

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

## Study Guide



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

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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. What is the main purpose of the respiratory system?**
  - A. To digest food**
  - B. To facilitate gas exchange**
  - C. To circulate blood**
  - D. To control body temperature**
- 2. Which organ is NOT part of the reproductive system in females?**
  - A. Ovaries**
  - B. Uterus**
  - C. Mammary glands**
  - D. Testes**
- 3. What does deductive reasoning start with?**
  - A. Conclusions drawn from informal observations**
  - B. Basic premises assumed to be correct**
  - C. Inductive generalizations based on patterns**
  - D. Hypotheses needing experimental validation**
- 4. What is the primary component of the cell membrane?**
  - A. Cholesterol**
  - B. Phospholipid bilayer**
  - C. Proteins**
  - D. Carbohydrates**
- 5. In cellular biology, what is the primary outcome of meiosis?**
  - A. Identical copies of cells**
  - B. Haploid gametes**
  - C. Diploid cells**
  - D. Mutated cells**

- 6. In which anatomical position is the term "distal" typically used?**
- A. Closer to the surface**
  - B. Further from the main body or point of attachment**
  - C. Near the center**
  - D. Underside of the structure**
- 7. Which part of the kidney is primarily responsible for filtration?**
- A. Pelvis**
  - B. Medulla**
  - C. Cortex**
  - D. Nephron**
- 8. What does the term "accurate" mean in a scientific context?**
- A. Correct representation of data**
  - B. Exactness of data**
  - C. Close proximity to the true value**
  - D. Reliability of measurements**
- 9. Which organ is responsible for pumping blood throughout the body?**
- A. Brain**
  - B. Liver**
  - C. Heart**
  - D. Lungs**
- 10. What type of joint is a ball and socket joint classified as?**
- A. Uni-axial**
  - B. Bi-axial**
  - C. Multi-axial**
  - D. Fixed joint**

## **Answers**

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

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## **Explanations**

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**1. What is the main purpose of the respiratory system?**

- A. To digest food
- B. To facilitate gas exchange**
- C. To circulate blood
- D. To control body temperature

The primary purpose of the respiratory system is to facilitate gas exchange, specifically the exchange of oxygen and carbon dioxide between the body and the environment. This process occurs in the lungs, where oxygen is taken in from inhaled air, and carbon dioxide, a waste product of metabolism, is expelled from the body during exhalation. Oxygen is vital for cellular respiration, a process that generates energy in the form of ATP (adenosine triphosphate) that cells need to function. The respiratory system ensures that a continuous supply of oxygen is available while also efficiently removing carbon dioxide, which is produced as cells convert nutrients into energy. Understanding this critical function highlights the importance of the respiratory system in maintaining homeostasis, supporting overall health and wellbeing. Other body systems may have their own purposes, but in the context of this question, the clear and direct function of the respiratory system is primarily tied to gas exchange.

**2. Which organ is NOT part of the reproductive system in females?**

- A. Ovaries
- B. Uterus
- C. Mammary glands
- D. Testes**

The testes are not part of the female reproductive system, as they are the male reproductive organs responsible for producing sperm and hormones like testosterone. In the context of the female reproductive system, organs such as ovaries, the uterus, and mammary glands play critical roles. Ovaries are essential for producing eggs (ova) and hormones such as estrogen and progesterone. The uterus serves as the site for implantation and fetal development during pregnancy. Mammary glands are involved in the production of milk for nursing infants. Therefore, the testes stand out as the organ unrelated to the female reproductive anatomy and functions, establishing them as the correct answer to the question.

### 3. What does deductive reasoning start with?

- A. Conclusions drawn from informal observations
- B. Basic premises assumed to be correct**
- C. Inductive generalizations based on patterns
- D. Hypotheses needing experimental validation

Deductive reasoning begins with basic premises that are assumed to be correct. This type of reasoning involves starting with general principles or statements and applying them to specific cases to arrive at a logical conclusion. The premises serve as the foundation upon which reasoning is built, allowing one to make inferences that logically follow from those initial assumptions. In the context of deductive reasoning, if the premises are true, then the conclusion derived is also necessarily true, showcasing a clear and structured logical flow. This distinguishes it from other reasoning types, such as inductive reasoning, which starts with specific observations and moves towards general conclusions without guaranteed certainty. Understanding the necessity of the initial premises in deductive reasoning is crucial for accurately deriving conclusions in logical reasoning tasks.

### 4. What is the primary component of the cell membrane?

- A. Cholesterol
- B. Phospholipid bilayer**
- C. Proteins
- D. Carbohydrates

The primary component of the cell membrane is the phospholipid bilayer. This structure is essential for maintaining the integrity and functionality of the cell. The phospholipid molecules have hydrophilic (water-attracting) heads and hydrophobic (water-repelling) tails. When they organize into a bilayer, the hydrophilic heads face outward towards the watery environments both inside and outside the cell, while the hydrophobic tails face inward, shielded from water. This arrangement creates a semi-permeable membrane that regulates the passage of substances in and out of the cell, allowing necessary molecules to enter and waste products to exit. Additionally, the phospholipid bilayer provides a fluid mosaic model of the membrane, where proteins and carbohydrates can be embedded or attached. This allows for functional diversity, such as cellular communication, transport, and signaling. While cholesterol contributes to membrane fluidity and stability, and proteins and carbohydrates play roles in various functions, the foundational structure of the membrane is primarily established by the phospholipid bilayer. Therefore, recognizing the phospholipid bilayer as the main component highlights its critical role in cellular structure and function.

**5. In cellular biology, what is the primary outcome of meiosis?**

- A. Identical copies of cells**
- B. Haploid gametes**
- C. Diploid cells**
- D. Mutated cells**

The primary outcome of meiosis is the production of haploid gametes. Meiosis is a specialized form of cell division that reduces the chromosome number by half, which results in four unique daughter cells, each with half the number of chromosomes of the original cell. This reduction is essential for sexual reproduction, as haploid gametes—such as sperm and eggs—combine during fertilization to restore the diploid chromosome number in the resulting zygote. Haploid cells have only one set of chromosomes, which is crucial for maintaining genetic stability across generations. When gametes fuse, they create a diploid organism, thus ensuring that the complete set of genetic material is preserved. Other potential outcomes do not align with the function of meiosis. Identical copies of cells are produced through mitosis, not meiosis. Diploid cells refer to cells with two sets of chromosomes, which is the state of the original cell before undergoing meiosis. Lastly, while cells can sometimes undergo mutations, meiosis itself does not directly produce mutated cells as part of its normal process.

**6. In which anatomical position is the term "distal" typically used?**

- A. Closer to the surface**
- B. Further from the main body or point of attachment**
- C. Near the center**
- D. Underside of the structure**

The term "distal" is used to describe a position that is further from the main body or point of attachment. In anatomical terminology, understanding the position of body parts in relation to one another is crucial, especially in fields such as medicine and biology. In this context, "distal" typically refers to the locations of limbs in relation to the trunk of the body. For example, the fingers are distal to the wrist, meaning they are farther away from the body's center compared to the wrist. This positioning helps in clearly communicating where certain anatomical structures are located, which is essential for diagnosis, treatment, and education in healthcare settings. The other terms provided, such as "closer to the surface," "near the center," and "underside of the structure," pertain to different concepts in anatomy and do not accurately reflect the distance from the point of attachment as "distal" does.

**7. Which part of the kidney is primarily responsible for filtration?**

- A. Pelvis**
- B. Medulla**
- C. Cortex**
- D. Nephron**

The cortex of the kidney is primarily responsible for filtration due to its structure and the presence of nephrons, which are the functional units of the kidney. The renal cortex contains the glomeruli, which are tiny clusters of blood vessels where the filtration process initiates. This is where blood is first filtered to remove waste products, excess substances, and toxins while retaining essential components like red blood cells and proteins. In contrast, while the nephron itself is critically involved in the overall filtration and reabsorption processes, it is the glomeruli located within the cortex that perform the initial filtration. The medulla, while it plays a key role in concentrating urine, does not directly engage in the filtration of blood nor does the renal pelvis, which is mainly involved in the collection of urine that drains from the kidneys to the ureters. Therefore, the cortex is the correct answer as it encompasses the necessary structures and functions for filtration.

**8. What does the term "accurate" mean in a scientific context?**

- A. Correct representation of data**
- B. Exactness of data**
- C. Close proximity to the true value**
- D. Reliability of measurements**

In a scientific context, the term "accurate" refers specifically to the closeness of a measured value to the true or accepted value. When a measurement is considered accurate, it means that it reflects the true state of what is being measured, indicating a low level of error in the result. This concept is critical in scientific experiments, where obtaining results that closely align with the actual value is essential for valid conclusions and applications. While the exactness of data and reliability of measurements are important aspects of scientific practice, they do not fully encapsulate the essence of accuracy. Exactness pertains more to the level of detail or precision of the data, while reliability refers to the consistency of the measurement process over time. However, accuracy specifically addresses how close a measurement is to the true value, making it the most precise term in this context.

**9. Which organ is responsible for pumping blood throughout the body?**

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

The heart is the organ responsible for pumping blood throughout the body. It functions as a muscular pump that circulates oxygenated blood from the lungs to the rest of the body and returns deoxygenated blood back to the lungs for re-oxygenation. This process is crucial for maintaining the body's overall health, as it ensures that all organs and tissues receive the necessary nutrients and oxygen to function properly. The heart operates through a coordinated system of contractions, with the right side of the heart receiving deoxygenated blood and the left side distributing oxygen-rich blood. This two-pump system works continuously, managing the circulatory system's efficiency. The other options—brain, liver, and lungs—have important roles in the body but do not pump blood. The brain regulates many bodily functions, including heart rate, the liver processes nutrients and detoxifies, and the lungs facilitate gas exchange, but they do not have the capability to pump blood. This distinction emphasizes the heart's unique and vital role in circulation.

**10. What type of joint is a ball and socket joint classified as?**

- A. Uni-axial**
- B. Bi-axial**
- C. Multi-axial**
- D. Fixed joint**

A ball and socket joint is classified as multi-axial because it allows movement in multiple axes and planes. This type of joint, found in areas such as the shoulder and hip, enables a wide range of motion, including flexion, extension, abduction, adduction, rotation, and circumduction. The spherical head of one bone fits into the cup-like socket of another bone, facilitating this extensive mobility. The design of a ball and socket joint is crucial for the fluid movement of limbs and is essential for activities that require a wide range of motion. In contrast, the options involving uni-axial, bi-axial, and fixed joints do not properly characterize the ball and socket joint's functional capabilities. Uni-axial joints allow movement around a single axis, bi-axial joints permit movement around two axes, and fixed joints do not allow any movement at all, all of which are insufficient to describe the extensive movements enabled by a ball and socket joint.

## 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!**