

T LEVEL BIOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What dietary recommendation is commonly suggested for treating or preventing Rickets?**
 - A. Increase vitamin C only
 - B. Increase protein intake
 - C. Consume more calcium and vitamin D
 - D. Avoid all dairy products
- 2. What does the lymphatic system consist of?**
 - A. Red blood cells and plasma
 - B. Lymphatic vessels and lymph nodes
 - C. Cardiovascular veins and arteries
 - D. Digestive ducts and glands
- 3. What may occur due to brain cells dying from a stroke?**
 - A. Increased coordination
 - B. Improved memory
 - C. One-sided weakness or paralysis
 - D. Heightened emotional stability
- 4. What type of blood cells does Acute Myeloid Leukaemia primarily affect?**
 - A. Platelets only
 - B. Lymphocytes only
 - C. A combination of red and white blood cells
 - D. Only erythrocytes
- 5. What role do nails play in human anatomy?**
 - A. Protect the ends of fingers and enhance sensations
 - B. Store nutrients and blood
 - C. Regulate temperature and produce heat
 - D. Assist in excretion
- 6. In an antagonist muscle pair, what does the antagonist muscle do?**
 - A. Carries out the main movement
 - B. Stabilizes the joint during movement
 - C. Returns the bone to its original position
 - D. Initiates the movement

- 7. Which of the following is a characteristic of malignant tumors?**
- A. Slow-growing
 - B. Non-invasive
 - C. Can invade nearby tissues
 - D. Completely harmless
- 8. What is the impact of an overactive immune system in relation to eczema?**
- A. It leads to improved skin health
 - B. It can cause the skin to blister and become infected
 - C. It prevents the condition from being chronic
 - D. It ensures the skin remains hydrated
- 9. What is a common symptom of Non-Hodgkin lymphoma?**
- A. Increased appetite
 - B. Swollen lymph nodes
 - C. Frequent headaches
 - D. Skin rashes
- 10. Which of the following is a noted effect of Rickets on bones?**
- A. Bones thicken and become stronger
 - B. Bones become rigid and unmovable
 - C. Bones may bow outwards or inwards
 - D. Bones grow excessively long

Answers

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

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Explanations

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1. What dietary recommendation is commonly suggested for treating or preventing Rickets?

- A. Increase vitamin C only
- B. Increase protein intake
- C. Consume more calcium and vitamin D**
- D. Avoid all dairy products

The recommendation to consume more calcium and vitamin D is grounded in the understanding of how Rickets develops. Rickets is a disease that affects bone development in children, primarily caused by a deficiency of vitamin D, calcium, or phosphate. Vitamin D is crucial because it facilitates the absorption of calcium and phosphate from the diet, which are essential for maintaining bone health. Without sufficient vitamin D, even if calcium is present in the diet, the body cannot effectively absorb it, leading to weakened bone structure. Increasing dietary calcium and vitamin D helps ensure that bones grow properly and maintain their strength, preventing the softening and distortion of bones associated with Rickets. This is why an increase in these specific nutrients is a fundamental dietary recommendation for treating or preventing this condition.

2. What does the lymphatic system consist of?

- A. Red blood cells and plasma
- B. Lymphatic vessels and lymph nodes**
- C. Cardiovascular veins and arteries
- D. Digestive ducts and glands

The lymphatic system primarily consists of lymphatic vessels and lymph nodes. Lymphatic vessels are a network of tubes that transport lymph, a fluid that contains infection-fighting white blood cells, throughout the body. These vessels play a critical role in maintaining fluid balance by returning excess interstitial fluid back to the bloodstream. Lymph nodes are small, bean-shaped structures that act as filters for lymph. They contain immune cells that can help the body fight infections and other diseases. When there is an infection, lymph nodes can become swollen as they work to filter pathogens from the lymph and produce more immune cells to combat the infection. Together, these components of the lymphatic system help to support the immune response and maintain fluid homeostasis in the body. Understanding this key role helps illustrate why the lymphatic system is essential for overall health and how it interacts with other bodily systems.

3. What may occur due to brain cells dying from a stroke?

- A. Increased coordination
- B. Improved memory
- C. One-sided weakness or paralysis**
- D. Heightened emotional stability

When brain cells die due to a stroke, one of the most common consequences is one-sided weakness or paralysis, which is medically referred to as hemiparesis or hemiplegia. This condition arises because a stroke typically affects one side of the brain, leading to loss of function on the opposite side of the body. For instance, if the right hemisphere is affected, the left side of the body may experience weakness or paralysis. This occurs because the brain's control over bodily functions is contralateral; in other words, each hemisphere of the brain primarily controls functions and movements on the opposite side of the body. The other outcomes listed, such as increased coordination, improved memory, and heightened emotional stability, do not typically reflect the impact of stroke. Instead, many stroke survivors may experience difficulties with coordination and balance, memory impairment, and emotional challenges such as mood swings or depression as a result of the brain damage sustained during the event. Therefore, one-sided weakness or paralysis is a direct and common result of brain cell death from a stroke.

4. What type of blood cells does Acute Myeloid Leukaemia primarily affect?

- A. Platelets only
- B. Lymphocytes only
- C. A combination of red and white blood cells**
- D. Only erythrocytes

Acute Myeloid Leukaemia (AML) primarily affects the myeloid cells, which are a type of white blood cell that includes several different lineages, such as granulocytes and monocytes. In this condition, the bone marrow produces a large number of abnormal myeloid cells that fail to mature properly, leading to an accumulation of these immature cells. As AML affects the production of myeloid cells, it can influence the overall population of white blood cells as well as interfere with red blood cell and platelet production, since the overproduced leukemic cells crowd out the normal cells in the bone marrow. This means that, alongside the white blood cells, there is an impact on the production of red blood cells and platelets, which can lead to anemia and increased risk of bleeding, respectively. Therefore, stating that AML affects a combination of red and white blood cells accurately describes the disorder's impact on blood cell populations.

5. What role do nails play in human anatomy?

- A. Protect the ends of fingers and enhance sensations**
- B. Store nutrients and blood
- C. Regulate temperature and produce heat
- D. Assist in excretion

Nails serve several important functions in human anatomy, primarily providing protection for the tips of fingers and toes. They act as a barrier that shields the sensitive tissues and nerves beneath them, helping to prevent injuries and infections. Additionally, nails enhance tactile sensitivity by improving the precision of touch, as they help to amplify small sensations that come from contact with objects. This heightened sensitivity is crucial for tasks that require delicate manipulation. The other options refer to functions that are not related to nails. Storing nutrients and blood is primarily performed by organs like the liver and muscles. Temperature regulation and heat production are mainly functions of the skin, subcutaneous fat, and muscles. Excretion is a process carried out by the kidneys and skin through sweat, rather than by nails. Thus, the correct choice highlights the protective and sensory enhancement roles that nails truly fulfill.

6. In an antagonist muscle pair, what does the antagonist muscle do?

- A. Carries out the main movement
- B. Stabilizes the joint during movement
- C. Returns the bone to its original position**
- D. Initiates the movement

In an antagonist muscle pair, the antagonist muscle specifically acts to return the bone to its original position after the agonist muscle (the primary mover) has contracted to produce a movement. When one muscle contracts, the antagonist muscle relaxes to let that movement occur; then, when the agonist relaxes, the antagonist acts to allow the bone or joint to return to its starting position or to control the return movement carefully. This function is crucial for coordinated movement and helps prevent injuries. The role of the antagonist is especially important in controlling the speed and extent of the movement, ensuring that it is smooth and does not become erratic. Understanding the relationship between agonist and antagonist muscles helps in studying muscle coordination and overall functional anatomy.

7. Which of the following is a characteristic of malignant tumors?

- A. Slow-growing
- B. Non-invasive
- C. Can invade nearby tissues**
- D. Completely harmless

Malignant tumors are characterized by their ability to invade nearby tissues. This invasive nature allows malignant cells to spread through the surrounding environment, making it challenging to contain the cancer and often leading to metastasis, where cancer cells spread to distant parts of the body. Unlike benign tumors, which tend to grow slowly, remain localized, and do not invade surrounding tissues, malignant tumors exhibit aggressive growth patterns and can disrupt normal functions of the organs they invade. Their properties are directly related to their potential to cause significant health problems, including the spread of cancer throughout the body.

8. What is the impact of an overactive immune system in relation to eczema?

- A. It leads to improved skin health
- B. It can cause the skin to blister and become infected**
- C. It prevents the condition from being chronic
- D. It ensures the skin remains hydrated

An overactive immune system plays a significant role in the development and exacerbation of eczema, a chronic inflammatory skin condition. When the immune system is hyperactive, it can respond excessively to irritants or allergens, leading to inflammation in the skin. This inflammation can manifest as redness, swelling, and irritation, which may cause the skin to blister and become more susceptible to infections. The blisters are a direct result of the immune response trying to combat perceived threats, and the broken skin can provide an entry point for bacteria, resulting in infections. This understanding highlights why an overactive immune response is detrimental rather than beneficial in the context of eczema.

9. What is a common symptom of Non-Hodgkin lymphoma?

- A. Increased appetite
- B. Swollen lymph nodes**
- C. Frequent headaches
- D. Skin rashes

Swollen lymph nodes are a common symptom of Non-Hodgkin lymphoma due to the nature of the disease, which originates in the lymphatic system. The lymphatic system is an integral part of the immune system and is made up of lymph nodes, vessels, and organs. In Non-Hodgkin lymphoma, malignant lymphocytes proliferate, causing lymphoid tissues to swell and the affected lymph nodes to become enlarged and palpable. This swelling can occur in various areas, including the neck, armpits, or groin, often without pain. This symptom is critical as it signals that something is amiss within the immune system. Early detection of these swollen lymph nodes is vital for diagnosis, leading to appropriate medical intervention. Other symptoms of Non-Hodgkin lymphoma may include fever, night sweats, and unexplained weight loss, but swollen lymph nodes are often the most visible and identifiable sign of the disease during physical examinations.

10. Which of the following is a noted effect of Rickets on bones?

- A. Bones thicken and become stronger
- B. Bones become rigid and unmovable
- C. Bones may bow outwards or inwards
- D. Bones grow excessively long

Rickets is a condition caused by a deficiency in Vitamin D, calcium, or phosphate, leading to weak and soft bones in children. The noted effect of Rickets on bones includes the potential for deformities, particularly bowing of the bones. As the bones are not adequately mineralized, they cannot withstand the normal weight of the body, which can cause them to bend. This is especially evident in weight-bearing bones such as the legs. The other choices do not accurately describe the effects of Rickets. For instance, while some conditions may cause bones to thicken or become stronger, Rickets specifically leads to the opposite effect—weakness. Bones do not typically become rigid and unmovable in this condition; rather, they remain pliable due to inadequate mineralization. Additionally, while some growth abnormalities can occur, excessive lengthening of the bones is not characteristic of Rickets; the condition more frequently results in abnormal curvature rather than elongation. Therefore, the correct answer highlights the characteristic bowing of bones seen in individuals affected by Rickets.

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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