

PRINCIPLES OF MEDICAL LABORATORY SCIENCE (PMLS) 1 PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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 was a Greek physician and philosopher?**
 - A. Hippocrates
 - B. Galen
 - C. Aristotle
 - D. Herophilus
- 2. The Philippines established EO 514 to strengthen biosafety governance by prescribing guidelines; it establishes which framework?**
 - A. National Biosafety Framework (NBF)
 - B. National Biosafety Committee
 - C. Biosafety Management Plan
 - D. Safety and Security Framework
- 3. Which organization is the modern name for the body that originated as the American Society for Medical Technologists?**
 - A. American Society for Clinical Laboratory Science
 - B. American Society for Medical Technologists
 - C. American Association of Medical Technologists
 - D. National Society for Clinical Laboratory Science
- 4. What weight is assigned to Microbiology and Parasitology in the licensure exam?**
 - A. 15%
 - B. 25%
 - C. 20%
 - D. 10%
- 5. Which domain focuses on hands-on laboratory skills?**
 - A. Cognitive domain
 - B. Affective domain
 - C. Social domain
 - D. Psychomotor domain

- 6. Which of the following is not an example of government-owned clinical laboratories?**
- A. San Lazaro Hospital
 - B. St. Luke's Medical Center
 - C. Jose R. Reyes Memorial Medical Center
 - D. Sta. Ana Hospital
- 7. Which course focuses on heredity and genetic disorders involving chromosomes and nucleic acids?**
- A. Human Histology
 - B. Cytogenetics
 - C. Community and Public Health for MT/MLS
 - D. General Education (GE) course
- 8. Which association focuses on the Asia-Pacific region and includes members from Singapore, Brunei, China, Indonesia, Malaysia, Thailand, the Philippines, and Myanmar?**
- A. American Biological Safety Association (ABSA)
 - B. Asia-Pacific Biosafety Association (A-PBA)
 - C. European Biological Safety Association (EBSA)
 - D. Philippine Biosafety and Biosecurity Association (PhBBA)
- 9. Which prefix means fever?**
- A. Nano-
 - B. Iso-
 - C. Pyro
 - D. Pyo
- 10. In vitro fertilization is popularly known as laboratory fertilization. Which term describes this alias?**
- A. Embryo transfer
 - B. Artificial insemination
 - C. Laboratory fertilization
 - D. Cloning

Answers

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

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Explanations

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1. Which of the following was a Greek physician and philosopher?

- A. Hippocrates
- B. Galen**
- C. Aristotle
- D. Herophilus

Galen fits this description because he is known as both a physician and a philosopher within the Greek tradition. He built a comprehensive medical system through extensive clinical practice and anatomical study, while also engaging with philosophical ideas about nature, knowledge, and ethics. His writings and ideas linked medical theory with philosophical reasoning, making him a prominent example of someone who contributed to both fields. Hippocrates is celebrated as a founder of medicine, focusing on clinical observation and ethics, but he is not typically emphasized as a philosopher. Aristotle is a towering philosopher and natural thinker but is not recognized as a practicing physician. Herophilus was an early physician and anatomist, yet he is not famed for philosophical work. Galen stands out because his legacy encompasses both medical practice and philosophical inquiry.

2. The Philippines established EO 514 to strengthen biosafety governance by prescribing guidelines; it establishes which framework?

- A. National Biosafety Framework (NBF)**
- B. National Biosafety Committee
- C. Biosafety Management Plan
- D. Safety and Security Framework

The key idea is that EO 514 creates an overarching system for biosafety governance in the Philippines. This system is the National Biosafety Framework, a structured set of policies, guidelines, and procedures designed to coordinate and guide how biosafety is managed across agencies and institutions. It covers risk assessment, decision-making processes, training, oversight, and compliance so that biosafety practices are consistent and effective nationwide. This is the best choice because the framework name describes a comprehensive governance structure rather than a single committee, a facility-specific plan, or an unrelated framework. A National Biosafety Committee is a governing body that would operate within the framework, not the framework itself. A Biosafety Management Plan is typically specific to a facility or project. A Safety and Security Framework does not reflect the established Philippines term for this governance system.

3. Which organization is the modern name for the body that originated as the American Society for Medical Technologists?

- A. American Society for Clinical Laboratory Science**
- B. American Society for Medical Technologists
- C. American Association of Medical Technologists
- D. National Society for Clinical Laboratory Science

The main idea here is how professional organizations in the laboratory field broaden their names to reflect current practice. The body that began as the American Society for Medical Technologists later adopted a name that emphasizes the field of clinical laboratory science, becoming the American Society for Clinical Laboratory Science. This change signals a shift from a title like "medical technologist" to a broader professional identity that covers the full scope of clinical laboratory work, including education standards, certification, and practice across various lab disciplines. So, the modern name is American Society for Clinical Laboratory Science, which is why that option is the best fit. The original name is not the modern one, and while there were related organizations, they do not represent the current official name of this evolving professional body.

4. What weight is assigned to Microbiology and Parasitology in the licensure exam?

- A. 15%
- B. 25%
- C. 20%**
- D. 10%

Weight allocation shows how much emphasis Microbiology and Parasitology receive on the licensure exam. In this case, 20% of the total score is dedicated to this area, meaning it's a substantial portion but not the dominant share. This reflects the essential skills and knowledge needed in practical lab work—identifying microbes, understanding culture and staining methods, performing basic diagnostic tests, and recognizing parasites through microscopy and specimen processing. It ensures you're tested on core competencies like organism recognition, test interpretation, and basic biosafety, while other domains cover other critical areas with greater breadth. Plan your study time so roughly one-fifth focuses on microbiology and parasitology, emphasizing common pathogens, diagnostic approaches, staining techniques, and parasite life cycles.

5. Which domain focuses on hands-on laboratory skills?

- A. Cognitive domain
- B. Affective domain
- C. Social domain
- D. Psychomotor domain**

Hands-on laboratory skills are all about performing physical tasks, coordinating movements, and executing procedures that require manual dexterity and precise control. This ability to manipulate instruments, measure and transfer liquids, prepare slides, and run bench techniques safely and accurately belongs to the psychomotor domain. It focuses on the actual execution of skills, not just knowing the steps or understanding concepts. In contrast, cognitive domain deals with knowledge, understanding, and reasoning; affective domain concerns attitudes, motivation, and values; and social domain covers interaction, communication, and teamwork. Therefore, the hands-on, procedural proficiency you demonstrate in the lab is best described by the psychomotor domain.

6. Which of the following is not an example of government-owned clinical laboratories?

- A. San Lazaro Hospital
- B. St. Luke's Medical Center**
- C. Jose R. Reyes Memorial Medical Center
- D. Sta. Ana Hospital

The key idea is distinguishing whether a clinical laboratory is funded and run by the government or by private entities. Government-owned facilities are funded and operated by the Department of Health or by local government units, forming part of the public hospital system. Among the options, the only non-government-owned institution is St. Luke's Medical Center, which is a private hospital with privately owned laboratories. The other three are public hospitals managed by the government (either the national DOH system or local government offices). So St. Luke's Medical Center is not government-owned, making it the correct choice.

7. Which course focuses on heredity and genetic disorders involving chromosomes and nucleic acids?

- A. Human Histology
- B. Cytogenetics**
- C. Community and Public Health for MT/MLS
- D. General Education (GE) course

Focusing on how heredity and genetic disorders arise from chromosome and nucleic acid changes. Cytogenetics specifically studies chromosome number and structure, detects chromosomal abnormalities, and uses molecular tools to analyze DNA. This field directly links genetic information to diseases caused by chromosomal and DNA alterations, such as aneuploidies, translocations, and microdeletions, using techniques like karyotyping and FISH. In contrast, histology looks at tissue structure, public health addresses health outcomes in populations, and a general education course covers broad topics. So cytogenetics is the best fit for heredity and genetic disorders involving chromosomes and nucleic acids.

8. Which association focuses on the Asia-Pacific region and includes members from Singapore, Brunei, China, Indonesia, Malaysia, Thailand, the Philippines, and Myanmar?

- A. American Biological Safety Association (ABSA)
- B. Asia-Pacific Biosafety Association (A-PBA)**
- C. European Biological Safety Association (EBSA)
- D. Philippine Biosafety and Biosecurity Association (PhBBA)

The concept here is regional biosafety networks. An association that focuses on the Asia-Pacific region brings together professionals from countries across Asia and the Pacific to share best practices, training, and collaboration on biosafety and biosecurity. The Asia-Pacific Biosafety Association fits this description, and its member countries include Singapore, Brunei, China, Indonesia, Malaysia, Thailand, the Philippines, and Myanmar, among others. This regional scope distinguishes it from organizations based in other continents or focused on a single country. For example, the American Biological Safety Association serves North America, the European Biological Safety Association serves Europe, and a country-specific group like the Philippine Biosafety and Biosecurity Association centers on the Philippines alone.

9. Which prefix means fever?

- A. Nano-
- B. Iso-
- C. Pyro**
- D. Pyo

Fever in medical terminology is tied to heat and temperature concepts, and the prefix used to signal that idea is pyro-. It comes from the Greek pyr, meaning fire, and appears in terms connected to fever or heat, such as pyrogen (something that induces fever) and pyrexia (fever). So pyro- is the appropriate prefix for fever. The other options point to different ideas: nano- means small, iso- means equal, and pyo- refers to pus, none of which convey fever.

10. In vitro fertilization is popularly known as laboratory fertilization. Which term describes this alias?

- A. Embryo transfer
- B. Artificial insemination
- C. Laboratory fertilization**
- D. Cloning

Fertilization that occurs outside the body in a controlled lab setting is the core idea. In vitro means "in glass," so in vitro fertilization describes fertilization happening in a laboratory dish rather than inside the uterus. Calling this alias "laboratory fertilization" is a direct, plain-language description of the same process: fertilization performed in a laboratory. Embryo transfer refers to moving the resulting embryo into the uterus, not the fertilization step itself. Artificial insemination involves introducing sperm into the female reproductive tract, which may or may not involve fertilization outside the body, but it is not the lab-based fertilization process. Cloning is a separate reproductive technology and not part of IVF.

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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://pmls1.examzify.com>

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

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