

ATI TEST OF ESSENTIAL ACADEMIC SKILLS (TEAS) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://atiteas.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. What is the primary function of the circulatory system?**
 - A. To provide immunity
 - B. To transport blood, nutrients, and oxygen throughout the body
 - C. To facilitate digestion
 - D. To enable movement
- 2. What is the function of the small intestine in digestion?**
 - A. To store undigested food
 - B. To absorb nutrients from food
 - C. To secrete digestive enzymes
 - D. To process bile for digestion
- 3. Which enzyme breaks down dietary fats?**
 - A. Amylase
 - B. Lipase
 - C. Protease
 - D. Lactase
- 4. In the hierarchical classification of organisms, which rank is largest?**
 - A. Species
 - B. Family
 - C. Kingdom
 - D. Order
- 5. Which type of skin cell provides waterproofing for the outer skin layers?**
 - A. Melanocytes
 - B. Keratinocytes
 - C. Merkel cells
 - D. Fibroblasts
- 6. What is the main role of amylase in the digestive system?**
 - A. To break down proteins
 - B. To break down fats
 - C. To break down carbohydrates
 - D. To regulate blood sugar levels

7. What carries the genetic information in cells?

- A. RNA
- B. Protein
- C. DNA
- D. Lipids

8. What is a characteristic of an alkaline solution?

- A. pH greater than 7
- B. pH equal to 7
- C. pH less than 7
- D. None of the above

9. What characteristic of an atom is determined by the number of protons?

- A. Its specific isotope
- B. Its atomic mass
- C. The element it represents
- D. Its charge

10. What is the primary component of the cell membrane?

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

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the primary function of the circulatory system?

- A. To provide immunity
- B. To transport blood, nutrients, and oxygen throughout the body**
- C. To facilitate digestion
- D. To enable movement

The primary function of the circulatory system is to transport blood, nutrients, and oxygen throughout the body. This transport system is essential for maintaining homeostasis and ensuring that all body tissues receive the necessary components they need for metabolic processes. Blood carries oxygen from the lungs to the cells and removes carbon dioxide and other waste products. It also transports nutrients absorbed from the digestive tract to cells that need them for energy, growth, and repair. Additionally, the circulatory system is involved in the distribution of hormones, helping regulate various bodily functions. The continuous flow of blood through arteries, veins, and capillaries is vital for sustaining life, as it allows organs and tissues to work effectively together. This foundational role underscores why the circulatory system is considered crucial to overall health and functionality, while the other options reflect different bodily systems or functions that, while important, do not encapsulate the core purpose of the circulatory system.

2. What is the function of the small intestine in digestion?

- A. To store undigested food
- B. To absorb nutrients from food**
- C. To secrete digestive enzymes
- D. To process bile for digestion

The function of the small intestine in digestion primarily revolves around the absorption of nutrients from food. This tubular organ, which is approximately 20 feet long in adults, is where the majority of digestion and nutrient absorption occurs. As food enters the small intestine from the stomach, it is mixed with digestive juices that contain enzymes produced by the pancreas and bile from the liver. These juices break down the food components into their smallest forms, such as amino acids, fatty acids, and simple sugars. The walls of the small intestine are lined with tiny, finger-like projections called villi, which increase the surface area for absorption. Through these villi, the digested nutrients are transferred into the bloodstream and subsequently transported throughout the body to be utilized for energy, growth, and cellular repair. Thus, the primary role of the small intestine is to ensure that essential nutrients are efficiently absorbed so that they can support various bodily functions, making the correct answer focused on nutrient absorption.

3. Which enzyme breaks down dietary fats?

- A. Amylase
- B. Lipase**
- C. Protease
- D. Lactase

The enzyme that breaks down dietary fats is lipase. Lipase is specifically responsible for the hydrolysis of triglycerides, which are the main constituents of dietary fats. When you consume fats, lipase converts them into their simpler components, fatty acids and glycerol, enabling the body to absorb and utilize these nutrients effectively. Amylase, on the other hand, is an enzyme that breaks down carbohydrates, not fats. Protease is responsible for the breakdown of proteins, while lactase is an enzyme that breaks down lactose, the sugar found in milk. Each of these enzymes has a specific function related to different types of macromolecules, making lipase the correct choice for the breakdown of dietary fats.

4. In the hierarchical classification of organisms, which rank is largest?

- A. Species
- B. Family
- C. Kingdom**
- D. Order

In the hierarchical classification of organisms, the rank of kingdom is the largest. The hierarchy starts with broad categories and moves towards more specific classifications. Kingdom includes a vast range of organisms that share fundamental traits. For example, the animal kingdom encompasses all animals, while the plant kingdom includes all plants, making these categories very extensive in comparison to more specific ranks such as species, family, and order. As one moves down the hierarchy from kingdom, the ranks become progressively more specific, leading to categories such as phylum, class, order, family, genus, and ultimately species. Therefore, understanding that kingdom represents a large and inclusive grouping of life forms is crucial in biological classification.

5. 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.

6. What is the main role of amylase in the digestive system?

- A. To break down proteins
- B. To break down fats
- C. To break down carbohydrates**
- D. To regulate blood sugar levels

Amylase plays a crucial role in the digestive system, primarily by breaking down carbohydrates into simpler sugars. It is an enzyme produced mainly in the salivary glands and the pancreas. In the mouth, salivary amylase begins the process of digesting starches while food is still being chewed. Once the food moves into the small intestine, pancreatic amylase continues this process, allowing the carbohydrates to be efficiently broken down into maltose and glucose, which can then be absorbed into the bloodstream. This enzymatic action is essential for providing the body with energy, as carbohydrates are one of the primary sources of fuel. By converting complex carbohydrates into simple sugars, amylase facilitates the absorption and utilization of these nutrients in the body, making it clear that its main function is in carbohydrate digestion.

7. What carries the genetic information in cells?

- A. RNA
- B. Protein
- C. DNA**
- D. Lipids

The correct answer is DNA, as it is the molecule responsible for carrying and storing the genetic information in cells. DNA, or deoxyribonucleic acid, contains the instructions necessary for the development, functioning, growth, and reproduction of all known living organisms and many viruses. It is composed of two long strands that coil around each other to form a double helix, with sequences of nucleotides that encode the information required for building proteins, which are essential for various cellular processes. While RNA (ribonucleic acid) plays a crucial role in the expression of genetic information by serving as a messenger between DNA and protein synthesis, it does not store the genetic information itself; rather, it acts as a temporary copy used during the synthesis of proteins. Proteins are important molecules within cells that perform a multitude of functions but do not carry genetic information; instead, they are synthesized based on the sequences encoded in DNA and conveyed through RNA. Lipids are a class of biomolecules that include fats and oils, which serve primarily as structural components of cell membranes and energy storage but do not play a role in carrying genetic information.

8. What is a characteristic of an alkaline solution?

- A. pH greater than 7**
- B. pH equal to 7
- C. pH less than 7
- D. None of the above

An alkaline solution is characterized by having a pH greater than 7. In the pH scale, values below 7 indicate acidity, while a pH of 7 is neutral, such as pure water. Therefore, any pH value above 7 signifies that the solution is alkaline (or basic). This property is important in various fields, including chemistry, biology, and environmental science, as it affects chemical reactions, biological processes, and the behavior of substances in different environments. The notion of alkalinity is crucial, particularly in contexts such as soil health, maintaining aquatic ecosystems, or formulating certain cleaning products, where an alkaline environment can lead to specific desirable outcomes.

9. What characteristic of an atom is determined by the number of protons?

- A. Its specific isotope
- B. Its atomic mass
- C. The element it represents**
- D. Its charge

The characteristic of an atom that is determined by the number of protons is indeed the element it represents. The number of protons in an atom's nucleus is known as the atomic number, and it uniquely identifies the type of element. For example, an atom with one proton is hydrogen, while an atom with six protons is carbon. This means that the atomic number corresponds directly to the element on the periodic table, effectively labeling it and distinguishing it from all other elements. In contrast, characteristics like specific isotopes relate to the number of neutrons rather than protons. Atomic mass includes both protons and neutrons, and charge is determined by the balance between protons and electrons. Therefore, while those other concepts are influenced by protons, only the number of protons in an atom directly identifies which element it is.

10. 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.

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://atiteas.examzify.com>

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

SAMPLE