Step-1

Let A be n by n matrix.

$$x = \begin{bmatrix} 1 \\ 1 \\ 1 \\ 1 \end{bmatrix}$$

The null space of A contain

It gives
$$Ax = 0$$
 then $A^TAx = 0$

Therefore, the null space of $A^T A$ contains (1,1,1,1).

Step-2

So, the dimensions of null space of $A^T A$ is,

$$\dim \left(N\left(A^{T}A\right)\right) = 1$$

The rank of $A^T A$ is,

$$\operatorname{Rank}\left(A^{T}A\right) \neq 1 = n$$
$$= n - 1$$

Therefore, the rank of $A^T A$ is n-1.