

HESI Entrance for Chamberlain 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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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

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- 1. What is the fundamental unit of biology?**
 - A. The atom
 - B. The tissue
 - C. The organ
 - D. The cell

- 2. Where does sperm formation occur in the testis?**
 - A. Epididymis
 - B. Seminiferous tubules
 - C. Vas deferens
 - D. Prostate gland

- 3. What is the primary role of mitochondria in a cell?**
 - A. Protein synthesis
 - B. Energy production
 - C. DNA replication
 - D. Lipid synthesis

- 4. Which method can students use to enhance their vocabulary in preparation for the HESI exam?**
 - A. Only studying grammar rules
 - B. Memorizing vocabulary lists
 - C. Reading diverse materials and using vocabulary flashcards
 - D. Listening to audiobooks exclusively

- 5. What is the middle region of the humerus called?**
 - A. Diaphysis
 - B. Proximal end
 - C. Distal end
 - D. Epiphysis

- 6. Which cognitive area does the Reading Comprehension section primarily assess?**
 - A. Interpretation
 - B. Calculation
 - C. Memorization
 - D. Deduction

7. What major subject areas does the HESI Entrance Exam cover?

- A. Math, Science, History, and Reading**
- B. Math, Reading Comprehension, Vocabulary, and Grammar**
- C. Math, Literature, Geography, and Social Studies**
- D. Math, Physical Education, Health, and Science**

8. How does familiarizing yourself with common medical terminology aid in HESI exam preparation?

- A. It enhances vocabulary.**
- B. It aids in understanding context in passages related to health.**
- C. It increases reading speed.**
- D. It reduces overall study time.**

9. Which type of tissue has pillar-shaped cells arranged tightly together?

- A. Simple squamous epithelium**
- B. Columnar epithelium**
- C. Stratified epithelium**
- D. Cuboidal epithelium**

10. Which part of the brain is primarily involved in muscular coordination?

- A. Cerebrum**
- B. Cerebellum**
- C. Medulla oblongata**
- D. Brainstem**

Answers

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

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Explanations

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1. What is the fundamental unit of biology?

- A. The atom
- B. The tissue
- C. The organ
- D. The cell**

The cell is considered the fundamental unit of biology because it is the smallest structural and functional unit of living organisms. Cells carry out all essential life processes, including metabolism, energy conversion, growth, and reproduction. Every living organism, whether unicellular or multicellular, is made up of cells. In unicellular organisms such as bacteria and protozoa, one cell performs all necessary functions for survival. In multicellular organisms, cells specialize and work together to form tissues, organs, and systems, but they all share the basic characteristics of life. This cellular organization is crucial in understanding how living organisms function, interact, and develop. The other options, while important in biological organization, do not represent the fundamental unit. The atom refers to the basic unit of matter, which, while essential for forming biological molecules, does not perform life functions independently. Tissue and organ levels of organization are formed from groups of cells and involve complex functions that rely on the integrity and activities of cells themselves. Thus, it is the cell that stands out as the foundational building block of life in biology.

2. Where does sperm formation occur in the testis?

- A. Epididymis
- B. Seminiferous tubules**
- C. Vas deferens
- D. Prostate gland

Sperm formation, or spermatogenesis, occurs in the seminiferous tubules of the testis. These tubules are highly coiled structures located within the testes, and their primary function is to produce spermatozoa. The process begins with spermatogonia, the precursor cells, which undergo several stages of division and maturation to ultimately develop into mature sperm cells. The seminiferous tubules provide the ideal environment for this intricate process, as they contain not only the germ cells that develop into sperm but also Sertoli cells. These supportive cells nourish the developing sperm cells and help regulate the maturation process. The other locations mentioned are not involved in the actual formation of sperm. The epididymis is responsible for the storage and maturation of sperm after they are formed, the vas deferens transports sperm from the epididymis during ejaculation, and the prostate gland contributes to the seminal fluid but does not produce sperm itself. Hence, the seminiferous tubules are crucial for the initial stage of sperm creation within the reproductive system.

3. What is the primary role of mitochondria in a cell?

- A. Protein synthesis
- B. Energy production**
- C. DNA replication
- D. Lipid synthesis

The primary role of mitochondria in a cell is energy production. Mitochondria are often referred to as the "powerhouses" of the cell because they convert energy stored in food molecules into adenosine triphosphate (ATP), which is the main energy currency of the cell. Through processes like oxidative phosphorylation and the Krebs cycle, they effectively harness energy from nutrients and utilize it to power various cellular activities. This energy production is crucial for maintaining the cell's functions, as many biological processes require energy to occur, including cell division, movement, and anabolic reactions. While mitochondria are involved in other functions, such as regulating cellular metabolism and apoptosis, their primary function remains the critical production of ATP.

4. Which method can students use to enhance their vocabulary in preparation for the HESI exam?

- A. Only studying grammar rules
- B. Memorizing vocabulary lists
- C. Reading diverse materials and using vocabulary flashcards**
- D. Listening to audiobooks exclusively

Utilizing diverse materials and incorporating vocabulary flashcards is an effective method for students to enhance their vocabulary. By engaging with a variety of reading materials, such as books, articles, and essays across different subjects, students expose themselves to new words in context, which aids retention and understanding. This exposure not only helps learners see how words are used in different writing styles but also reinforces their meanings through contextual clues. Flashcards serve as a practical tool for reinforcing this vocabulary. Students can create cards with new words and their definitions, uses in sentences, or even synonyms and antonyms to deepen their understanding. This active engagement with vocabulary—through both reading and the interactive use of flashcards—promotes better recall and integration of new words into their own language, which is crucial for the HESI exam. Other methods, like memorizing vocabulary lists in isolation, may not provide the same depth of understanding, as these lists often lack context. Relying solely on listening to audiobooks may enhance comprehension skills but might not sufficiently develop active vocabulary use unless complemented by reading and writing activities. Studying grammar rules alone does not directly address vocabulary expansion, which makes it less effective for this particular goal.

5. What is the middle region of the humerus called?

- A. Diaphysis**
- B. Proximal end**
- C. Distal end**
- D. Epiphysis**

The middle region of the humerus is known as the diaphysis. This is the central part of the long bone, which is primarily composed of compact bone and serves as the main support structure for the bone. The diaphysis is crucial for the overall strength and stability of the humerus, and it contains the medullary cavity where bone marrow is housed. The proximal end refers to the upper part of the humerus, where it connects to the shoulder joint, while the distal end refers to the lower part, which connects to the elbow joint. Both of these regions are important for joint articulation and movement but do not represent the middle section of the bone. The epiphysis refers to the ends of the bone, which are involved in joint formation and covered by articular cartilage, further distinguishing it from the diaphysis. Thus, understanding these terms helps clarify the specific anatomy of the humerus and the role of each region.

6. Which cognitive area does the Reading Comprehension section primarily assess?

- A. Interpretation**
- B. Calculation**
- C. Memorization**
- D. Deduction**

The Reading Comprehension section primarily assesses interpretation, which involves understanding and extracting meaning from written text. This cognitive area requires the ability to read passages, discern key ideas, analyze arguments, and make inferences based on the information presented. In this context, interpretation encompasses a range of skills, including the ability to identify the main idea, recognize supporting details, and understand the author's tone and purpose. It also involves the capacity to draw conclusions and make connections between different pieces of information within the text. Other cognitive areas listed, such as calculation, would pertain more to numerical reasoning or mathematical problem-solving rather than textual analysis. Memorization focuses on recalling information verbatim without the deeper understanding required for interpreting text. Deduction involves reasoning from general principles to specific instances, which while useful in reading, is not the primary focus of the Reading Comprehension section. This section is centered on the ability to interpret and understand the nuances of language and its meanings rather than on numerical skills, memory recall, or pure logical reasoning.

7. What major subject areas does the HESI Entrance Exam cover?

- A. Math, Science, History, and Reading**
- B. Math, Reading Comprehension, Vocabulary, and Grammar**
- C. Math, Literature, Geography, and Social Studies**
- D. Math, Physical Education, Health, and Science**

The correct answer encompasses key areas that are essential for assessing the foundational knowledge needed for success in nursing school. The HESI Entrance Exam focuses on Math, Reading Comprehension, Vocabulary, and Grammar because these skills are critical in the healthcare field. Proficiency in math is necessary for dosage calculations and other medical computations, while reading comprehension is essential for understanding medical documentation and patient care materials. Additionally, a strong vocabulary and grammar ability ensures effective communication with patients and colleagues, which is vital in providing quality healthcare. These areas are specifically targeted because they underpin the communication and analytical skills needed in nursing and allied health professions. Therefore, mastering these subjects is fundamental for anyone looking to pursue a career in healthcare through the HESI Entrance Exam.

8. How does familiarizing yourself with common medical terminology aid in HESI exam preparation?

- A. It enhances vocabulary.**
- B. It aids in understanding context in passages related to health.**
- C. It increases reading speed.**
- D. It reduces overall study time.**

Familiarizing yourself with common medical terminology significantly aids in understanding context in passages related to health because it allows you to effectively interpret and analyze the material you encounter in the exam. Medical terminology is often used in questions and reading passages in the HESI exam, so having a solid grasp of these terms can help you comprehend complex concepts and make informed decisions based on the information presented. When you understand the terminology, you are better equipped to grasp the overall meaning of the text, as well as the specific details that may be critical to answering questions accurately. This understanding fosters a more profound insight into scenarios related to patient care and health management, which are often central themes in the exam. Thus, possessing a strong foundation in medical vocabulary not only improves comprehension but also enhances your ability to relate various concepts and ideas presented in the exam materials.

9. Which type of tissue has pillar-shaped cells arranged tightly together?

- A. Simple squamous epithelium**
- B. Columnar epithelium**
- C. Stratified epithelium**
- D. Cuboidal epithelium**

Columnar epithelium is characterized by its pillar-shaped cells, which are taller than they are wide. This specific arrangement allows for effective absorption and secretion, making columnar epithelium particularly well-suited for locations such as the gastrointestinal tract and the respiratory system. The cells are tightly packed together, which helps to form a protective barrier while also facilitating the movement of substances across the epithelial surface. In contrast, simple squamous epithelium consists of a single layer of flat cells, making it more suited for diffusion and filtration processes, such as in the alveoli of the lungs or the lining of blood vessels. Stratified epithelium contains multiple layers of cells, providing added protection in areas subject to abrasion, such as the skin or the lining of the mouth. Cuboidal epithelium features cube-shaped cells, which typically play a role in secretion and absorption, found in glands and some ducts. Each of these tissues has distinct structures and functions that differentiate them from columnar epithelium, emphasizing the unique characteristics of pillar-shaped cells and their arrangement within this specific type of tissue.

10. Which part of the brain is primarily involved in muscular coordination?

- A. Cerebrum**
- B. Cerebellum**
- C. Medulla oblongata**
- D. Brainstem**

The cerebellum plays a crucial role in muscular coordination, balance, and fine motor control. It is located at the back of the brain and is responsible for processing information from the body's sensory systems, the spinal cord, and other parts of the brain, which helps ensure that movements are smooth and coordinated. The cerebellum integrates sensory information and adjusts motor activity to maintain posture and equilibrium, making it essential for activities requiring precise timing and coordination, such as playing musical instruments or participating in sports. The other parts of the brain listed contribute to various functions but do not primarily handle muscular coordination. The cerebrum is mainly involved in higher brain functions, including thought, emotion, and voluntary muscle movements. The medulla oblongata controls autonomic functions such as breathing and heart rate, while the brainstem connects the cerebrum and cerebellum to the spinal cord and mediates other vital functions but does not specialize in muscle coordination to the extent of the cerebellum.

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://hesientrancechamberlain.examzify.com>

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

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