

HESI ADMISSION ASSESSMENT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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

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- 1. Which of the following terms is most closely associated with muscles and skeleton?**
 - A. Neurologic
 - B. Musculoskeletal
 - C. Neurovascular
 - D. Nutrient
- 2. Which characteristic is most likely to describe a condition that is stringent?**
 - A. Relaxed
 - B. Flexible
 - C. Strict
 - D. Casual
- 3. What is the definition of 'prognosis'?**
 - A. A positive outcome
 - B. The anticipated or expected course or outcome
 - C. An unexpected complication
 - D. A detailed examination
- 4. What is a common format for math problems on the HESI A2 exam?**
 - A. Multiple-choice problems with set answers
 - B. Word problems requiring calculation and interpretation
 - C. Graph-based problems only
 - D. Simple arithmetic without context
- 5. What aspect does 'exact' refer to in terms of quality?**
 - A. Precision
 - B. Clarity
 - C. Complexity
 - D. Ambiguity
- 6. What should candidates do to manage exam stress effectively?**
 - A. Practice deep-breathing exercises and mindfulness
 - B. Avoid all forms of study leading up to the exam
 - C. Focus solely on memorizing definitions
 - D. Only study past exam questions

7. Which of the following terms indicates a high standard that must be met?

- A. Uncertain
- B. Exact
- C. Imprecise
- D. Relieved

8. What does it mean if something is described as "potent"?

- A. It is ineffective
- B. It is supportive
- C. Producing a strong effect
- D. Causing minor effects

9. What does the term "audible" describe?

- A. Able to be heard
- B. Impossible to hear
- C. Soft and quiet
- D. Always loud

10. What does the term "constrict" mean?

- A. To draw together or become smaller
- B. Expel feces
- C. Press down
- D. Dependent

Answers

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

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Explanations

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1. Which of the following terms is most closely associated with muscles and skeleton?

- A. Neurologic
- B. Musculoskeletal**
- C. Neurovascular
- D. Nutrient

The most appropriate term associated with muscles and the skeleton is "musculoskeletal." This term is specifically used to refer to the system in the body that includes both the muscles and the bones, which work together to facilitate movement and provide structure and support. The musculoskeletal system encompasses not only the muscles and skeleton but also the tendons, ligaments, and soft tissues that connect them, highlighting the integral relationship between these components. On the other hand, while "neurologic" pertains to the nervous system and its functions, it does not directly relate to the structure and function of muscles and bones. "Neurovascular" refers to the interconnectedness of the nervous and vascular systems, which does not focus on the musculoskeletal aspects. Finally, "nutrient" relates to the substances that provide nourishment to the body rather than to the structural elements of muscles and the skeleton. Therefore, "musculoskeletal" is the term that best encompasses the relationship between muscles and the skeletal system.

2. Which characteristic is most likely to describe a condition that is stringent?

- A. Relaxed
- B. Flexible
- C. Strict**
- D. Casual

A condition that is described as stringent is most accurately characterized by being strict. Stringent indicates a level of rigor or severity with little room for deviation or leniency. This implies that the rules or requirements are firmly enforced and adhered to without tolerance for exceptions. In various contexts, such as regulations or guidelines, a stringent condition necessitates compliance and precision, making it clear that deviations are not acceptable. The other characteristics – relaxed, flexible, and casual – imply a degree of ease or adaptability that contrasts sharply with the idea of stringency. A relaxed condition suggests a lack of strictness, while flexible indicates that adjustments can be made. Casual carries a connotation of informality, which typically does not align with a stringent viewpoint. Thus, the descriptor "strict" is the most fitting to denote a condition that is stringent.

3. What is the definition of 'prognosis'?

- A. A positive outcome
- B. The anticipated or expected course or outcome**
- C. An unexpected complication
- D. A detailed examination

Prognosis refers to the anticipated or expected course or outcome of a disease or condition. It involves predicting the likelihood of recovery or the progression of illness based on various factors, including the type of disease, patient history, and response to treatment. This definition captures the essence of prognosis as a forward-looking assessment that informs patients and healthcare providers about what to expect moving forward. Understanding prognosis is crucial in clinical settings as it helps guide treatment decisions, set realistic expectations for patients and families, and aids in planning for future care needs. This contrasts with the other options, which describe different concepts in healthcare. For instance, a positive outcome reflects a successful result rather than an estimation of future events. An unexpected complication refers to unforeseen problems that arise during treatment or recovery, and a detailed examination pertains to the thorough evaluation of a patient's current condition, not the anticipated future.

4. What is a common format for math problems on the HESI A2 exam?

- A. Multiple-choice problems with set answers
- B. Word problems requiring calculation and interpretation**
- C. Graph-based problems only
- D. Simple arithmetic without context

The common format for math problems on the HESI A2 exam includes word problems requiring calculation and interpretation. This format is essential as it reflects real-life scenarios that nursing students and professionals may encounter in practice. These problems often provide a context or situation that the student must analyze to apply mathematical concepts effectively. The use of word problems tests not only the straightforward calculation skills but also the ability to interpret the information presented, breaking down the narrative to extract relevant data for solving the problem. This format enhances critical thinking and prepares students for the types of calculations necessary in healthcare, such as medication dosages, patient assessments, and other clinical calculations. Other formats, like graph-based problems or simple arithmetic, do not encompass the level of complexity and application required on the exam. The emphasis on word problems aligns with the pedagogical focus on practical application in nursing and healthcare settings.

5. What aspect does 'exact' refer to in terms of quality?

- A. Precision**
- B. Clarity
- C. Complexity
- D. Ambiguity

The term 'exact' is closely associated with the concept of precision. In various contexts, precision denotes the accuracy and detail of information or measurements, indicating that something is stated or measured without any errors or approximations. When something is described as 'exact,' it means that it is correct and conforms to a standard or expectation with a high degree of accuracy. In contrast, clarity refers to how clearly an idea is expressed, complexity involves the intricate nature of a subject, and ambiguity entails uncertainty or multiple meanings. While these are important aspects in communication and analysis, they do not align with the definition of 'exact' as it pertains to the reliability and accuracy of data or representations. Thus, precision is the most fitting aspect connected to the meaning of 'exact.'

6. What should candidates do to manage exam stress effectively?

- A. Practice deep-breathing exercises and mindfulness**
- B. Avoid all forms of study leading up to the exam
- C. Focus solely on memorizing definitions
- D. Only study past exam questions

Managing exam stress is crucial for optimal performance, and practicing deep-breathing exercises and mindfulness offers effective strategies for candidates. These techniques help to calm the mind and body, enabling individuals to control anxiety and foster a focused mindset during the exam. Deep-breathing exercises slow the heart rate and reduce tension, while mindfulness promotes awareness of the present moment, allowing candidates to navigate their thoughts and feelings without becoming overwhelmed. In contrast, avoiding all forms of study leading up to the exam can lead to feelings of unpreparedness, increasing anxiety rather than alleviating it. Focusing solely on memorizing definitions may limit understanding and retention of material, which is more effectively achieved through comprehension and application of knowledge. Lastly, only studying past exam questions could give a narrow perspective of what to expect and may neglect other essential topics that may be covered, leading to a lack of preparedness and increased stress. Thus, the comprehensive approach of using deep-breathing and mindfulness is not only beneficial for stress management but also contributes to overall exam readiness.

7. Which of the following terms indicates a high standard that must be met?

- A. Uncertain
- B. Exact**
- C. Imprecise
- D. Relieved

The term that indicates a high standard that must be met is "exact." This word is typically associated with precision and accuracy, signifying that something must adhere strictly to a defined standard or requirement without any ambiguity. When a standard is described as exact, it implies that there is little to no room for interpretation or error, highlighting the importance of meeting that specific criterion thoroughly. Other terms in the question do not convey the same sense of rigor or precision. "Uncertain" refers to a lack of definite knowledge or assurance, while "imprecise" indicates a lack of accuracy and clarity, both of which are contrary to the notion of high standards. The term "relieved" suggests a feeling of reassurance or alleviation instead of denoting a standard that must be adhered to. Thus, "exact" stands out as the term that most clearly embodies the concept of a high standard that must be met.

8. What does it mean if something is described as "potent"?

- A. It is ineffective
- B. It is supportive
- C. Producing a strong effect**
- D. Causing minor effects

Describing something as "potent" indicates that it has the capacity to produce a strong or powerful effect. In various contexts such as medicine, chemistry, or even in daily conversation, a potent substance or treatment is one that can demonstrate significant efficacy or impact. For instance, a potent medication is one that can effectively address a specific condition, showcasing a higher degree of effectiveness in achieving desired results. When considering the other choices, they reflect characteristics that are contrary to or less than the strong implications of the word "potent." For example, describing something as ineffective directly opposes the idea of potency; it suggests that the item has little or no effect at all. Supportive implies a more passive role, contributing positively but without necessarily exerting strong influence or effects. Lastly, causing minor effects indicates a weak or insubstantial impact, which stands in sharp contrast to the idea of being potent. In summary, "potent" specifically denotes an ability to produce significant and powerful effects, making the correct answer clear.

9. What does the term "audible" describe?

- A. Able to be heard**
- B. Impossible to hear
- C. Soft and quiet
- D. Always loud

The term "audible" refers to something that can be heard. This definition is rooted in its usage in various contexts, particularly in sound and sound production. When something is described as audible, it indicates that it is at a volume level that allows human perception, meaning that it can be detected by the ear. In contrast, the other options suggest different characteristics of sound. "Impossible to hear" denotes sounds that are beyond the threshold of human hearing, such as very high-frequency sounds that some animals can detect but humans cannot. "Soft and quiet" describes a specific type of audible sound that is low in volume, but it does not encompass all that is audible; many sounds can be loud while still being considered audible. Lastly, "always loud" inaccurately suggests that being audible is synonymous with being loud, which is not the case. Overall, the defining characteristic of something being termed "audible" is its ability to be heard, regardless of its volume level.

10. What does the term "constrict" mean?

A. To draw together or become smaller

B. Expel feces

C. Press down

D. Dependent

The term "constrict" means to draw together or become smaller. This term is often used in various contexts, particularly in biology and physiology, where it describes the process by which blood vessels narrow or muscles tighten. For example, when a muscle constricts, it reduces in size and increases tension, which can affect blood flow and pressure. This understanding of "constrict" is essential in many fields, including anatomy, health, and even language arts, where it describes a reduction in the size or diameter of an object or passage. This clear definition aligns perfectly with the context in which the term is typically used.

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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://hesiadmissionassmt.examzify.com>

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

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