

# **Texas A&M University (TAMU) BIOL111 Introductory Biology I Exam 1 Practice Exam (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. Which property of water contributes to the phenomenon of capillary action?**
  - A. Cohesion**
  - B. Adhesion**
  - C. High specific heat**
  - D. Evaporative cooling**
  
- 2. What are the building blocks of proteins?**
  - A. Nucleotides**
  - B. Fatty acids**
  - C. Amino acids**
  - D. Monosaccharides**
  
- 3. What are the two types of cells?**
  - A. Oligonucleotides and protein**
  - B. Eukaryotic and Prokaryotic**
  - C. Stem and differentiated**
  - D. Body and germ**
  
- 4. What is the correct structure representation of a carboxyl group?**
  - A. NH<sub>2</sub>**
  - B. COOH or CO<sub>2</sub>H**
  - C. O=C**
  - D. C-OH**
  
- 5. What is the primary role of ATP in cells?**
  - A. It serves as a genetic blueprint**
  - B. It acts as the primary energy currency of the cell**
  - C. It assists in cell division**
  - D. It helps in protein synthesis**
  
- 6. What leads to increased biodiversity in an ecosystem?**
  - A. Habitat destruction**
  - B. Pollution**
  - C. Conservation efforts and habitat restoration**
  - D. Overexploitation of resources**

**7. Which of the following best defines an ecosystem?**

- A. A group of organisms of the same species**
- B. A biological community interacting with its physical environment**
- C. A specific organism's habitat**
- D. A relationship between predator and prey**

**8. What is a hypothesis in scientific research?**

- A. A definitive conclusion based on observations**
- B. A general statement that doesn't require testing**
- C. A testable statement predicting the outcome of an experiment**
- D. A summary of previous research**

**9. What is a radioactive isotope?**

- A. An isotope that has no neutrons**
- B. An isotope with an unstable nucleus that releases particles and energy**
- C. An isotope that cannot form ions**
- D. An isotope formed from the decay of stable isotopes**

**10. What do all forms of life share according to biological principles?**

- A. The same dietary needs and habits**
- B. The same genetic material and molecular building blocks**
- C. A common habitat and ecological niche**
- D. A uniform growth pattern throughout life**

## **Answers**

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

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## **Explanations**

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## 1. Which property of water contributes to the phenomenon of capillary action?

- A. Cohesion
- B. Adhesion**
- C. High specific heat
- D. Evaporative cooling

Capillary action is primarily the result of the adhesive properties of water. Adhesion refers to the attraction between water molecules and other substances, such as the walls of a narrow tube or the fibers in a plant stem. When water comes into contact with a surface, the molecules adhere to that surface, which can cause the water to climb against the force of gravity. This is particularly important in biological systems, where water travels through the tiny vessels of plants, allowing them to transport nutrients and water from the roots to the leaves. While cohesion, the attraction between water molecules themselves, is also a contributing factor to capillary action, it is primarily the interaction with other materials that facilitates this movement. The collective action of adhesion and cohesion makes capillary action a crucial property in processes such as nutrient absorption in plants and the movement of water through soil.

## 2. What are the building blocks of proteins?

- A. Nucleotides
- B. Fatty acids
- C. Amino acids**
- D. Monosaccharides

The building blocks of proteins are amino acids, which are organic compounds that combine to form proteins. Each amino acid consists of a central carbon atom, an amino group, a carboxyl group, a hydrogen atom, and a distinctive R group or side chain that varies between different amino acids. There are 20 standard amino acids that are used to construct proteins, and the sequence and arrangement of these amino acids in a polypeptide chain determine the structure and function of the protein. When proteins are synthesized in the body, amino acids are linked together by peptide bonds through a process called translation, which occurs in ribosomes. The unique properties of the amino acids and their sequence contribute to the protein's three-dimensional shape and functional capabilities, making amino acids essential for various biological processes, including enzyme activity, immune responses, and structural roles in cells. The other options represent different types of biological macromolecules: nucleotides are the building blocks of nucleic acids (like DNA and RNA), fatty acids are components of lipids (such as triglycerides and phospholipids), and monosaccharides are the simplest forms of carbohydrates. While all these components are crucial for life, only amino acids are the specific building blocks of proteins.

### 3. What are the two types of cells?

- A. Oligonucleotides and protein
- B. Eukaryotic and Prokaryotic**
- C. Stem and differentiated
- D. Body and germ

The classification of cells into two main types, eukaryotic and prokaryotic, is fundamental in biology. Eukaryotic cells are characterized by having a defined nucleus enclosed by a nuclear membrane, as well as membrane-bound organelles such as mitochondria and the endoplasmic reticulum. These cells make up complex organisms, including plants, animals, fungi, and protists. In contrast, prokaryotic cells lack a nucleus and membrane-bound organelles. They are generally simpler in structure and include bacteria and archaea. Understanding the distinction between these two cell types is crucial for studying various biological processes, as they exhibit different mechanisms of replication, gene expression, and metabolic functions. For instance, prokaryotes typically reproduce asexually through binary fission, while eukaryotes may undergo mitosis or meiosis as part of their life cycles. This difference in complexity not only reflects evolutionary history but also affects how organisms adapt to their environments and interact with each other.

### 4. What is the correct structure representation of a carboxyl group?

- A. NH<sub>2</sub>
- B. COOH or CO<sub>2</sub>H**
- C. O=C
- D. C-OH

The carboxyl group is defined by the presence of both a carbonyl group (C=O) and a hydroxyl group (-OH) attached to the same carbon atom. This functional group is widely known for its role in organic acids, contributing to the acidic properties of many compounds, such as acetic acid and amino acids. The structure representation COOH or CO<sub>2</sub>H accurately depicts this group, illustrating that the carbon atom is double-bonded to an oxygen atom (the carbonyl) and single-bonded to a hydroxyl group (the -OH). The visual simplicity of this representation captures the essence of the carboxyl's dual functionality: it acts as both a source of protons (H<sup>+</sup>) in solution, resulting in acidity, and as a site for bonding with other molecules. In contrast, other options do not represent the carboxyl group correctly, as they lack the necessary combination of elements or structural features characteristic of this functional group. For instance, NH<sub>2</sub> represents an amine group, O=C depicts only the carbonyl part, and C-OH indicates an alcohol group. None of these convey the essential structure of the carboxyl group, making COOH or CO<sub>2</sub>H the correct and

## 5. What is the primary role of ATP in cells?

- A. It serves as a genetic blueprint
- B. It acts as the primary energy currency of the cell**
- C. It assists in cell division
- D. It helps in protein synthesis

ATP, or adenosine triphosphate, is often referred to as the "energy currency" of the cell because it plays a crucial role in storing and transferring energy within cells. The structure of ATP consists of a ribose sugar, adenine, and three phosphate groups. When energy is needed for various cellular processes, ATP is hydrolyzed to ADP (adenosine diphosphate) and an inorganic phosphate, releasing energy that can be utilized for functions such as muscle contraction, active transport across membranes, and biochemical reactions. This energy release is fundamental for a wide range of cellular activities, making ATP indispensable to life. Other options, while important in their contexts, do not describe the primary function of ATP. For example, the genetic blueprint role is attributed to DNA, and while ATP can be involved in processes related to cell division and protein synthesis, these activities depend on the energy provided by ATP rather than identifying it as a primary energy source. Thus, the key role of ATP as the main energy currency uniquely defines its function in cellular metabolism and energy transfer.

## 6. What leads to increased biodiversity in an ecosystem?

- A. Habitat destruction
- B. Pollution
- C. Conservation efforts and habitat restoration**
- D. Overexploitation of resources

The answer highlighting conservation efforts and habitat restoration is correct because these actions directly enhance the variety of life within an ecosystem. Conservation efforts often include the protection of species, habitats, and ecological processes that are vital for maintaining biodiversity. By mitigating threats such as habitat loss, pollution, and overexploitation, these efforts create a more stable environment that can support a wide range of organisms. Habitat restoration, which involves rehabilitating damaged ecosystems, promotes the recovery of native species and the re-establishment of ecological interactions. When habitats are restored, they can again support various plants, animals, and microorganisms that contribute to the overall biodiversity of the area. This diversity is not only crucial for resilience against environmental changes but also supports ecosystem services that benefit all life forms, including humans. Ultimately, through conservation and restoration, ecosystems become more robust, containing a greater variety of species, which is essential for ecological health and sustainability.

## 7. Which of the following best defines an ecosystem?

- A. A group of organisms of the same species
- B. A biological community interacting with its physical environment**
- C. A specific organism's habitat
- D. A relationship between predator and prey

An ecosystem is best defined as a biological community interacting with its physical environment. This definition encompasses not only the living organisms (plants, animals, fungi, microorganisms) within a specific area but also includes the non-living components such as water, air, minerals, and climate. The interactions among these living organisms and their physical surroundings result in various ecological processes, such as energy flow and nutrient cycling, that maintain the balance and health of the ecosystem. In contrast, identifying a group of organisms of the same species focuses solely on a population rather than the broader interactions that constitute an ecosystem. Describing a specific organism's habitat does not capture the dynamic interactions between different species and their environment that define an ecosystem's functioning. Lastly, defining an ecosystem solely through the relationship between predator and prey ignores the variety of interactions present in ecosystems, including competition, symbiosis, and the influence of abiotic factors. Therefore, the definition that encompasses both the community of living organisms and their environment is the most accurate representation of an ecosystem.

## 8. What is a hypothesis in scientific research?

- A. A definitive conclusion based on observations
- B. A general statement that doesn't require testing
- C. A testable statement predicting the outcome of an experiment**
- D. A summary of previous research

A hypothesis in scientific research serves as a testable statement that predicts the outcome of an experiment. This means it provides a potential explanation or answer to a specific question that can be evaluated through experimentation and observation. The nature of a hypothesis is such that it is formulated based on existing knowledge and observations, allowing researchers to design experiments that will either support or refute it. In scientific methodology, a hypothesis is crucial because it guides the research process, directing the data collection and analysis. For example, if a scientist hypothesizes that a certain fertilizer will increase plant growth, experiments can be crafted to compare the growth of plants with and without the fertilizer under controlled conditions. The results of these tests can then confirm or challenge the initial hypothesis, contributing to scientific understanding. Other options lack essential elements of what constitutes a hypothesis. A definitive conclusion is typically reached after testing and analyzing data, rather than being an initial step. General statements that do not require testing are not hypotheses but may be observations or theories. Lastly, while summaries of previous research are important in framing a study, they do not serve the predictive and testable function of a hypothesis. Thus, the defining characteristics of a hypothesis focused on testing and predicting outcomes make the third answer the most accurate in the context.

## 9. What is a radioactive isotope?

- A. An isotope that has no neutrons
- B. An isotope with an unstable nucleus that releases particles and energy**
- C. An isotope that cannot form ions
- D. An isotope formed from the decay of stable isotopes

A radioactive isotope is defined as an isotope with an unstable nucleus that releases particles and energy during the process of radioactive decay. This instability arises from an unbalanced ratio of protons to neutrons in the nucleus. As the isotopes decay, they emit radiation in the form of particles (such as alpha particles and beta particles) and electromagnetic waves (like gamma rays), which can be detected and measured. This property is crucial in various fields, including medicine for cancer treatment, dating archaeological artifacts, and studying biological processes. The other options do not accurately represent a radioactive isotope. For instance, an isotope that has no neutrons would not exist, as all isotopes are variations of an element with a defined number of protons. The description of an isotope that cannot form ions is not relevant since all isotopes of an element can form ions based on their electron configurations. Finally, while it is true that some radioactive isotopes can be formed from the decay of stable isotopes, it is not a defining characteristic of what makes an isotope radioactive. The key aspect is its unstable nucleus and the ability to undergo decay.

## 10. What do all forms of life share according to biological principles?

- A. The same dietary needs and habits
- B. The same genetic material and molecular building blocks**
- C. A common habitat and ecological niche
- D. A uniform growth pattern throughout life

All forms of life share the same genetic material and molecular building blocks, primarily DNA, which encodes the information necessary for growth, reproduction, and function. This fundamental aspect of biology highlights the principle that all living organisms, from the simplest bacteria to complex multicellular organisms like plants and animals, utilize similar biochemical processes and share a common genetic code. This shared genetic material allows for the inheritance of traits and provides the groundwork for the diversity of life we observe. Furthermore, the molecular building blocks, such as proteins, lipids, carbohydrates, and nucleic acids, are consistent across different life forms, enabling essential cellular processes and facilitating the evolution of complex life forms over time. This underscores the unity of life on Earth despite the vast differences in form and function among various species.

# 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://tamu-biol111-exam1.examzify.com>**

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

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