

# ATI Test of Essential Academic Skills (TEAS) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## Questions

- 1. Which type of skin cell provides waterproofing for the outer skin layers?**
  - A. Melanocytes**
  - B. Keratinocytes**
  - C. Merkel cells**
  - D. Fibroblasts**
- 2. What is the common unit of measure for blood pressure?**
  - A. Pascals (Pa)**
  - B. Millimeters of mercury (mmHg)**
  - C. Atmospheres (atm)**
  - D. Bars**
- 3. Blood formation occurs primarily in which part of the skeletal system?**
  - A. Cartilage**
  - B. Bone marrow**
  - C. Ligaments**
  - D. Bones**
- 4. What type of solution is produced by adding an acid to water?**
  - A. Neutral solution**
  - B. Acidic solution**
  - C. Basic solution**
  - D. Inert solution**
- 5. Which body system is responsible for temperature regulation?**
  - A. Endocrine System**
  - B. Integumentary System**
  - C. Nervous System**
  - D. Skeletal System**



- 6. Which of the following structures helps regulate the pH of blood?**
- A. Liver**
  - B. Kidneys**
  - C. Spleen**
  - D. Thymus**
- 7. What component of the human body primarily functions in waste filtration from the blood?**
- A. Heart**
  - B. Liver**
  - C. Kidneys**
  - D. Lungs**
- 8. In anatomy, what does the term "proximal" refer to?**
- A. Farther from the center**
  - B. Closer to the point of attachment or origin**
  - C. Near the surface**
  - D. Located at the distal end**
- 9. What type of cells are produced through meiosis?**
- A. Diploid cells**
  - B. Haploid cells**
  - C. Somatic cells**
  - D. Stem cells**
- 10. What type of disease is characterized by uncontrolled cell division?**
- A. Infection**
  - B. Cancer**
  - C. Inflammation**
  - D. Autoimmune disease**

## **Answers**

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

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## **Explanations**

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**1. Which type of skin cell provides waterproofing for the outer skin layers?**

**A. Melanocytes**

**B. Keratinocytes**

**C. Merkel cells**

**D. Fibroblasts**

Keratinocytes are the type of skin cells primarily responsible for providing waterproofing to the outer layers of the skin. These cells produce keratin, a key structural protein that helps form a barrier between the body and the environment. Keratin is vital for maintaining water retention in the skin and preventing the loss of moisture, which keeps the skin hydrated and protects underlying tissues from pathogens and harmful substances. As skin cells move upward through the layers of the epidermis, they become more keratinized, meaning they accumulate more keratin and lose their nuclei and organelles. This process is essential for forming a tough, protective layer known as the stratum corneum, which is critical for overall skin integrity and function. The presence of keratinocytes and their production of keratin plays a pivotal role in the skin's ability to function as a barrier, contributing to both waterproofing and protection.

**2. What is the common unit of measure for blood pressure?**

**A. Pascals (Pa)**

**B. Millimeters of mercury (mmHg)**

**C. Atmospheres (atm)**

**D. Bars**

Blood pressure is commonly measured in millimeters of mercury (mmHg), which is a unit that originated from the historical use of mercury columns in barometers and sphygmomanometers. This measurement indicates how high the mercury rises in a column due to the pressure exerted by the blood against the walls of the arteries. Using mmHg is particularly significant in medical contexts because it provides a consistent and easily interpretable scale for the levels of pressure in the cardiovascular system. The readings often consist of two numbers: the systolic pressure (the pressure during the heart's contraction) over the diastolic pressure (the pressure when the heart is at rest), for example, 120/80 mmHg. Other options, such as Pascals, atmospheres, and bars, while they do measure pressure, are not commonly used in clinical practice for blood pressure. Instead, they are more relevant in other scientific contexts, such as physics or engineering, and would not provide the familiar context needed for understanding blood pressure readings in a health care setting. Thus, the use of mmHg remains the standard for recording and communicating blood pressure in medicine.

**3. Blood formation occurs primarily in which part of the skeletal system?**

**A. Cartilage**

**B. Bone marrow**

**C. Ligaments**

**D. Bones**

Blood formation, or hematopoiesis, occurs primarily in the bone marrow, which is a spongy tissue found in the interior of certain bones. The bone marrow is where stem cells are located, which can develop into all the different types of blood cells, including red blood cells, white blood cells, and platelets. While bones provide the structure and protection necessary for the body, and cartilage serves as a flexible support in various joints, these options do not directly participate in the process of blood cell production. Ligaments, which connect bones to other bones, also do not have a role in forming blood. Therefore, the bone marrow is the correct choice, as it is specifically designed for the production of blood cells within the skeletal system.

**4. What type of solution is produced by adding an acid to water?**

**A. Neutral solution**

**B. Acidic solution**

**C. Basic solution**

**D. Inert solution**

When an acid is added to water, it dissociates and releases hydrogen ions ( $H^+$ ) into the solution. This increase in the concentration of hydrogen ions is what results in an acidic solution. The pH scale ranges from 0 to 14, with values below 7 indicating acidity. Therefore, the presence of free hydrogen ions from the acid lowers the pH of the solution, confirming that the solution is acidic. In contrast, a neutral solution would contain equal concentrations of hydrogen ions and hydroxide ions, resulting in a pH of 7, which is not the case when an acid is introduced. A basic solution, on the other hand, would occur if a base was added, increasing hydroxide ions and raising the pH above 7. An inert solution refers to a mixture where reactions do not occur, which does not apply when an acid dissolves in water and actively alters the solution's properties.

**5. Which body system is responsible for temperature regulation?**

- A. Endocrine System**
- B. Integumentary System**
- C. Nervous System**
- D. Skeletal System**

The integumentary system is responsible for temperature regulation in the body primarily through the skin, sweat glands, and associated structures. The skin acts as a barrier and plays a significant role in thermoregulation by regulating heat loss. When the body temperature rises, sweat glands in the skin produce sweat, which cools the body as it evaporates. Conversely, when the body is cold, blood vessels in the skin constrict to minimize heat loss. In addition to the skin and sweat glands, the integumentary system also includes hair follicles, which can trap air to provide insulation and contribute to temperature control. This system works in conjunction with other body systems, particularly the nervous system, which detects temperature changes and triggers appropriate responses to maintain homeostasis. While the endocrine system can influence body temperature through hormones, such as those that regulate metabolism, the primary responsibility for direct temperature regulation lies with the integumentary system. The nervous system plays a role in signaling, but it is not the primary system responsible for the actual regulation and adjustment of temperature. Thus, the integumentary system is uniquely and directly involved in maintaining ideal body temperatures.

**6. Which of the following structures helps regulate the pH of blood?**

- A. Liver**
- B. Kidneys**
- C. Spleen**
- D. Thymus**

The kidneys play a crucial role in regulating the pH of blood by managing the excretion and reabsorption of hydrogen ions and bicarbonate. They help maintain the acid-base balance by either excreting excess acids or bases or reabsorbing them back into the bloodstream as needed. This process ensures that blood pH remains within the narrow range necessary for optimal physiological function, typically between 7.35 and 7.45. While the liver, spleen, and thymus have important roles in other bodily functions, they do not directly regulate blood pH in the same manner as the kidneys. The liver is primarily involved in metabolism, detoxification, and the synthesis of proteins, while the spleen is mainly responsible for filtering blood and recycling iron from red blood cells. The thymus is essential for immune function, particularly in T-cell maturation but does not have a direct impact on blood pH regulation.

**7. What component of the human body primarily functions in waste filtration from the blood?**

- A. Heart**
- B. Liver**
- C. Kidneys**
- D. Lungs**

The kidneys are the primary organs responsible for waste filtration from the blood. They play a crucial role in maintaining the body's homeostasis by filtering out toxins, excess salts, and waste products such as urea, which are then excreted as urine. The kidney's structure, particularly the nephrons, allows for the filtration process to occur efficiently. Each nephron filters blood, reabsorbs necessary substances, and secretes waste into the renal tubules for excretion. In addition to waste filtration, the kidneys also help regulate fluid balance, electrolyte levels, and blood pressure, highlighting their essential role in overall health. Other organs, such as the liver, also aid in processing waste, but they mainly metabolize nutrients and detoxify substances rather than filter blood directly. The heart circulates blood, while the lungs are primarily involved in gas exchange rather than waste filtration, which differentiates their functions from those of the kidneys.

**8. In anatomy, what does the term "proximal" refer to?**

- A. Farther from the center**
- B. Closer to the point of attachment or origin**
- C. Near the surface**
- D. Located at the distal end**

The term "proximal" in anatomy refers to a position that is closer to the point of attachment or origin of a structure, especially when considering limbs or organs in relation to the trunk of the body. This terminology is essential for accurately describing locations and directions of parts within the body. For example, the elbow is proximal to the wrist, meaning it is closer to where the arm attaches to the shoulder than the wrist is. This concept helps in understanding the relative positions of different body parts, which is crucial for communication in medical and anatomical discussions. This clarity in terminology aids healthcare professionals in diagnosing, treating, and describing conditions in specific areas of the body. It provides a standardized way to communicate effectively about anatomy, enhancing understanding and collaboration among professionals. The other terms provided in the options relate to different anatomical positions but do not accurately define "proximal."



## 9. What type of cells are produced through meiosis?

- A. Diploid cells
- B. Haploid cells**
- C. Somatic cells
- D. Stem cells

Meiosis is a specialized process of cell division that occurs in sexually reproducing organisms and is essential for the formation of gametes, which are the reproductive cells (sperm and egg cells in humans). The key characteristic of meiosis is that it reduces the chromosome number by half, resulting in the production of haploid cells. Haploid cells contain only one set of chromosomes ( $n$ ), which is half the number of chromosomes found in diploid cells ( $2n$ ). This reduction is important because it ensures that when fertilization occurs, the resulting zygote will have the correct diploid number of chromosomes. In contrast, diploid cells contain two sets of chromosomes and are typically formed through mitosis, which is the process of cell division that produces identical daughter cells for growth and repair. Somatic cells, which make up most of the body's tissues and organs, are also diploid. Stem cells can be either diploid or haploid, depending on their type and function, but they do not directly relate to the process of meiosis. Thus, the production of haploid cells through meiosis is a critical step in sexual reproduction, ensuring genetic diversity and the correct distribution of chromosomes in offspring.

## 10. What type of disease is characterized by uncontrolled cell division?

- A. Infection
- B. Cancer**
- C. Inflammation
- D. Autoimmune disease

The type of disease characterized by uncontrolled cell division is cancer. Cancer arises when the regulation of cell growth and division is disrupted, leading to the formation of tumors and potentially spreading throughout the body. Normal cells have mechanisms in place to control their division, responding to signals that promote or inhibit growth. In cancer, these regulatory mechanisms fail, often due to genetic mutations or environmental factors, resulting in cells that replicate excessively and do not undergo normal programmed cell death (apoptosis). Cancerous cells can invade surrounding tissues and metastasize to distant sites, a hallmark of malignancy that distinguishes cancer from benign growths, which do not exhibit the same uncontrolled behavior. Understanding cancer's nature is crucial for developing therapies and interventions aimed at treating this complex group of diseases. Other options, like infections, inflammation, and autoimmune diseases, involve different underlying mechanisms and do not primarily revolve around the concept of unchecked cellular proliferation.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://atiteas.examzify.com>**

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