

HESI ENTRANCE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://hesientrance.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. Which age group is likely to be more prone to developing contusions?**
 - A. Infants
 - B. Teenagers
 - C. Adults
 - D. Senior citizens

- 2. What term describes elements that are distinct and separate?**
 - A. Discrete
 - B. Continuous
 - C. Identical
 - D. Unified

- 3. What does it mean to voluntarily refrain from something?**
 - A. Access
 - B. Adhere
 - C. Abrupt
 - D. Abstain

- 4. What is the term used for the process of breaking down substances in the body?**
 - A. Metabolism
 - B. Lysis
 - C. Synthesis
 - D. Absorption

- 5. What does the term 'anabolic' refer to in cellular processes?**
 - A. Breaking down substances
 - B. Building up substances
 - C. Maintaining equilibrium
 - D. Regulating metabolic rate

- 6. What term describes being closed or obstructed?**
 - A. Occluded
 - B. Labile
 - C. Internal
 - D. Intact

7. Which word signifies producing a strong effect?

- A. Weak
- B. Potent
- C. Faint
- D. Subdued

8. Which term indicates something that is likely to occur soon?

- A. Inflamed
- B. Impaired
- C. Impending
- D. Hygiene

9. What describes a situation that is approaching or about to happen?

- A. Initiate
- B. Incidence
- C. Impending
- D. Inflamed

10. Which term pertains to the stomach?

- A. Gastric
- B. Pathogenic
- C. Neural
- D. Cystitis

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which age group is likely to be more prone to developing contusions?

- A. Infants
- B. Teenagers
- C. Adults
- D. Senior citizens**

Senior citizens are more prone to developing contusions due to several physiological factors. As individuals age, their skin and underlying tissues become thinner and less elastic, making them more susceptible to bruising from minor impacts or falls. Additionally, older adults may have decreased levels of subcutaneous fat, which provides some cushioning against injuries. Moreover, seniors often have a greater incidence of falls, which can lead to contusions. This is exacerbated by the possibility of concurrent medical conditions or medications that affect blood clotting or platelet function, further increasing the risk of bruising from even minor trauma. Infants and teenagers tend to have more resilient skin and tissues, while adults also have a more robust physical condition compared to senior citizens. Therefore, the unique combination of factors in the aging process contributes significantly to the higher likelihood of contusion in the elderly population.

2. What term describes elements that are distinct and separate?

- A. Discrete**
- B. Continuous
- C. Identical
- D. Unified

The term that describes elements that are distinct and separate is "discrete." In various fields, including mathematics, statistics, and general language usage, discrete refers to items that are individually counted and are not dependent on each other. For instance, when considering a set of numbers, discrete values are those that can take on specific, separate values rather than being part of a continuous range. This understanding contrasts clearly with the other terms. Continuous refers to items that can take on any value within a given range and are not distinct but rather flow into one another. Identical indicates sameness, suggesting no distinction at all between elements, which is the opposite of being separate. Unified implies a coming together of elements into a single entity, which again contradicts the idea of distinctness. Thus, "discrete" accurately captures the essence of elements that are clearly delineated from one another.

3. What does it mean to voluntarily refrain from something?

- A. Access
- B. Adhere
- C. Abrupt
- D. Abstain**

To voluntarily refrain from something means to choose not to engage in a certain action or behavior, often for personal, health, or ethical reasons. The term "abstain" specifically conveys the idea of willingly choosing to avoid or give up something, indicating a conscious decision to refrain from participating. This action often involves self-control and a deliberate intent to avoid temptations or habits that one may deem undesirable or harmful. For example, a person might abstain from consuming alcohol during a period of sobriety or choose to abstain from certain foods for health reasons. In contrast, the other options do not carry the same meaning. "Access" refers to the ability to obtain or reach something, "adhere" means to stick to or follow, and "abrupt" describes something that occurs suddenly or unexpectedly. None of these choices encapsulate the concept of choosing not to do something in the way that "abstain" does.

4. What is the term used for the process of breaking down substances in the body?

- A. Metabolism
- B. Lysis**
- C. Synthesis
- D. Absorption

The process of breaking down substances in the body is referred to as metabolism. Metabolism encompasses both the breakdown of complex substances into simpler ones, known as catabolism, as well as the building up of substances, known as anabolism. Catabolism specifically includes processes such as digestion, where macromolecules (like carbohydrates, proteins, and fats) are broken down into smaller units (like sugars, amino acids, and fatty acids) that the body can utilize for energy and other functions. The term "lysis" refers more specifically to the breaking down of cells or the release of their contents, which is a more narrow definition and does not encapsulate the broader metabolic processes occurring within the body. Synthesis pertains to the creation or building up of complex substances from simpler ones, while absorption involves the uptake of nutrients from the digestive tract into the bloodstream. Thus, metabolism is the most appropriate and comprehensive term to describe the entire spectrum of biochemical processes that include both the breakdown of substances for energy as well as the synthesis of new compounds needed by the body.

5. What does the term 'anabolic' refer to in cellular processes?

- A. Breaking down substances
- B. Building up substances**
- C. Maintaining equilibrium
- D. Regulating metabolic rate

The term 'anabolic' specifically refers to metabolic processes that build up substances within the body. Anabolism involves the synthesis of complex molecules from simpler ones, which is essential for growth, repair, and maintenance of tissues. For example, during protein synthesis, amino acids are linked together to form proteins, which are crucial for muscle growth and repair. This building-up process is important for storing energy and creating the molecular components necessary for cell structure. In contrast, the other options focus on different aspects of metabolism. Breaking down substances is known as catabolism, which is the opposite of anabolism. Maintaining equilibrium relates to homeostasis rather than the building or breaking down of substances, while regulating metabolic rate pertains to the overall control of various metabolic pathways but does not specifically address the construction of complex molecules. Understanding the distinction between anabolic and catabolic processes is fundamental in fields like biology and nutrition.

6. What term describes being closed or obstructed?

- A. Occluded**
- B. Labile
- C. Internal
- D. Intact

The term that describes being closed or obstructed is "occluded." In a medical context, occlusion refers to the blockage or closure of a blood vessel or bodily passage, which can impede the flow of substances like blood or air. This term can be used in diagnosing conditions where there is a disruption in normal function due to an obstruction. The other choices do not convey this meaning. "Labile" refers to something that is unstable or easily changed, particularly in mood or condition. "Internal" pertains to something within an organism or structure, lacking the connotation of obstruction. "Intact" means something is undamaged or unbroken, which is contrary to the concept of being closed or obstructed. Therefore, "occluded" is the appropriate term to describe a state of obstruction.

7. Which word signifies producing a strong effect?

- A. Weak
- B. Potent**
- C. Faint
- D. Subdued

The word "potent" signifies producing a strong effect because it describes something that is highly effective or powerful. This term is often used in various contexts, such as in medicine, where a potent drug has a strong therapeutic effect, or in everyday language, where something potently influences feelings or behaviors. In essence, potency reflects strength and effectiveness, making it the most appropriate choice for indicating a strong impact or significant effect. In contrast, the other terms carry meanings that suggest a lack of strength or ineffectiveness. For instance, "weak" denotes a lack of force, "faint" refers to something that is barely perceptible, and "subdued" implies a reduction in intensity or energy. Therefore, while they all depict forms of lesser impact, "potent" clearly communicates the idea of a strong effect.

8. Which term indicates something that is likely to occur soon?

- A. Inflamed
- B. Impaired
- C. Impending**
- D. Hygiene

The term "impending" refers to an event or situation that is likely to occur soon, often with a sense of urgency or inevitability. It is commonly used to describe scenarios that are approaching or forthcoming, such as an impending storm or impending deadlines. The root of the word implies something that is hanging over or looming, suggesting that it requires attention or preparation because it is imminent. In contrast, "inflamed" often relates to an increase in redness or swelling, typically due to infection or irritation; "impaired" indicates a reduction in function or ability, often due to illness or injury; and "hygiene" refers to conditions or practices that promote health and cleanliness. None of these terms convey the same sense of immediacy or likelihood of occurrence as "impending."

9. What describes a situation that is approaching or about to happen?

- A. Initiate
- B. Incidence
- C. Impending**
- D. Inflamed

The term "impending" refers to a situation that is imminent or about to occur. It carries a connotation of urgency or inevitability, suggesting that an event is looming on the horizon and will soon take place. This word is often used in contexts where there is a sense of anticipation, such as an impending storm, crisis, or event, indicating that it is not just possible but expected to happen very soon. In contrast, the other choices do not convey the same meaning. For instance, "initiate" relates to the act of beginning something, rather than indicating that something is on the verge of occurring. "Incidence" refers to the occurrence of an event or phenomenon, particularly in a scientific or statistical context, without implying any immediacy. "Inflamed" describes a condition of swelling, irritation, or heightened emotional state, rather than indicating that something is about to happen. Understanding the nuances of these terms helps to clarify why "impending" is the appropriate choice when describing a situation that is approaching or likely to happen soon.

10. Which term pertains to the stomach?

A. Gastric

B. Pathogenic

C. Neural

D. Cystitis

The term that pertains to the stomach is "gastric." This adjective is derived from the Greek word "gaster," which means stomach. It is commonly used in medical terminology to describe conditions, processes, or contexts that are related to the stomach. For example, gastric acid refers to the digestive acids produced in the stomach, and gastric bypass surgery is a procedure performed on the stomach to aid in weight loss. Other terms provided have different meanings that do not specifically relate to the stomach. "Pathogenic" refers to something that causes disease, particularly in an infectious context. "Neural" pertains to nerves or the nervous system, and "cystitis" refers to inflammation of the bladder. Each of these terms belongs to different anatomical or physiological domains, but "gastric" is unequivocally connected to the stomach.

SAMPLE

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://hesientrance.examzify.com>

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

SAMPLE