Allied Health Test of Essential Academic Skills (TEAS) Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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

1. Which biological molecules act as catalysts to speed up chemical reactions in the body?

A. Lipids

B. Carbohydrates

C. Enzymes

D. Nucleotides

2. Which organelle is the powerhouse of the cell?

A. Ribosome

B. Mitochondria

C. Nucleus

D. Golgi apparatus

3. A large amount of energy is produced in the center of sun by which phenomenon?

A. Nuclear fission

B. Nuclear fusion

C. Radioactive decay

D. Chemical reaction

4. Which cells release histamine and promote inflammation?

A. Osteoclasts

B. Melanocytes

C. Fibroblasts

D. Mast cells

5. Which statement best describes deductive reasoning?

A. Drawing a specific conclusion from a general premise

B. Forming a general rule by observing many examples

C. Reasoning based on cause and effect

D. Guessing based on similarities

6. Which enzyme in pancreatic juice breaks down proteins?

A. Lipase

B. Amylase

C. Protease

D. Tryspin

7. Which statement about lung lobes is correct?

A. The left lung has a middle lobe.

B. The right lung has a middle lobe.

C. The left lung has three lobes.

D. Both lungs have five lobes.

8. Arthrosis of the knee usually requiring knee replacement is called?

A. Bursitis

B. Osgood-Schlatter disease

C. Gonarthrosis

D. Chondromalacia

9. Which type of muscle is not under conscious control?

A. Voluntary muscle

B. Involuntary muscle

C. Skeletal muscle

D. Cardiac muscle

10. Which system returns interstitial fluid to the circulatory system and supports immune function?

A. Circulatory system

B. Nervous system

C. Lymphatic system

D. Endocrine system

Answers

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

Explanations

1. Which biological molecules act as catalysts to speed up chemical reactions in the body?

A. Lipids

B. Carbohydrates

C. Enzymes

D. Nucleotides

Enzymes act as catalysts in the body by speeding up chemical reactions. They do this by lowering the activation energy, the amount of energy required to start a reaction, so processes like digestion and metabolism happen quickly without needing extra energy. Most enzymes are proteins with shaped active sites that bind specific substrates, like a lock and key, or with an induced-fit adjustment that helps the reaction proceed. Because enzymes aren't consumed in the reaction, they can be used again and again. Their activity can be tuned by factors such as temperature, pH, and the presence of cofactors or inhibitors. In contrast, lipids are mainly involved in energy storage and membranes, carbohydrates provide quick or stored energy and structural support, and nucleotides serve as building blocks of DNA/RNA and as energy carriers like ATP. While ATP is a nucleotide, it isn't a general catalyst for body reactions; enzymes are the true catalysts that accelerate these processes.

2. Which organelle is the powerhouse of the cell?

A. Ribosome

B. Mitochondria

C. Nucleus

D. Golgi apparatus

Energy for the cell's activities comes from ATP produced by mitochondria through cellular respiration. They take in fuel like glucose and, using oxygen, drive glycolysis in the cytosol, the citric acid cycle in the matrix, and oxidative phosphorylation on the inner membrane. The cristae of that inner membrane boost surface area for the electron transport chain and ATP synthase to generate lots of ATP. Mitochondria also contain their own DNA and ribosomes, reflecting their ancient origin. Other organelles have different roles—ribosomes make proteins, the nucleus stores genetic material, and the Golgi apparatus packages and ships molecules—so mitochondria are the primary energy producers in the cell.

3. A large amount of energy is produced in the center of sun by which phenomenon?

A. Nuclear fission

B. Nuclear fusion

C. Radioactive decay

D. Chemical reaction

Stars generate energy primarily through nuclear fusion. In the Sun's core, extreme temperatures and pressures force hydrogen nuclei to collide and fuse into helium. This process releases a large amount of energy because some of the mass involved is converted into energy (mass-energy equivalence), and fusion yields far more energy per reaction than chemical reactions. The intense conditions specifically favor hydrogen fusing into helium, as seen in the proton-proton chain (and the CNO cycle in heavier stars), rather than splitting heavy nuclei or relying on radioactive decay. Nuclear fission breaks apart heavy nuclei and is not what powers the Sun, and chemical reactions involve only electrons and release orders of magnitude less energy. So the Sun's warmth and light come from hydrogen fusion into helium in its core.

4. Which cells release histamine and promote inflammation?

A. Osteoclasts

B. Melanocytes

C. Fibroblasts

D. Mast cells

The main concept here is identifying which cells release histamine to drive inflammation. Mast cells reside in connective tissue near blood vessels and, when activated (such as during injury or exposure to allergens), they degranulate and release histamine along with other mediators. Histamine causes the blood vessels to dilate and become more permeable, leading to redness, swelling, warmth, and itchiness—classic signs of inflammation. The cells listed have different primary roles: osteoclasts break down bone tissue, melanocytes produce pigment in the skin, and fibroblasts synthesize extracellular matrix and collagen for tissue repair. None of these primarily release histamine to promote inflammation in the same way mast cells do.

5. Which statement best describes deductive reasoning?

A. Drawing a specific conclusion from a general premise

B. Forming a general rule by observing many examples

C. Reasoning based on cause and effect

D. Guessing based on similarities

Deductive reasoning moves from a general statement to a specific conclusion. You start with a broad premise and apply it to a particular case to arrive at a precise result. For example, if the general rule is that all humans are mortal and you know something is a human, you can conclude that this thing is mortal. The key is that, when the general premise is true and the reasoning is valid, the conclusion follows with certainty. This differs from forming a general rule by observing many examples, which is inductive reasoning; it also differs from reasoning based on cause and effect, which looks at how one event leads to another, and from guessing based on similarities, which relies on likenesses rather than applying a general rule.

6. Which enzyme in pancreatic juice breaks down proteins?

A. Lipase

B. Amylase

C. Protease

D. Tryspin

Pancreatic juice uses proteolytic enzymes to digest proteins. A key enzyme in this mix is trypsin, a protease that reaches the small intestine in its active form and cleaves peptide bonds on the carboxyl side of lysine and arginine residues. This proteolysis initiates protein breakdown, and other pancreatic proteases like chymotrypsin and carboxypeptidases continue the process. Lipase targets fats and amylase targets starches, so those aren't involved in protein digestion. While "protease" is a general category, the most specific enzyme in pancreatic juice for breaking down proteins is trypsin, which is why that option fits best.

7. Which statement about lung lobes is correct?

A. The left lung has a middle lobe.

B. The right lung has a middle lobe.

C. The left lung has three lobes.

D. Both lungs have five lobes.

Lung lobes are separated by fissures, and the right side has an extra lobe. The right lung has three lobes—the upper, middle, and lower—split by a horizontal fissure between the upper and middle lobes and an oblique fissure between the middle and lower lobes. The left lung has two lobes—the upper and lower—separated by a single oblique fissure and shaped in part by the cardiac notch, which reduces space on that side. Because of these patterns, a middle lobe is present only on the right. So the statement that the right lung has a middle lobe is correct. The left lung does not have a middle lobe, and neither lung has five lobes.

8. Arthrosis of the knee usually requiring knee replacement is called?

A. Bursitis

B. Osgood-Schlatter disease

C. Gonarthrosis

D. Chondromalacia

Gonarthrosis is the degenerative arthritis of the knee, i.e., osteoarthritis of the knee. It involves wear and tear of the joint cartilage, narrowing of the joint space, and changes in the bones, which over time can cause chronic pain, stiffness, and reduced function. When the disease becomes severe and other treatments don't relieve symptoms, knee replacement is often considered to restore function and alleviate pain. Bursitis would present as swelling and tenderness from inflamed knee bursa rather than a primary degenerative joint issue. Osgood-Schlatter disease is an overuse injury at the tibial tubercle typically seen in adolescents. Chondromalacia refers to cartilage softening under the kneecap and causes anterior knee pain, but the term used for long-standing, joint-wide degenerative knee disease that may require replacement is gonarthrosis.

9. Which type of muscle is not under conscious control?

A. Voluntary muscle

B. Involuntary muscle

C. Skeletal muscle

D. Cardiac muscle

Not under conscious control means the muscle acts automatically, without you deciding to move it. Voluntary muscles are the skeletal muscles you choose to move, so they are under conscious control. Involuntary muscles operate automatically, controlled by the autonomic nervous system; this group includes smooth muscle in organs and the heart. The broader category "involuntary muscle" fits the question because it describes the general type that cannot be consciously controlled, while skeletal muscle is clearly voluntary, and cardiac muscle is a specific example of an involuntary muscle. Think of how the heart keeps beating and the gut moves food along—these actions happen without you thinking about them, illustrating involuntary muscle activity.

10. Which system returns interstitial fluid to the circulatory system and supports immune function?

A. Circulatory system

B. Nervous system

C. Lymphatic system

D. Endocrine system

The lymphatic system is responsible for returning excess interstitial fluid to the circulatory system and supporting immune function. Interstitial fluid, which bathes tissues, is mostly reabsorbed by blood capillaries, but a portion enters lymphatic capillaries as lymph. This lymph travels through progressively larger lymphatic vessels, is filtered by lymph nodes where immune cells can detect and respond to pathogens, and then returns to the bloodstream, emptying into the subclavian veins via the thoracic duct (and the right lymphatic duct on the right). Lymphoid organs like the spleen and thymus coordinate immune responses, while lymph carries immune cells and antigens to monitor for invaders. The lymphatic system also helps absorb fats from the digestive tract through lacteals.

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://alliedhealthteas.examzify.com

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