Kaplan Nursing Entrance Practice Exam (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. 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!

Questions

1. What is one of the primary functions of bones?

A. Storage of fat

B. Formation of blood cells

C. Production of enzymes

D. Absorption of minerals

2. What is the purpose of the cytoplasm within a cell?

A. To provide energy for cellular processes

B. To protect against external threats

C. To support organelles and give shape to the cell

D. To store nutrients and waste products

3. What does it mean to be "Vivacious"?

A. Listless and tired

B. Full of life and energy

C. Moody and volatile

D. Sad and withdrawn

4. Which molecule is produced during the Krebs Cycle?

A. NADH

B. ATP

C. FADH2

D. All of the above

5. Which scenario best illustrates heat transfer from one source to another?

A. Standing in the sun

B. Taking a hot bath

C. Boiling water

D. Chopping ice

6. What is the function of microtubules in a cell?

A. Store genetic information

B. Break down cellular waste

C. Provide shape to the cell

D. Transport proteins across membranes

7. What defines the half-life of a sample?

A. The time it takes for the entire sample to decay

B. The time it takes for half of the sample to decay

C. The time it takes for the sample to double

D. The time it takes for decay to stop

8. What would be the antonym of "debilitate" based on the context?

A. Relax

B. Empower

C. Hinder

D. Detract

9. When an electron is added to a gaseous atom, which of the following occurs?

A. Electron emission

B. Ionization

C. Electron affinity

D. Electrolysis

10. What is the most inclusive process that includes diffusion, osmosis, and facilitated transport?

A. Active Transport

B. Passive Transport

C. Diffusion

D. Filtration

Answers

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

Explanations

1. What is one of the primary functions of bones?

A. Storage of fat

B. Formation of blood cells

C. Production of enzymes

D. Absorption of minerals

The primary function of bones in relation to blood cell production is found within the bone marrow, which is located in the hollow center of many bones. This process is known as hematopoiesis, where various types of blood cells, such as red blood cells, white blood cells, and platelets, are produced. This function is vital for maintaining the body's blood supply, immune response, and overall health. While bones do contribute to other functions, such as serving as a reservoir for fat stores, this makes them important for energy reserves rather than for blood cell formation. In addition, while bones play a role in mineral storage and can aid in the absorption of certain minerals, this is not their primary function relative to blood production. The production of enzymes is not a function associated with bone structure.

2. What is the purpose of the cytoplasm within a cell?

A. To provide energy for cellular processes

B. To protect against external threats

C. To support organelles and give shape to the cell

D. To store nutrients and waste products

The purpose of the cytoplasm within a cell is to support organelles and give shape to the cell. The cytoplasm is a gel-like substance that fills the interior of the cell and serves as the medium in which various cellular components are suspended. It provides structural support, ensuring that organelles remain in place while also allowing them to move and interact as needed for cellular processes. This support is crucial for maintaining the overall shape of the cell, which can be important for functions such as signaling and transport. The cytoplasm also plays a vital role in biochemical reactions necessary for life, functioning as a site where various metabolic activities occur. In essence, it acts like a protective, nurturing environment that houses the organelles and facilitates their operations. While it does contribute to some of the functions associated with energy, storage, and protection, its primary role is in supporting the cell's architecture and organelle function.

3. What does it mean to be "Vivacious"?

A. Listless and tired

B. Full of life and energy

C. Moody and volatile

D. Sad and withdrawn

To be "vivacious" means to be full of life and energy. This term is often used to describe a person who is lively, spirited, and enthusiastic, exuding a sense of vitality that can energize those around them. A vivacious individual typically displays a zest for life, engaging with their environment and the people in it in an animated and joyful manner. The other definitions do not align with the meaning of vivacious. For example, feeling listless and tired would suggest a lack of energy. Being moody and volatile implies an unpredictable emotional state that contrasts with a consistent, energetic disposition. Lastly, being sad and withdrawn conveys disengagement and low energy, which is the opposite of what it means to have a vivacious spirit.

4. Which molecule is produced during the Krebs Cycle?

A. NADH

B. ATP

C. FADH2

D. All of the above

During the Krebs Cycle, also known as the citric acid cycle, several important molecules are produced that play a crucial role in cellular respiration. This cycle occurs in the mitochondria and is a fundamental step in converting carbohydrates, fats, and proteins into usable energy. NADH is produced when NAD+ is reduced during specific enzymatic reactions within the cycle. This molecule carries electrons to the electron transport chain, which generates ATP. ATP is directly produced in the Krebs Cycle through substrate-level phosphorylation, providing the cell with immediate energy. FADH2 is also generated when FAD is reduced, similar to NADH. This molecule, like NADH, contributes electrons to the electron transport chain for ATP production. Since all of these molecules—NADH, ATP, and FADH2—are generated during the Krebs Cycle, the answer reflects the comprehensive output of this critical metabolic pathway. Understanding the roles of these molecules helps to clarify how energy is produced and utilized within the cell, which is essential knowledge for nursing and health professionals.

5. Which scenario best illustrates heat transfer from one source to another?

A. Standing in the sun

B. Taking a hot bath

C. Boiling water

D. Chopping ice

The best scenario illustrating heat transfer from one source to another is taking a hot bath. In this situation, the water in the bath is heated to a temperature higher than that of the body. When a person immerses themselves in the hot water, heat transfers from the water (the heat source) to the body (the heat sink) through conduction. This transfer increases the body's temperature, demonstrating how heat moves from a hotter object to a cooler object until an equilibrium is reached. Standing in the sun primarily involves the transfer of radiant heat directly from the sun to the skin, which is a form of energy transfer but doesn't specifically demonstrate the concept of heat moving from one substance to another as effectively as the interaction with bath water does. Boiling water involves heat transfer as well, but the focus is on the water being heated progressively and not on the interaction with another cooler substance. Chopping ice involves physical work and changes to the ice, which doesn't directly represent the concept of heat transfer between different temperatures as clearly as the example of the bath.

6. What is the function of microtubules in a cell?

A. Store genetic information

B. Break down cellular waste

C. Provide shape to the cell

D. Transport proteins across membranes

Microtubules are essential components of the cytoskeleton in eukaryotic cells, playing a crucial role in maintaining cell shape and providing structural support. They are long, hollow tubes made of tubulin protein subunits and are responsible for determining the cell's overall form. By offering rigidity and resisting compression, microtubules help cells maintain their shape, especially in larger and more complex structures, such as neurons. In addition to providing shape, microtubules are also involved in various cellular processes, including cell division, where they help form the mitotic spindle, as well as intracellular transport, where they act as tracks for motor proteins to move organelles and vesicles. However, their primary function in the context of this question is their role in providing structural integrity and shape to the cell. Other functions associated with different cellular components clarify why they are not suitable responses to this question. While genetic information storage pertains to the function of DNA within the nucleus, and the breakdown of cellular waste is primarily the role of lysosomes, transporting proteins across membranes is a function facilitated by transport proteins, not microtubules themselves. Thus, the main function of microtubules as contributors to the cell's shape is the correct focus here

7. What defines the half-life of a sample?

A. The time it takes for the entire sample to decay

B. The time it takes for half of the sample to decay

C. The time it takes for the sample to double

D. The time it takes for decay to stop

The half-life of a sample is defined as the time it takes for half of the sample to decay. This concept is crucial in various fields, including pharmacology, nuclear physics, and environmental science, as it provides insights into the stability and duration of substances. During each half-life period, the quantity of the remaining substance decreases by half, regardless of the initial amount. Understanding the half-life helps in predicting how long a substance will remain active or present in a system, which is vital for dosage calculations in medication administration, understanding radioactive decay, and assessing environmental impacts of chemicals. The other choices suggest different concepts that do not align with the definition of half-life. For instance, the entire sample decay timeframe does not account for the logarithmic nature of decay, while the doubling time refers to growth rather than decay. Finally, decay does not stop at the half-life; substances can continue to decay beyond multiple half-lives, further illustrating the importance of the specific definition of half-life.

8. What would be the antonym of "debilitate" based on the context?

A. Relax

B. Empower

C. Hinder

D. Detract

The term "debilitate" means to weaken or impair the strength or efficiency of something. In this context, the antonym would be a word that conveys the opposite effect—strengthening or enabling someone or something rather than weakening it. "Empower" captures this idea perfectly, as it signifies giving strength or authority to someone, effectively enhancing their abilities or capacities. When one is empowered, they are in a state of increased strength, confidence, and capability, which contrasts directly with the weakening connotation of "debilitate." The other choices do not convey this strengthening meaning. "Relax" suggests a state of rest or easing tension rather than an increase in strength. "Hinder" implies obstruction or prevention, while "detract" indicates a reduction in value or quality. None of these terms provide the opposite meaning of empowering, which is why "empower" stands out as the correct antonym.

9. When an electron is added to a gaseous atom, which of the following occurs?

A. Electron emission

B. Ionization

C. Electron affinity

D. Electrolysis

When an electron is added to a gaseous atom, the process that occurs is known as electron affinity. This term refers to the energy change that accompanies the addition of an electron to an atom in the gas phase. When an atom attracts and gains an extra electron, it becomes a negatively charged ion or anion. The measure of how much an atom wants to gain an electron is indicative of its electron affinity. A large electron affinity value means the atom releases substantial energy when it gains that electron, indicating a strong attraction between the atom and the added electron. In contrast, the other terms mentioned do not accurately describe the process: - Electron emission typically refers to the release of electrons from a material, often observed in photoelectric effect scenarios or when electrons are ejected during an excitation process. - Ionization involves the removal of electrons from an atom, converting it into a positively charged ion or cation, which is the opposite of adding an electron. - Electrolysis is a process that uses electrical energy to drive a non-spontaneous chemical reaction, often involving the breaking down of compounds in a solution. Thus, adding an electron directly aligns with the concept of electron affinity, making it the correct choice in this context.

10. What is the most inclusive process that includes diffusion, osmosis, and facilitated transport?

A. Active Transport

B. Passive Transport

C. Diffusion

D. Filtration

The most inclusive process that includes diffusion, osmosis, and facilitated transport is passive transport. Passive transport describes the movement of molecules across a cell membrane without the need for energy expenditure from the cell. This process relies on concentration gradients, meaning substances move from areas of higher concentration to areas of lower concentration. Diffusion is a fundamental mechanism of passive transport where molecules spread from an area of higher concentration to an area of lower concentration. Osmosis is a specific type of diffusion that involves the movement of water across a semipermeable membrane, also following concentration gradients. Facilitated transport, also known as facilitated diffusion, involves carrier proteins or channels to help specific molecules cross the membrane more efficiently, but it still does not require energy. All three processes—diffusion, osmosis, and facilitated transport—fall under the umbrella of passive transport because they move substances along their concentration gradients, contributing to the dynamic equilibrium of the cell environment without expending energy. Active transport, in contrast, involves the movement of substances against their concentration gradients and requires energy input, making it distinct from passive transport.

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://kaplan.examzify.com

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