

**Chapter 01: Introduction to Anatomy and Physiology**  
**Cooper: Adult Health Nursing, 8th Edition****MULTIPLE CHOICE**

1. The anatomic term \_\_\_\_ means toward the midline.
  - a. anterior
  - b. posterior
  - c. medial
  - d. cranial

ANS: C

The term medial indicates an anatomic direction toward the midline.

DIF: Cognitive Level: Knowledge

REF: 1

OBJ: 2

TOP: Anatomic terminology

KEY: Nursing Process Step: Assessment

MSC: NCLEX: Physiological Integrity

2. What are the smallest living components in our body?
  - a. Cells
  - b. Organs
  - c. Electrons
  - d. Osmosis

ANS: A

Cells are considered to be the smallest living units of structure and function in our body.

DIF: Cognitive Level: Knowledge

OBJ: 6

TOP: Structural levels of organization

KEY: Nursing Process Step: N/A

MSC: NCLEX: Physiological Integrity

3. What is the largest organelle, responsible for cell reproduction and control of other organelles?
  - a. Nucleus
  - b. Ribosome
  - c. Mitochondrion
  - d. Golgi apparatus

ANS: A

The nucleus is the largest organelle within the cell.

DIF: Cognitive Level: Knowledge

REF: 5

OBJ: 8

TOP: Parts of the cell

KEY: Nursing Process Step: Assessment

MSC: NCLEX: Physiological Integrity

4. When the patient complains of pain in the bladder, the patient will indicate discomfort in which body cavity?
  - a. Pelvic
  - b. Mediastinum
  - c. Dorsal
  - d. Abdominal

ANS: A

A subdivision called the pelvic cavity contains the lower portion of the large intestine (lower sigmoid colon, rectum), urinary bladder, and internal structures of the reproductive system.

DIF: Cognitive Level: Comprehension REF: 3 OBJ: 5

TOP: Body cavity KEY: Nursing Process Step: Assessment

MSC: NCLEX: Physiological Integrity

5. The four phases of cell division all occur in:
- diffusion.
  - mitosis.
  - osmosis.
  - filtration.

ANS: B

During mitosis, the cell goes through four phases: prophase, metaphase, anaphase, and telophase.

DIF: Cognitive Level: Knowledge REF: 7 OBJ: 9

TOP: Cell division KEY: Nursing Process Step: N/A

MSC: NCLEX: Physiological Integrity

6. Telophase is which phase of cell reproduction during mitosis?
- First phase
  - Latent phase
  - Final phase
  - Spindle phase

ANS: C

During this final phase of cell division, the two nuclei appear and the chromosomes disperse.

DIF: Cognitive Level: Knowledge REF: 7 OBJ: 9

TOP: Cell division KEY: Nursing Process Step: N/A

MSC: NCLEX: Physiological Integrity

7. The nurse is aware that which muscle group is both striated and involuntary?
- Skeletal
  - Glial
  - Cardiac
  - Visceral

ANS: C

The cardiac muscle is both striated and involuntary.

DIF: Cognitive Level: Knowledge REF: 9 OBJ: 11

TOP: Tissues KEY: Nursing Process Step: Planning

MSC: NCLEX: Physiological Integrity

8. What is a group of several different kinds of tissues arranged so that together they can perform a more complex function than any tissue alone?
- Organ
  - System