



HESI Admission Assessment Exam (A2)

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# **QUESTION 1**

What is the best definition of deficiency?

- A. absence
- B. powerful
- C. plenty
- D. clarity

Correct Answer: A

# **QUESTION 2**

Glycolysis results in a net gain of how many ATP molecules?

A. 0 B. 1 C. 2 D. 4

Correct Answer: C

# **QUESTION 3**

Which is not a function of the liver?

- A. storage of glycogen, minerals, and vitamins
- B. production of bile
- C. blood detoxification and purification
- D. production of insulin
- Correct Answer: D

# **QUESTION 4**

Which type of cellular connection is characterized by openings in adjacent animal cells for intercellular exchange to take place?

A. Desmosomes



- B. Tight Junctions
- C. Gap Junctions
- D. Plasmodesmata
- E. Molecular Anchoring
- Correct Answer: C

# **QUESTION 5**

What is the best description for the term fatigue?

- A. energy level
- B. exhaustion
- C. correction
- D. motivation
- Correct Answer: B

# **QUESTION 6**

Which of these describes the properties of a real gas?

- A. It possesses mass.
- B. It collides elastically with other gas particles when inside of a closed container.
- C. It has no mass.

D. It can be accurately modeled using the equation pV = nRT, where p is the pressure, V is the volume, n is the number of moles of gas, R is the gas constant, and T is the temperature.

Correct Answer: A

# **QUESTION 7**

What is the purpose of the mastication of food?

- A. To absorb proteins
- B. To increase its surface area
- C. To prevent digestion
- D. To break it down to lessen the time it spends in the stomach



Correct Answer: B

# **QUESTION 8**

Food away from home (FAFH) has been associated with poor diet quality in many studies. It is difficult, however, to measure the effect of FAFH on diet quality since many unobserved factors, such as food preferences and time constraints, influence not just our choice of where to eat, but also the nutritional quality of what we eat. Using data from 1994-96 and 2003-04, this study applies fixed-effects estimation to control for such unobservable influences and finds that, for the average adult, FAFH increases daily caloric intake and reduces diet quality. The effects vary depending on which meals are consumed away from home. On average, breakfast away from home decreases the number of servings of whole grains and dairy consumed per 1,000 calories and increases the percent of calories from saturated and solid fat, alcohol, and added sugar (So FAAS) in a day. Dinner away from home reduces the number of servings of vegetables consumed per 1,000 calories for the average adult. Breakfast and lunch away from home increase calories from saturated fat and So FAAS on average more among dieters than among non-dieters. Some of the overall negative dietary effects decreased between 1994-96 and 2003-04, including those on whole grain, sodium, and vegetable consumption.

Which meal(s) eaten away from home have worse results for dieters than for non-dieters?

A. The article doesn\\'t state which meal is the worse for non-dieters.

B. Dinner eaten away from home is worse because people consume fewer whole grains and vegetables.

C. Breakfast eaten away from home is worse because it increases the percent of calories from saturated and solid fat, alcohol, and added sugar (So FAAS) in a day.

D. Breakfast and lunch eaten away from home are worse because they increase the percent of calories from saturated fats.

Correct Answer: D



#### **QUESTION 9**

This enzyme begins the process of carbohydrate digestion in the mouth.

- B. Protease
- C. Amylase
- D. Nuclease
- E. B and C

Correct Answer: C

# **QUESTION 10**

#### **Reading Material**

A complete blood count (CBC) is one of the most useful and requested types of analysis in medical practice. A CBC searches for all the cells that exist in the blood, which are divided into three basic types: white blood cells (leukocytes), platelets, and red blood cells (erythrocytes). All of these blood cells are produced in the bone marrow and correspond to a specific exam, integrated in the CBC: erythrogram, leukogram, and thrombogram.

The erythrogram studies red blood cells. Among other tests, it includes a red blood cell count, a hematocrit, and hemoglobin. When these levels are low, the patient may be suffering from anemia, which can be caused by anything from heavy menstrual bleeding to Addison\\'s disease. A diagnosis of polycythemia may be made if the number of red blood cells is increased.

The leukogram is the test that evaluates the number of white cells present in the blood, which should vary between 4,000 and 10,000 cells per cubic millimeter in most adults. High values of white blood cells are seen with infection or severe emotional/physical stress, while AIDS and chemotherapy are two causes for low values.

The thrombogram is the analysis of platelets, the cells responsible for coagulation. The main function of platelets is to help stop bleeding by helping form a clot. They do this by secreting proteins from their surface that allow them to stick to vessels and each other. Low values of platelets are seen with pregnancy or an enlarged spleen, whereas high values are seen with cancers or iron deficiency.

Which statement can correctly be inferred from the accompanying passage?

A. A CBC gives a more complete evaluation of a patient\\'s blood than a leukogram.

B. The test of red blood cells is more informative than the tests of white blood cells and platelets.

C. An elevated level of platelets is a confirmation of pregnancy in the patient.

D. A CBC should be part of every physical exam because it tells so much about the patient\\'s blood.

Correct Answer: A

#### **QUESTION 11**



Phagocytes in the immune system are responsible for the biological action of:

- A. Secreting.
- B. Consuming.
- C. B Altering.
- D. Building
- Correct Answer: B

# **QUESTION 12**

Which is not a property of metals?

- A. thermal conduction
- B. low density
- C. high melting point
- D. malleability
- Correct Answer: B

# **QUESTION 13**

**Reading Material** 

(1)

The study, published today in Nature Microbiology, holds promise for a new treatment method against antibioticresistant bacteria (commonly known as superbugs). (2) The star-shaped structures are short chains of proteins called `peptide polymers\\', and were created by a team from the Melbourne School of Engineering.

(3)

The team included Professor Greg Qiao and PhD candidate Shu Lam, from the Department of Chemical and Biomolecular Engineering, as well as Associate Professor Neil O\\'Brien-Simpson and Professor Eric Reynolds from the Faculty of Medicine, Dentistry and Health Sciences and Bio21 Institute.

(4)

Professor Qiao said that currently the only treatment for infections caused by bacteria is antibiotics. (5) However, over time bacteria mutate to protect themselves against antibiotics, making treatment no longer effective. (6) These mutated bacteria are known as `superbugs\\'.

(7)

"It is estimated that the rise of superbugs will cause up to ten million deaths a year by 2050. (8) In addition, there have only been one or two new antibiotics developed in the last 30 years," he said.



(9)

Professor Qiao and his team have been working with peptide polymers in the past few years. (10) Recently, the team created a star-shaped peptide polymer that was extremely effective at killing Gram-negative bacteria - a major class of bacteria known to be highly prone to antibiotic resistance - while being non-toxic to the body.

(11)

In fact, tests undertaken on red blood cells showed that the star-shaped polymer dosage rate would need to be increased by a factor of greater than 100 to become toxic.

(12)

The star-shaped peptide polymer is also effective in killing superbugs when tested in animal models.

(13)

Furthermore, superbugs showed no signs of resistance against these peptide polymers.

(14)

The team discovered that their star-shaped peptide polymers can kill bacteria with multiple pathways, unlike most antibiotics which kill with a single pathway.

(15)

They believe that this accounts for the superior performance of the star-shaped peptide polymers over antibiotics. (16) One of these pathways includes `ripping apart\\' the bacteria cell wall.

(17)

While more research is needed, Professor Qiao and his team believe that their discovery is the beginning of unlocking a new treatment for antibiotic-resistant pathogens.

According to the text, what shows promise in killing antibiotic-resistant bacteria?

A. a superbug

B. nothing

C. stronger antibiotics recently developed in Australia

D. a star-shaped peptide polymer

Correct Answer: D

# **QUESTION 14**

Which of the following sentences is grammatically correct?

A. Since the professor was excessively boring; many of his students fell asleep.

B. Since the professor was excessively boring, many of his students fell asleep.

C. Since the professor was excessively boring many of his students fell asleep.



D. Since the professor was, excessively boring, many of his students fell asleep.

Correct Answer: B

# **QUESTION 15**

A sample contains 2/3 oz. of liquid. How many milliliters (mL) is this?

A. 30 mL

B. 20 mL

C. 10 mL

D. 15 mL

Correct Answer: B

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