ALLIED HEALTH TEST OF ESSENTIAL ACADEMIC SKILLS (TEAS) 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

1. Which organelle houses DNA and is considered the brain of the cell?

A. Nucleus

B. Mitochondria

C. Golgi apparatus

D. Ribosome

2. 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

3. Which white blood cell is described as alerting the body to invasion?

A. Basophil

B. Lymphocyte

C. Erythrocyte

D. Platelet

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

A. Bursitis

B. Osgood-Schlatter disease

C. Gonarthrosis

D. Chondromalacia

5. What is the largest artery in the body?

A. Aorta

B. Vena cava

C. Pulmonary artery

D. Coronary artery

6. Uracil is a pyrimidine base found in RNA.

A. Thymine

B. Adenine

C. Cytosine

D. Uracil

7. Which endocrine gland is located at the base of the brain?

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

8. What process releases energy in the absence of oxygen?

A. Glycolysis
B. Fermentation
C. Photosynthesis
D. Oxidation

9. Which cells produce melanin?

A. Keratinocytes
B. Langerhans cells
C. Fibroblasts
D. Melanocytes

10. Which neurotransmitter is associated with movement and attention?

A. Acetylcholine
B. Dopamine
C. Serotonin
D. Norepinephrine

Answers

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

Explanations

1. Which organelle houses DNA and is considered the brain of the cell?

A. Nucleus

B. Mitochondria

C. Golgi apparatus

D. Ribosome

The key idea is where the genetic material is kept and how the cell is guided. The nucleus is the organelle that houses the cell's DNA and acts as the command center, controlling which genes are turned on or off and directing overall cellular activities. It's enclosed by a double membrane called the nuclear envelope, with channels (pores) that regulate what enters and leaves. Inside, DNA is organized with proteins as chromatin, and the nucleolus within the nucleus is where ribosomal RNA is made to build ribosomes. Mitochondria do carry some DNA, but their main role is energy production, not directing the cell. The Golgi apparatus processes and ships proteins, and ribosomes synthesize proteins, but neither stores the genetic blueprint. So the organelle that houses DNA and steers the cell's activities is the nucleus.

2. 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.

3. Which white blood cell is described as alerting the body to invasion?

A. Basophil

B. Lymphocyte

C. Erythrocyte

D. Platelet

An initial alert to invasion comes from cells that release chemical signals to kickstart inflammation. Basophils are white blood cells that release histamine and other mediators when tissue is invaded. Histamine increases blood vessel permeability and promotes inflammation, helping bring in more immune cells to the site and signaling that there's a threat. That signaling role is why basophils are described as alerting the body to invasion. Lymphocytes are involved in a later, targeted immune response; erythrocytes carry oxygen; platelets are mainly for clotting and wound repair rather than signaling an invasion.

4. 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.

5. What is the largest artery in the body?

A. Aorta

B. Vena cava

C. Pulmonary artery

D. Coronary artery

The main concept here is understanding the pathway of systemic circulation. The aorta is the largest artery because it is the primary vessel that leaves the heart to distribute blood to the entire body. Right after the left ventricle contracts, blood enters the aorta, which has the greatest diameter and carries the highest volume of blood as it feeds the arterial branches that reach every organ and tissue. Its thick, elastic walls are built to withstand the strong pressure generated with each heartbeat and to help propel blood forward through the arterial system. The other options aren't the answer for this reason: the vena cava is a vein, not an artery, so it carries blood back to the heart. The pulmonary artery is indeed an artery, but it carries blood to the lungs and is smaller in diameter than the aorta. The coronary arteries are small arteries that supply the heart muscle itself, not the entire body.

6. Uracil is a pyrimidine base found in RNA.

A. Thymine

B. Adenine

C. Cytosine

D. Uracil

RNA contains uracil as its pyrimidine base, replacing thymine that appears in DNA. This makes uracil the base specifically associated with RNA, with adenine pairing to it in RNA strands. Thymine is the DNA pyrimidine, adenine is a purine, and cytosine is a pyrimidine found in both DNA and RNA, so they don't match the statement as directly. Uracil's role in RNA is what the question is testing.

7. Which endocrine gland is located at the base of the brain?

A. Pituitary gland

B. Thyroid gland

C. Adrenal gland

D. Pineal gland

This question tests knowledge of where endocrine glands sit and how they influence the body. The gland located at the base of the brain is the pituitary gland. It sits in a small bony pocket called the sella turcica at the base of the skull, just below the hypothalamus, and is connected to the hypothalamus by the infundibulum. This position lets the hypothalamus control pituitary hormone release, and in turn the pituitary regulates other glands such as the thyroid, adrenals, and gonads, plus growth and other processes. The thyroid is in the neck, the adrenal glands sit on top of the kidneys, and the pineal gland is deeper inside the brain rather than at the base, so they aren't located at the brain's base.

8. What process releases energy in the absence of oxygen?

A. Glycolysis

B. Fermentation

C. Photosynthesis

D. Oxidation

When organisms run in low or no oxygen, they still need a way to make some energy. Glycolysis can break down glucose to pyruvate and release a small amount of ATP, but without a way to recycle the electron carriers, glycolysis would quickly stall. Fermentation steps in by converting the NADH produced during glycolysis back into NAD+, allowing glycolysis to continue and keep ATP production going in the absence of oxygen. The process doesn't produce a lot of energy by itself, but it provides the necessary bridge to keep cells alive under anaerobic conditions, yielding end products like lactic acid in animals or ethanol and CO2 in other organisms. In contrast, photosynthesis stores energy using light, and oxidation (in the sense of aerobic respiration) relies on oxygen to harvest much more energy via the electron transport chain.

9. Which cells produce melanin?

A. Keratinocytes

B. Langerhans cells

C. Fibroblasts

D. Melanocytes

Melanin production is carried out by melanocytes, specialized pigment-producing cells located in the basal layer of the epidermis. These cells synthesize melanin inside melanosomes using the enzyme tyrosinase from the amino acid tyrosine, then transfer the melanosomes to neighboring keratinocytes. This distribution gives skin its color and helps protect skin cell nuclei from UV damage. Other cells mentioned have different roles: keratinocytes form the protective outer layer by producing keratin, Langerhans cells are immune cells in the epidermis, and fibroblasts reside in the dermis, producing connective tissue. The key point is that melanocytes are the cells that produce melanin.

10. Which neurotransmitter is associated with movement and attention?

A. Acetylcholine

B. Dopamine

C. Serotonin

D. Norepinephrine

Movement and attention are both guided by dopamine, a chemical that modulates signaling in brain networks for action and focus. In movement, dopamine supports the smooth operation of motor circuits in the basal ganglia, helping coordinate actions; when dopamine signaling is reduced, movement can become slow or rigid. In attention, dopamine enhances signaling in the prefrontal cortex, aiding focus, working memory, and the ability to filter distractions. Other neurotransmitters play roles in related functions—acetylcholine is crucial for muscle contraction and also has learning roles, norepinephrine boosts alertness but isn't the primary driver of movement control, and serotonin affects mood and other processes—yet dopamine best fits both movement and attention in one messenger.

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!