

# MTA Mobility And Device Fundamentals Practice Test (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. 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. What is the effect of peptides in skincare?**

- A. Reduce redness**
- B. Enhance skin hydration**
- C. Support tissue repair**
- D. Minimize pigmentation**

**2. What effect does a Wood's lamp have on normal skin?**

- A. Displays a bright yellow color**
- B. Shows a deep violet color**
- C. Indicates green fluorescence**
- D. Reveals skin texture**

**3. Which hair growth phase is marked by transitional activities?**

- A. Anagen**
- B. Telogen**
- C. Catagen**
- D. Exogen**

**4. What condition is indicated by red, inflamed eyes along with discharge?**

- A. Allergies**
- B. Conjunctivitis**
- C. Blepharitis**
- D. Corneal Ulcer**

**5. Which term is synonymous with a birthmark or freckle?**

- A. Macule**
- B. Lesion**
- C. Pustule**
- D. Scar**

**6. What is the duration of the anagen phase in the hair growth cycle?**

- A. 2-6 weeks**
- B. 2-7 years**
- C. 3-6 months**
- D. 5-10 years**

**7. What best defines a local infection?**

- A. Infection that spreads throughout the body**
- B. Infection confined to a specific area**
- C. Infection that elevates body temperature**
- D. Infection caused by bacteria**

**8. Which type of cells are crucial in the production of collagen?**

- A. Keratinocytes**
- B. Adipocytes**
- C. Fibroblasts**
- D. Immune cells**

**9. What does it mean if skin is described as alipidic?**

- A. High in oil**
- B. Low in moisture**
- C. Lack of oil**
- D. Rich in keratin**

**10. How does collagen benefit the skin?**

- A. It provides pigmentation**
- B. It helps retain moisture**
- C. It adds strength and elasticity**
- D. It enhances hair growth**

## **Answers**

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

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## **Explanations**

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## 1. What is the effect of peptides in skincare?

- A. Reduce redness**
- B. Enhance skin hydration**
- C. Support tissue repair**
- D. Minimize pigmentation**

Peptides play a crucial role in skincare, particularly in their ability to support tissue repair. These small chains of amino acids are fundamental building blocks of proteins, which are vital for skin health. When applied topically, peptides can stimulate collagen production and promote skin cell renewal, which is essential in repairing damaged tissue. This repair process aids in reducing the appearance of fine lines and wrinkles, and improving overall skin texture. While other options present beneficial effects associated with skincare, they do not encapsulate the primary function of peptides as distinctly as supporting tissue repair does. For instance, reducing redness and minimizing pigmentation may be influenced by various other factors or ingredients in skincare products, while enhancing skin hydration is more closely related to components like hyaluronic acid or glycerin rather than peptides themselves. Thus, the focus on tissue repair highlights the unique and vital role that peptides play in maintaining and improving skin health.

## 2. What effect does a Wood's lamp have on normal skin?

- A. Displays a bright yellow color**
- B. Shows a deep violet color**
- C. Indicates green fluorescence**
- D. Reveals skin texture**

A Wood's lamp, which emits ultraviolet (UV) light, is primarily used to examine skin for various conditions. When used on normal, healthy skin, the lamp typically produces a deep violet color. This is a characteristic effect of how the skin interacts with the UV light emitted by the Wood's lamp. Normal skin reflects UV light without significant fluorescence, which typically appears as a violet hue. This effect allows dermatologists and skincare professionals to differentiate between normal skin and areas affected by specific skin conditions, as abnormal skin may fluoresce in different colors, indicating issues such as fungal infections or pigmentation disorders. The other options reflect effects seen with certain skin conditions or materials rather than normal skin under a Wood's lamp. For instance, green fluorescence may indicate the presence of certain bacterial infections, while texture assessment relates more to surface examination rather than coloration under UV light. Thus, deep violet coloration denotes healthy skin when assessed with a Wood's lamp.

**3. Which hair growth phase is marked by transitional activities?**

- A. Anagen**
- B. Telogen**
- C. Catagen**
- D. Exogen**

The hair growth phase characterized by transitional activities is the catagen phase. During this stage, which follows the anagen phase, the hair follicle begins to shrink and the hair stops actively growing. This transitional phase lasts for a few weeks, typically around two to three weeks, and marks the end of the anagen phase where the hair is actively growing. In the catagen phase, the hair follicle detaches from the dermal papilla, which is essential for hair growth. The hair may begin to lose its connection to the surrounding cells responsible for supplying nutrients and promoting further growth. This phase is crucial because it prepares the hair for the next phase, the telogen phase, where the hair eventually sheds. Understanding the catagen phase is important because it signifies a natural part of the hair cycle, during which changes occur that lead to the hair's eventual shedding in the subsequent telogen phase. This process is a normal part of hair growth and shedding in the life cycle of hair.

**4. What condition is indicated by red, inflamed eyes along with discharge?**

- A. Allergies**
- B. Conjunctivitis**
- C. Blepharitis**
- D. Corneal Ulcer**

The presence of red, inflamed eyes accompanied by discharge is a classic symptom of conjunctivitis, commonly known as pink eye. This condition can be caused by various factors, including viral infections, bacterial infections, or allergic reactions. The discharge observed in conjunctivitis can vary in appearance—bacterial conjunctivitis often produces a thick yellow or green discharge, while viral conjunctivitis typically results in a watery discharge. In contrast, the other conditions listed may have some overlapping symptoms, such as redness in the eyes, but they do not usually present with both redness and discharge in the same manner. Allergies may cause redness and watery eyes but are less likely to produce significant discharge. Blepharitis, which is inflammation of the eyelid margins, can lead to red eyes but is often associated with crusting along the eyelid edges rather than a significant discharge from the eye itself. A corneal ulcer typically presents with severe pain, redness, and possibly some watery discharge, but it is more commonly linked to visual disturbances and discomfort without the characteristic discharge associated with conjunctivitis. Therefore, the combination of red, inflamed eyes with discharge strongly points to conjunctivitis as the correct diagnosis.

## 5. Which term is synonymous with a birthmark or freckle?

- A. Macule**
- B. Lesion**
- C. Pustule**
- D. Scar**

The term that is synonymous with a birthmark or freckle is "macule." A macule is a flat, distinct, discolored area of skin that is not elevated, meaning it does not protrude above the surface of the surrounding skin. Macules are typically small and can vary in color and form; both birthmarks and freckles are types of macules. In terms of other options, while a lesion refers to any abnormal change in the structure of an organ or part due to injury or disease, it is a broader term that can encompass various types of skin irregularities, including macules but is not specifically synonymous with them. A pustule is a small blister or pimple that contains pus, often related to infections or inflammatory skin conditions, which is quite different from the characteristics associated with birthmarks and freckles. A scar represents a mark left on the skin after a wound or injury has healed, again differing significantly from the nature of a macule. Thus, "macule" is the most precise term that describes characteristics of both birthmarks and freckles, making it the correct answer.

## 6. What is the duration of the anagen phase in the hair growth cycle?

- A. 2-6 weeks**
- B. 2-7 years**
- C. 3-6 months**
- D. 5-10 years**

The anagen phase is the active growth phase of the hair growth cycle, where the hair follicles are producing new cells, resulting in hair growth. This phase can last for a significant period, typically ranging from 2 to 7 years, depending on various factors including genetics, health, and individual characteristics. The duration can vary among different individuals; however, the broader range is often cited as 2-6 years or even longer in some cases, with the potential for exceptionally healthy hair to remain in the anagen phase for as long as 7 years. This extended period allows for considerable hair length to be achieved during this growth cycle. The anagen phase is crucial because it is when the maximum length of hair can be attained before entering the subsequent transitional phases, which lead to hair shedding. This understanding of the anagen phase highlights its importance in the overall hair growth cycle and relates to various factors influencing hair health and hair loss issues.

## 7. What best defines a local infection?

- A. Infection that spreads throughout the body
- B. Infection confined to a specific area**
- C. Infection that elevates body temperature
- D. Infection caused by bacteria

A local infection is best defined as an infection confined to a specific area. This means that the pathogens causing the infection do not spread beyond a certain region of the body, and the symptoms are usually limited to that area, which can include redness, swelling, and pain. For instance, a localized skin infection, such as a boil or an infected cut, would be characterized by the symptoms occurring only around that particular site without affecting other parts of the body. The other options pertain to different types of infections. An infection that spreads throughout the body describes a systemic infection, which can lead to more severe health issues. An infection that elevates body temperature refers to fever, commonly associated with infections but not specific to local infections. Finally, stating that an infection is caused by bacteria does not accurately describe the concept of local infections, as they can be caused by various pathogens, including viruses and fungi. Thus, the definition of a local infection focuses singularly on its confinement to a specific area rather than the nature of the pathogen or the systemic effects on the body.

## 8. Which type of cells are crucial in the production of collagen?

- A. Keratinocytes
- B. Adipocytes
- C. Fibroblasts**
- D. Immune cells

Fibroblasts play a vital role in the production of collagen, which is a key structural protein in the extracellular matrix of connective tissues. These cells are responsible for synthesizing collagen fibers and other extracellular matrix components, which provide support and strength to tissues such as skin, tendons, ligaments, and cartilage. Fibroblasts also aid in wound healing and tissue repair by producing various proteins that facilitate regeneration. In contrast, keratinocytes are primarily involved in the formation of the outer layer of skin and are responsible for producing keratin, a protective protein. Adipocytes are specialized cells for storing fat and are not involved in collagen production. Immune cells play critical roles in protecting the body from pathogens and managing inflammation but do not produce collagen. Thus, fibroblasts are the essential cells linked directly to collagen synthesis.

## 9. What does it mean if skin is described as alipidic?

- A. High in oil
- B. Low in moisture
- C. Lack of oil**
- D. Rich in keratin

When skin is described as alipidic, it refers to skin that lacks oil. This term is derived from "a-" meaning without, and "lipid," which pertains to fats or oils. Alipidic skin typically has a reduced amount of natural oils produced by the body, which can lead to a dry or tight feeling. This condition can cause various issues such as a compromised skin barrier and increased susceptibility to environmental factors. Proper care for alipidic skin often involves using products that help moisturize and restore oils to maintain skin health. Options discussing high oil content, low moisture, or being rich in keratin do not accurately represent the characteristics of alipidic skin.

## 10. How does collagen benefit the skin?

- A. It provides pigmentation
- B. It helps retain moisture
- C. It adds strength and elasticity**
- D. It enhances hair growth

Collagen is a vital protein that is abundant in the skin, and its primary function is to provide strength and elasticity. As we age, collagen production decreases, leading to signs of aging such as wrinkles and sagging skin. By contributing to the structural integrity of the skin, collagen helps maintain a firm and youthful appearance. This is why the option highlighting collagen's role in adding strength and elasticity is the most accurate. While collagen does play a part in the overall health of the skin and can indirectly affect moisture retention, its most significant benefits relate to providing structure and flexibility. Other choices, such as pigmentation and hair growth, are largely unrelated to collagen's primary functions within the skin. Hence, focusing on how collagen supports the skin's resilience is essential for understanding its role in skin health.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://mtamobilitydevicefund.examzify.com>**

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

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