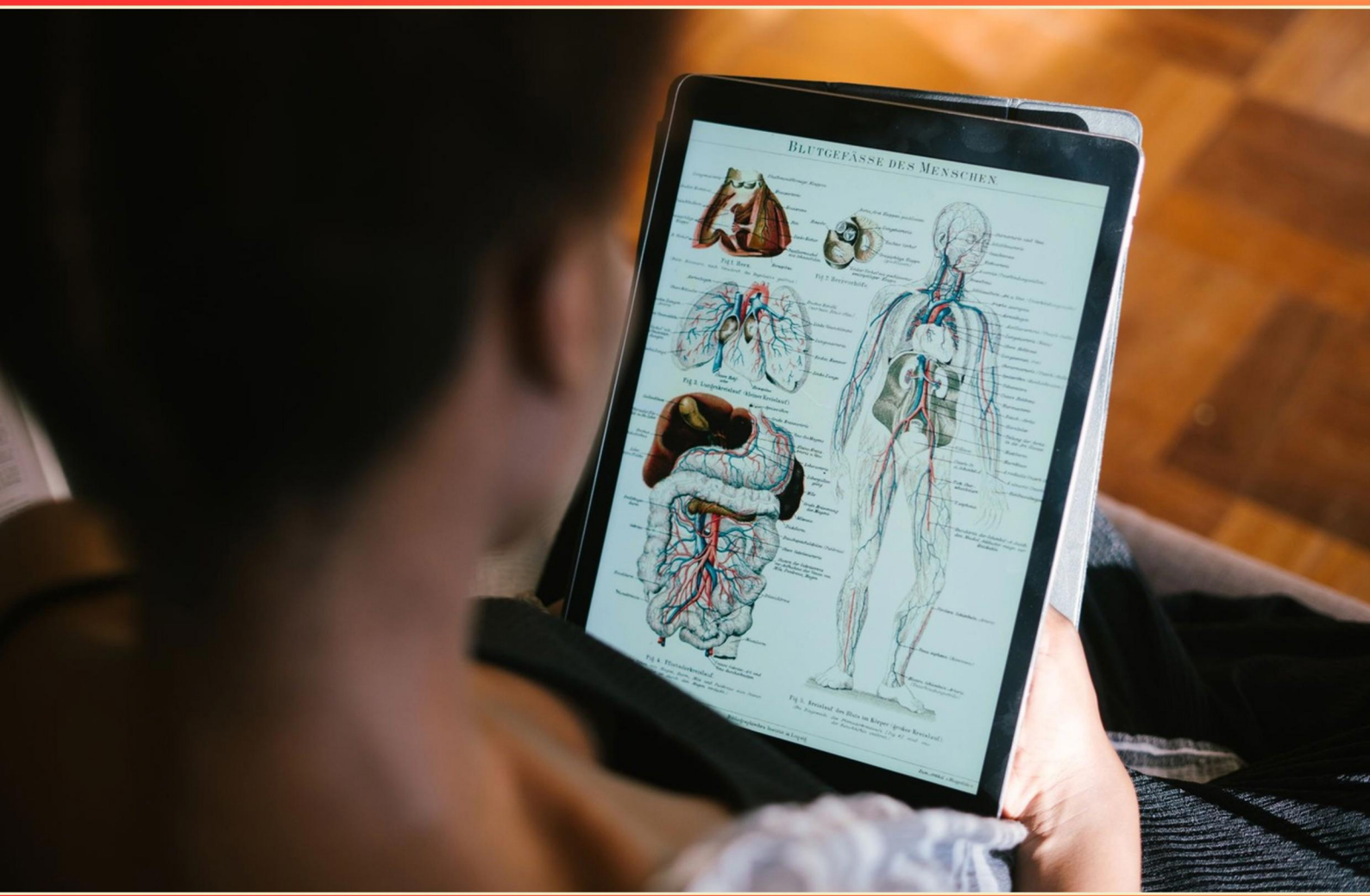
TEST OF ESSENTIAL ACADEMIC SKILLS (TEAS) SCIENCE PRACTICE TEST (SAMPLE)

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.

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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!

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Questions

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1. What is the result of all organ systems working together within the body?

A. Multicellular organisms

B. Homeostasis

C. Organism

D. Biological systems

2. Where does the digestion of carbohydrates begin?

A. Stomach

B. Small intestine

C. Mouth

D. Large intestine

3. What abdominal muscle contracts to help pull air into the lungs during inspiration?

A. Rectus abdominis

B. External oblique

C. Diaphragm

D. Transverse abdominis

4. Which system is responsible for the contraction of muscles?

A. Nervous system

B. Muscular system

C. Endocrine system

D. Respiratory system

5. During which process does the diaphragm contract, enlarging the chest cavity and creating negative pressure that pulls air into the lungs?

A. Expiration

B. Inspiration

C. Exhalation

D. ventilation

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6. Muscle tissue is primarily located in which part of the body?

A. Lungs

B. Heart

C. Skin

D. Brain

7. A proton should have what two characteristics when compared to the charge and the mass of an electron?

A. the same charge and the same mass

B. the same charge and larger mass

C. an opposite charge and same mass

D. an opposite charge and larger mass

8. 2 or more tissue types work together to perform a specific function at what level?

A. Cell level

B. Organ level

C. Tissue level

D. Organism level

9. In which of the following is urine stored in the human body?

A. ureter

B. prostate

C. bladder

D. kidneys

10. Which level of organization is higher: ___ or ___?

A. Organs, organ system

B. Cells, molecules

C. Atoms, molecules

D. Tissues, organs

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Answers

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

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Explanations

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1. What is the result of all organ systems working together within the body?

A. Multicellular organisms

B. Homeostasis

C. Organism

D. Biological systems

The result of all organ systems working together within the body is the formation of an organism. An organism is defined as a living being that can function independently, made up of multiple organ systems that collaborate to support life. Each organ system, such as the circulatory, respiratory, and digestive systems, has specific functions, but they all integrate to maintain the overall health and viability of the organism. This cooperative interaction enables the organism to survive, grow, reproduce, and respond to environmental changes. The other options, while related to biological concepts, do not specifically address the outcome of organ systems' collaboration in forming a life form. Multicellular organisms refer to living beings made of many cells but do not specifically denote the interworking of organ systems. Homeostasis is a critical function maintained by organ systems together but is more about balance rather than the result of their collaboration. Biological systems encompass various levels of organization in biology, but they are more general compared to the specific term 'organism' that highlights the fully functioning entity formed by these systems.

2. Where does the digestion of carbohydrates begin?

A. Stomach

B. Small intestine

C. Mouth

D. Large intestine

The digestion of carbohydrates begins in the mouth due to the action of enzymes present in saliva. When food is chewed, saliva mixes with the carbohydrate-containing food, and an enzyme called salivary amylase starts breaking down starches into simpler sugars. This enzymatic process is crucial as it initiates the digestive process before the food even reaches the stomach. Once food travels to the stomach, carbohydrate digestion does not continue effectively, as the acidic environment deactivates salivary amylase. In the small intestine, while more carbohydrate digestion occurs through the action of other enzymes (such as those from the pancreas), the initial step of breaking down carbohydrates begins distinctly in the mouth. The large intestine primarily handles water absorption and waste elimination, rather than digestion of carbohydrates. Therefore, recognizing the mouth as the starting point for carbohydrate digestion is key to understanding the overall digestive process.

3. What abdominal muscle contracts to help pull air into the lungs during inspiration?

A. Rectus abdominis

B. External oblique

C. Diaphragm

D. Transverse abdominis

During inspiration, the diaphragm is the primary muscle that contracts to facilitate the intake of air into the lungs. As the diaphragm contracts, it moves downward, increasing the volume of the thoracic cavity. This creates a negative pressure within the lungs relative to the outside atmosphere, allowing air to flow in. The diaphragm is a dome-shaped muscle located at the base of the thoracic cavity and is essential for the breathing process. Its relaxation allows for expiration, while its contraction is critical for inhalation, making it a key player in respiratory mechanics. Understanding this function is vital for grasping how the respiratory system operates during normal breathing.

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4. Which system is responsible for the contraction of muscles?

A. Nervous system

B. Muscular system

C. Endocrine system

D. Respiratory system

The muscular system is primarily responsible for the contraction of muscles. This system consists of all the muscles in the body, and its main function is to facilitate movement. Muscle contraction is achieved through the interaction of muscle fibers with proteins such as actin and myosin. When the nervous system sends signals to muscles through motor neurons, it triggers these fibers to contract, resulting in movement. While the nervous system plays a crucial role in controlling muscles by sending signals to them, it is the muscular system itself that is responsible for the actual contraction. The other systems mentioned, like the endocrine system, are involved in various regulatory functions and hormonal responses but do not directly cause muscle contraction. The respiratory system is related to breathing and gas exchange and does not influence muscle contraction in the same way. Thus, the proper identification of the muscular system is key to understanding the mechanics of muscle function.

5. During which process does the diaphragm contract, enlarging the chest cavity and creating negative pressure that pulls air into the lungs?

A. Expiration

B. Inspiration

C. Exhalation

D. ventilation

The process in which the diaphragm contracts to enlarge the chest cavity and create negative pressure that pulls air into the lungs is known as inspiration. During inspiration, the diaphragm moves downward, which increases the volume of the thoracic cavity. This increase in volume decreases the pressure within the thoracic cavity relative to atmospheric pressure, allowing air to flow into the lungs. Understanding how the diaphragm functions during this process is crucial to grasping the mechanics of breathing. The contraction of the diaphragm, along with the intercostal muscles, facilitates the expansion of the lungs, making it possible for air to enter. This is the beginning stage of the respiratory cycle, which is essential for gas exchange in the body.

6. Muscle tissue is primarily located in which part of the body?

A. Lungs

B. Heart

C. Skin

D. Brain

Muscle tissue is primarily located in the heart because the heart is comprised mainly of cardiac muscle tissue, which is specialized for continuous rhythmic contractions to pump blood throughout the body. This type of muscle is unique in its structure and function, enabling it to sustain the workload required for circulation. While the lungs do contain muscle tissue to assist with respiratory movements, the heart is the most significant representation of muscle tissue due to its crucial role in maintaining blood circulation. Skin contains various tissues, including epithelial and connective tissue, but not muscle tissue. The brain is composed largely of nervous tissue and does not contain muscle tissue. Thus, the heart serves as the primary site for muscle tissue in the body.

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7. A proton should have what two characteristics when compared to the charge and the mass of an electron?

A. the same charge and the same mass

B. the same charge and larger mass

C. an opposite charge and same mass

D. an opposite charge and larger mass

A proton possesses an opposite charge compared to an electron; while an electron has a negative charge, a proton carries a positive charge. This fundamental difference in charge is a key characteristic that distinguishes these two subatomic particles. Additionally, protons have a significantly larger mass than electrons. The mass of a proton is approximately 1836 times greater than that of an electron. This considerable difference in mass plays a crucial role in the structure of atoms, as protons are found in the nucleus, contributing to the majority of the atomic mass, while electrons orbit around the nucleus. This combination of having an opposite charge and a much larger mass accurately describes the relationship between protons and electrons, making it the correct choice.

8. 2 or more tissue types work together to perform a specific function at what level?

A. Cell level

B. Organ level

C. Tissue level

D. Organism level

The scenario described relates to the organization of biological systems. When two or more tissue types come together to perform a specific function, they form an organ. Each organ is made up of different types of tissues that collaborate to execute particular tasks that contribute to the functionality of the organism as a whole. For example, the heart is an organ composed of muscle tissue, nervous tissue, and connective tissue, working together to pump blood throughout the body. At the organ level, these various tissues play distinct yet complementary roles, allowing the organ to function effectively. The cell level refers to individual cells, which are the basic units of life. The tissue level involves groups of similar cells that perform a common function, but it is at the organ level that different tissues unite to serve a more complex purpose. Organism level refers to the entire living entity, involving all systems and organs working together. Hence, the correct answer is the organ level, as this is where multiple tissue types collaborate to perform specific physiological functions.

9. In which of the following is urine stored in the human body?

A. ureter

B. prostate

C. bladder

D. kidneys

Urine is stored in the bladder, which is a muscular sac located in the pelvis. The bladder serves as a temporary reservoir for urine, allowing it to accumulate until the body is ready to eliminate it. The walls of the bladder can stretch to accommodate varying volumes of urine, and its controlled muscular contractions facilitate urination when the time is appropriate. In contrast, the kidneys are responsible for the production of urine through the filtration of blood and the removal of waste products. The ureters are tubes that transport urine from the kidneys to the bladder, while the prostate is a gland that is part of the male reproductive system and does not have a role in urine storage. The distinction in function between these structures highlights the bladder's unique role in storing urine before it is expelled from the body.

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10. Which level of organization is higher: ___ or ___?

A. Organs, organ system

B. Cells, molecules

C. Atoms, molecules

D. Tissues, organs

The correct response highlights the hierarchy of biological organization in living organisms. In this hierarchy, organs represent a more complex level of organization than simple tissues. Organs are composed of multiple types of tissues working together to perform specific functions essential for the organism's survival. When comparing cells to molecules, cells are indeed a higher level of organization. Cells are the fundamental units of life that can carry out all life processes, while molecules are made up of atoms and represent a simpler organizational structure. Cells consist of various molecules, such as proteins, lipids, and nucleic acids, which contribute to their structure and function. Thus, understanding this differentiation is crucial, as it illustrates how biological systems are structured from the simplest (molecules) to the more complex (cells, then tissues, then organs, and so on).

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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://teasscience.examzify.com

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

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