The Ultimate Step by Step Guide to Preparing for the **ATI TEAS 7** Science Test

BEGINNER FRIENDLY

ATI TEAS 7 Science 2026

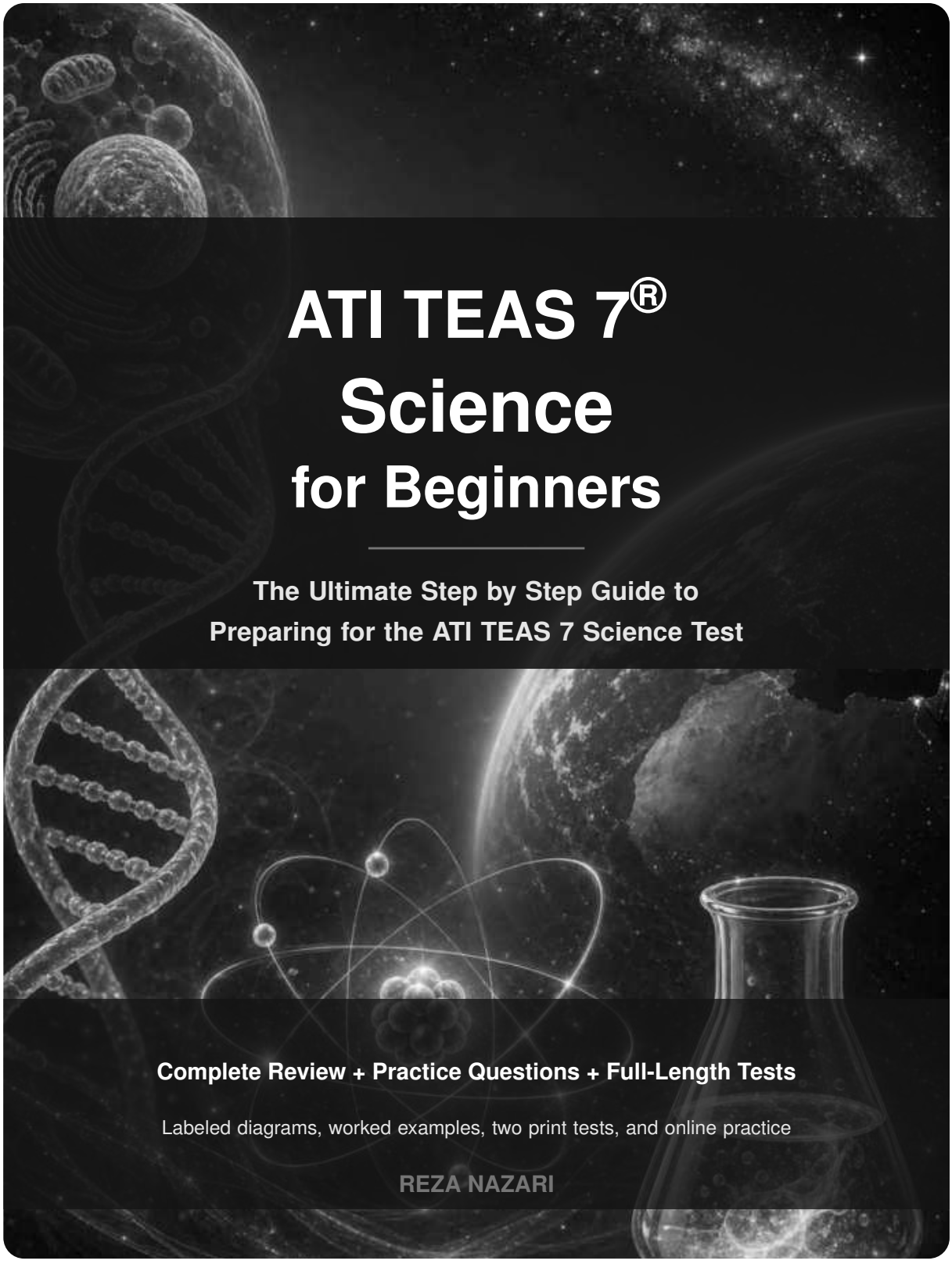
for Beginners

2 FULL-LENGTH PRACTICE TESTS IN THE BOOK

10 FULL-LENGTH PRACTICE TESTS ONLINE

Reza Nazari

✓ Clear Lessons and Focused Practice



ATI TEAS 7® Science for Beginners

The Ultimate Step by Step Guide to Preparing for the ATI TEAS 7 Science Test

Complete Review + Practice Questions + Full-Length Tests

Labeled diagrams, worked examples, two print tests, and online practice

REZA NAZARI

ATI TEAS 7® Science for Beginners
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The content in this book is aligned to the published ATI TEAS Version 7 content specifications. All practice questions in this book are original practice material and are not official TEAS test items.

For online practice tests and additional resources, visit **EffortlessMath.com**.

Where the Points Are

Because anatomy and physiology is the largest Science area, this book gives it the most chapters. Cardiovascular and endocrine relationships receive extra depth because they connect many body systems and support useful application practice; ATI's public outline does not publish system-by-system question weights.

1.3 Your ATI TEAS 7 Science Blueprint Map

The chapters below cover every published content area. Use this map to jump to the topics you most need.

Content area	What it includes	Chapters
Anatomy & Physiology	Body organization and directional terms; the integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, respiratory, digestive, urinary, immune/lymphatic, and reproductive systems; system interactions	6–19
Biology	Cell structure and transport; DNA, RNA, and protein synthesis; mitosis and meiosis; Mendelian genetics; macromolecules; microorganisms and disease	20–26
Chemistry	Atoms and the periodic table; properties and changes of matter; bonds; reactions and equations; reaction rates; solutions; acids, bases, and pH	27–33
Scientific Reasoning	Measurement and tools; variables and design; hypotheses and theories; reliability, validity, accuracy, precision; interpreting data; conclusions and evidence	34–40

How to Use Your Diagnostic

The Diagnostic Test that follows this introduction samples all four areas. Score it, then let the results point you to the chapters that will move your score the most. A missed anatomy item and a missed chemistry item send you to different places; treat each miss as a direction, not a verdict.

1.4 Question and Response Formats

The TEAS is delivered on a computer and uses several item types. Learn what each one asks so no format surprises you.

Multiple choice	Choose the one best answer from four options.
Multiple select	Choose every correct answer; there may be more than one.
Numerical fill-in	Type a numerical answer into a response box.
Ordered response	Put steps or items into the correct order.
Hot spot	Click the correct area of an image or diagram.

A printed book cannot reproduce clicking, dragging, and typing exactly. This book represents each digital format as a clearly labeled print adaptation: check every correct box for multiple select, number the steps for ordered response, write the numerical value in a blank, and circle the region for a hot spot. These paper adaptations practice the underlying science and response process without claiming to reproduce ATI's computer interface exactly.

1.5 Scoring and Readiness

The TEAS reports a total score and a score for each section, along with how you compare to other test-takers. There is no single national passing score. Each nursing or allied-health program sets its own required score, so the number you need depends on where you apply. Find your program's requirement early and aim comfortably above it.

Use the practice tests in this book diagnostically. A missed diagram item may reveal a reading-the-figure problem, a content gap, or both. Note the content area and the type of thinking each miss required, then review the lesson that fixes the real cause.



The Official Practice Assessment

ATI sells its own official TEAS practice assessments, which provide ATI's own score reports and feedback. The tests in this book are original instructional simulations designed to build and measure the same skills; their raw scores are study measures and do not replace an official ATI assessment.

1.6 How This Book Is Organized

The book follows the sequence you should use to prepare:

1. **Getting Started** explains the section, gives you a Diagnostic Test, and teaches how to study science efficiently, the essential vocabulary, and how to read scientific diagrams, tables, and experiments.
2. **Anatomy and Physiology** builds the body system by system and then shows how the systems work together — the reasoning the TEAS rewards most.
3. **Biology, Chemistry, and Scientific Reasoning** round out the section with clear lessons, worked examples, and practice.
4. **Final Preparation** gathers a formula-and-fact review, the common traps to avoid, two full-length print Science tests, online companion forms, and detailed explanations.
5. **Reference and glossary** close the book, along with a QR-linked hub for extra online practice.

Every instructional chapter follows the same dependable rhythm: a plain lesson, worked examples, the mistakes to avoid, a test-day strategy, guided practice, independent practice, a quick review, and answers that explain the reasoning. Work the lessons before you check the answers, and read the explanations to learn *why* an answer is right rather than memorizing a letter.

CHAPTER 2

GETTING STARTED

ATI TEAS 7 Science Diagnostic Test

Use this full 50-question, 60-minute diagnostic to identify what you already know and which chapters deserve your attention first.

How This Diagnostic Matches the Science Section

The official ATI TEAS 7 Science section contains **50 questions** and allows **60 minutes**. Its scored blueprint includes 18 anatomy and physiology questions, 9 biology questions, 8 chemistry questions, and 9 scientific reasoning questions. Six additional questions are unscored pretest items on the official exam.

This original print simulation follows that same 18–9–8–9 blueprint and adds six mixed, pretest-style questions. For diagnosis, score all 50 questions; this raw score is a study tool, not an official ATI score. The actual exam is taken on a computer. Its multiple-select, numerical fill-in, hot-spot, and ordered-response items are adapted here so they can be answered clearly on paper.

✓ Use These Marks While You Work

Set a 60-minute timer and answer every question before looking at the key. Mark ✓ when you are confident, ? when you are unsure, and ⋆ when you guess. Alternate-format questions are scored all-or-nothing: every required selection or step must be correct.

Questions 1–50

1) In the standard anatomical position, the wrist is farther from the trunk than the elbow. Which directional term describes the wrist relative to the elbow?

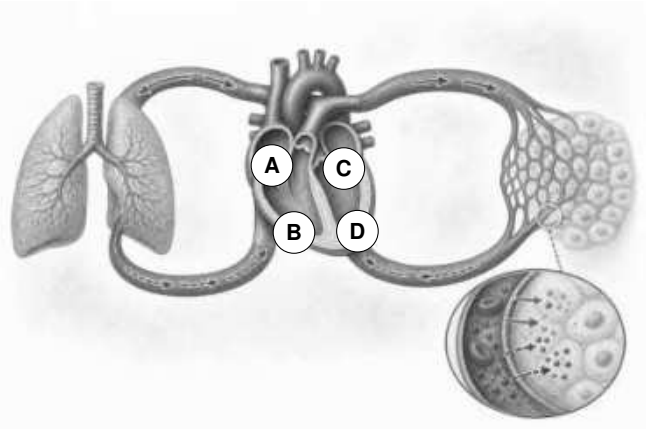
A Proximal
B Medial
C Superior
D Distal

2) A person's body temperature rises during exercise. Sweating increases, and the temperature moves back toward its usual level. Which process does this response illustrate?

A Positive feedback
B Blood clotting
C Negative feedback
D Cell division

Blood Flow Through the Heart

Use the labeled illustration for questions 3 and 4. Each letter marks one heart chamber; the arrowheads show the normal direction of blood flow.



Caption. The lungs are at left and the body tissues are at right. Trace the arrowheads rather than relying on shade: blood returns from the body, travels to the lungs, returns to the heart, and is pumped to the body.

Diagnostic Answer Key

Answer Key for ATI TEAS 7 Science Diagnostic Test

QUESTIONS 1–13

1. D
2. C
3. Region B
4. C
5. B
6. D
7. B
8. A
9. C
10. D
11. B
12. A, B, D
13. D

QUESTIONS 14–26

14. A
15. D
16. C
17. 3, 1, 4, 2
18. 2
19. Region A
20. B
21. C
22. C
23. D
24. B
25. D
26. A

QUESTIONS 27–38

27. A, B, D
28. B
29. C
30. A
31. D
32. B
33. C
34. 5
35. A, B, C
36. A
37. B
38. B

QUESTIONS 39–50

39. D
40. A
41. A
42. B
43. 2, 1, 4, 3
44. A, C
45. C
46. A
47. D
48. A
49. C
50. A

Exact Responses for Alternate Formats

Use these complete responses when an item is not scored as a single A–D selection.

3 • HOT SPOT
Region B
right ventricle

12 • SELECT ALL
A, B, and D

17 • ORDER
3, 1, 4, 2

18 • FILL IN
2

19 • HOT SPOT
Region A
nucleus

27 • SELECT ALL
A, B, and D

34 • FILL IN
5

35 • SELECT ALL
A, B, and C

43 • ORDER
2, 1, 4, 3

44 • SELECT ALL
A and C

Your Study Map

Circle every missed or guessed item, then use this map to choose the first chapter that repairs a repeated weakness.

Area	Questions	Review
Anatomy & Physiology	1–18	Chapters 6–19
Biology	19–27	Chapters 20–26
Chemistry	28–35	Chapters 27–33
Scientific Reasoning	36–44	Chapters 34–40
Integrated pretest-style	45–50	Chapters 15, 19, 25, 26, 30, 31, 35, 38, and 40

Raw score: _____ / 50

Missed or guessed: _____

First chapter: _____

Retest date: _____

Record guessed correct answers too; full explanations are in the back matter.

Build Your First Review Cycle

Complete the four cards from left to right. Work on one repeated weakness at a time; a guessed correct answer belongs in the plan too.

1 Diagnose

Questions:

Repeated idea:

Why I missed it:

2 Repair

Chapter:

Science rule:

Explain it aloud: ☐

3 Retest

Date:

Questions reworked:

Correct without help: ☐

4 Decide

Evidence improved:

Next step:

New review date:

Three-Question Repair Log

For each item, write the clue you missed and the science relationship that makes the answer work.

Question	Clue I missed	Deciding science rule	Chapter / retest date

Move On Only When the Idea Is Yours

☐ I can explain the relationship without looking. ☐ I can solve a new version. ☐ I know why the tempting distractor is wrong.

If any box remains open, schedule one short review before starting the next weak domain.

CHAPTER 3

GETTING STARTED

How to Study Science Efficiently

You do not need more hours; you need a better method. This chapter shows you how to study science so it sticks, where to spend your time, and how to walk into the TEAS calm and ready.

What You Need to Know

Many learners who struggle with science are relying too heavily on rereading. They reread the chapter, highlight it, feel familiar with the words, and then have trouble retrieving the ideas without the page. The fix is not simply more time. It is a handful of methods that trade passive familiarity for *remembering*, and that spend your best hours where the points actually are. The single biggest idea in this chapter: aim to *understand and recall*, not only to *recognize*. That change makes each study session more useful.

By the end of this chapter, you should be able to:

- ✓ explain why rereading alone is not enough
- ✓ use active recall and spaced practice
- ✓ study efficiently with this book
- ✓ put your time where the points are
- ✓ build a 6-, 3-, or 1-week plan
- ✓ calm test anxiety before it starts
- ✓ turn every wrong answer into a plan
- ✓ run a simple weekly routine

Study Tip

Read this chapter once now, then act on it. The methods here are worth more than any single fact in the book, because they change how well *every other chapter* lands. A short session of active practice can teach you more than a much longer session of passive highlighting.

3.1 Why Science Feels Hard (and How to Beat It)

Science can feel hard because it asks you to hold connected ideas at once and then *use* them, not just repeat them. Some TEAS items ask for a structure or term; others ask what happens when a structure changes or how one process affects another. You can memorize a diagram and still miss an application item, because memorizing a label and understanding a process are different skills.

Here is a common trap. You read a section, it makes sense, you reread it, and it feels even more familiar. That growing familiarity feels like learning. It is not. It is **recognition**: the comfortable sense that you have seen something before. Recognition disappears the moment the words in front of you change, which is exactly what a test question does. Real studying builds **recall**, the ability to pull an idea out of your head when the page is blank.

Three methods do the heavy lifting, and they are simple enough to start today.

☞ **Words to Know**

Active recall: closing the book and forcing yourself to retrieve an answer from memory, instead of rereading it.

Spaced practice: spreading study across several shorter sessions over days, instead of one long cram.

Elaboration: explaining an idea in your own words and connecting it to something you already know.

Active recall means testing yourself instead of reviewing. After you read a section, close the book and say or write what you remember. Answer the practice questions before you look at the key. Every time you pull an answer out of your own head, you strengthen the path back to it. It feels harder than rereading, and that difficulty is the point: the struggle is what builds memory.

Spaced practice means studying a topic more than once, with time between sessions. Retrieving an idea again after a gap strengthens memory more effectively than massing the same practice into one sitting. This is why starting early and returning to a topic is usually more effective than one long cram.

Teaching it back is the fastest way to find the holes in your understanding. Explain a topic out loud, in plain words, as if a friend asked you. Where you stumble or go vague is exactly what you do not yet understand. This is **elaboration** in action, and it turns passive reading into a real test of what you know.

