence so the joint can move smoothly and withstand stresses during activities like walking or jumping. The other options aren't cushions: ligaments like the ACL and MCL stabilize the knee, not cushion it, and the patella is a bone that helps with knee extension, not a cartilaginous disk between the bones. So the meniscus is the structure that forms a cushioning cartilaginous disk.

5. Which bone is the upper jaw bone?

A. Maxilla

B. Mandible

C. Nasal

D. Lacrimal

The upper jaw bone is the maxilla. It forms the upper dental arch, holding the upper teeth in the alveolar processes, and also contributes to the floor of the orbits and the sides of the nasal cavity, with the maxillary sinuses inside. The mandible, by contrast, is the lower jaw and is a separate bone that moves at the jaw joint. The nasal bones create the bridge of the nose, while the lacrimal bones are small bones at the inner corner of the eye that contribute to the medial wall of the orbit and the tear drainage area.

6. Which term describes broken ends of the bone protruding through the skin?

A. Open fracture

B. Comminuted fracture

C. Greenstick fracture

D. Transverse fracture

This question tests how fractures are classified by whether the skin is broken. When broken ends of a bone protrude through the skin, that is an open fracture. The skin breach means the fracture communicates with the external environment, which raises infection risk and often requires urgent treatment with antibiotics and cleaning plus possible surgery. Other fracture types describe different patterns without skin involvement: a comminuted fracture is when the bone shatters into many pieces; a greenstick fracture is an incomplete crack with bending, common in children; and a transverse fracture runs straight across the bone. So the term that matches bone ends protruding through the skin is open fracture.

7. Which suture is between the parietal bone and the frontal bone?

- A. Coronal suture**
- B. Sagittal suture
- C. Squamous suture
- D. Lambdoid suture

Cranial sutures are fibrous joints that join skull bones and allow growth during development. The suture that sits between the frontal bone at the front of the skull and the parietal bones on the sides is the coronal suture, which runs across the top of the skull. The sagittal suture lies along the midline between the two parietal bones, the squamous sutures connect the parietal bones to the temporal bones on each side, and the lambdoid suture links the parietal bones to the occipital bone at the back. So, the boundary between the frontal and parietal bones is the coronal suture.

8. Which knee structure acts as a cartilage disc to absorb shock and cushion the joint?

- A. Meniscus**
- B. ACL
- C. MCL
- D. Patella

The main idea is that knee shock absorption comes from the menisci, two fibrocartilaginous discs that sit between the femur and tibia. Their wedge-shaped, cartilage composition lets them compress and spread out the load as you stand, walk, and run. This distribution increases the contact area, converts some of the joint's compressive force into hoop stresses, and smooths the interaction between the rounded femoral condyles and the relatively flat tibial surfaces. All of this cushions the joint and protects the underlying cartilage from damage during movement. The other structures serve different roles. Ligaments like the ACL and MCL stabilize the joint by guiding and limiting movement, not by acting as cushions between the bones. The patella, or kneecap, is a small bone that protects the front of the knee and improves the mechanical advantage of the quadriceps tendon, rather than serving as the cartilage cushion between femur and tibia.

9. Which term designates the wedge-shaped bone that unites the pelvic bones?

- A. Sacrum**
- B. Lumbar
- C. Coccyx
- D. Thoracic

The sacrum is the wedge-shaped bone that unites the pelvic bones. It sits at the base of the spine and forms the posterior part of the pelvis, created by the fusion of five sacral vertebrae. It articulates with the ilia at the sacroiliac joints, acting as a keystone that anchors the two hip bones together and helps transfer weight from the upper body to the pelvis. The other terms refer to different parts of the vertebral column: the lumbar region is the lower back, the coccyx is the tailbone, and the thoracic region corresponds to the mid-back with the ribs.

10. Which bone forms the upper jaw?

- A. Maxilla
- B. Mandible
- C. Zygomatic
- D. Nasal

The bone that forms the upper jaw is the maxilla. It houses the upper teeth and forms much of the roof of the mouth, as well as parts of the floor of the eye socket and the sides of the nasal cavity. The maxilla also contributes to the hard palate through its palatine processes. In development, it is a paired bone that fuses at the midline. The other bones listed have different roles: the mandible is the lower jaw, the zygomatic bone forms the cheekbone, and the nasal bones create the bridge of the nose.

SAMPLE

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://skeletalysaandp.examzify.com>

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

SAMPLE