

Student name: _____

1) In the context of sports medicine, outline the roles and responsibilities of the coach, the athletic trainer, and the team physician.

2) Identify six support personnel who can assist in the total health care plan for athletes.

3) Which of the following definitions best describes the field of "sports medicine"?

- A) Doctors who take care of athletes
- B) Different specialized areas related to performance enhancement and injury care
- C) A team that includes a physician, an athletic

trainer, and a coach

D) An association that includes few professional organizations

4) Who among the following is part of the sports medicine team?

- A) An exercise physiologist
- B) A coach
- C) A certified athletic trainer

D) All of the answers are correct.

5) Athletic training is:

- A) an area of specialization in sports medicine.
- B) a major link between sports programs and medical communities.
- C) concerned with the prevention and treatment of

injuries related to physical activity.

D) All of the answers are correct.

6) In the context of the sports medicine team, which of the following is a responsibility of strength and conditioning coaches?

- A) They are required to critically review the training and conditioning program designed by the athletic trainers and be very familiar with what is expected of the athletes on a daily basis.
- B) They dictate what an injured athlete can or cannot do when engaging in a strength and conditioning program.
- C) They communicate freely and work in close cooperation with both the athletic trainers and the team

coaches to ensure that the athletes achieve an optimal level of fitness.

D) They are responsible for rehabilitating an injured athlete who is undergoing a rehabilitation program.

7) Who among the following is ultimately responsible for deciding when an injured athlete is likely to return to full activity?

- A) The school nurse
- B) The coach

C) The athletic trainer

D) The physician

8) In the sports medicine team, who is most likely responsible for establishing a budget for funding all aspects of an athletic health care program, including salaries, supplies,

and equipment, and purchasing necessary insurance?

- A) The sports physical therapist
- B) The activity specialist

C) The athletic

administrator

D) The athletic trainer

9) Which of the following statements is true about coaches in the sports medicine team?

A) They should have input in hiring personnel who will make up the sports medicine team, including the strength and conditioning coach, the athletic trainer, the team physician, a sports nutritionist, and a sport psychologist.

B) They should be able to provide immediate and correct first aid and then refer injured athletes to appropriate medical personnel when injury occurs to the athlete in a recreational environment.

C) They must ensure that sports equipment, especially protective equipment, is of the highest quality and is properly fitted and must also make sure that protective equipment is

properly maintained.

D) They, along with the physician, have the last word in terms of the health and well-being of athletes and their decisions made on matters related to health care should always be supported by the athletic administrators.

10) In the sports medicine team, who among the following is most directly responsible for all phases of health care in an athletic environment, including preventing injuries from occurring, providing initial first aid and injury management, evaluating and diagnosing injuries, and designing and supervising a timely and effective program of rehabilitation that can facilitate the safe and expeditious return of the athlete to activity?

A) The sports nutritionist

B) The strength and conditioning coach

C) The athletic administrator

D) The athletic trainer

11) In the sports medicine team, a primary responsibility of the athletic trainer is to _____.

A) plan, organize,

and manage recreational activities to meet the needs of a variety of populations and oversee recreation leaders

B) make certain that policies and procedures, a risk management plan, and emergency action plans are developed for athletic health care systems

C) determine when an athlete should be disqualified from competition on medical grounds and have the final say in when an injured athlete may return to activity

D) to educate the athletes and manage risks by making the competitive environment as safe as possible to reduce the likelihood of injury

12) In the sports medicine team, the individual who is responsible for compiling medical histories and conducting

physical examinations for each athlete is the _____.

A) athletic trainer

B) coach

C) school nurse

D) team physician

13) Who among the following does NOT play a role in an athlete's health and safety?

A) Biomechanists

B) Nutritionists

C) Sports fans

D) Strength and conditioning coaches

14) Who among the following may be considered a health care provider?

A) An activity specialist

B) A recreational therapist

C) A recreational supervisor

D) A recreational director

15) Which of the following members of the sports medicine team should be consulted for problems and lesions occurring on the skin?

A) An internist

B) A dermatologist

C) A psychologist

D) A neurologist

16) Who among the following uses a variety of intervention strategies to help the athlete cope with injury?

A) Sport physiologists

B) Sport psychiatrists

C) Sport podiatrists

D) Sport
psychologists

17) Which of the following statements is true about biomechanists?

A) They are physicians who specialize in the practice of internal medicine.

B) They are scientists who study and investigate how athletes move.

C) They monitor and assess cardiovascular and metabolic effects and mechanisms of exercise.

D) They develop a variety of manual and physical treatment interventions in the prevention and treatment of disease.

18) A coach is directly responsible for preventing injuries by seeing that athletes have undergone a preventive injury conditioning program.

☐ true

☐ false

19) The American College of Sports Medicine offers certification to personal fitness trainers and has specific requirements based on tested and practical knowledge, mandatory retesting at renewal periods, and continuing education.

☐ true

☐ false

20) Prevention of injury is a minor goal of athletic training.

- ☐ true
- ☐ false

21) Coaches must engage in a continual process of education to further their knowledge in their particular sport through organizations such as the American Sport Education

Program or the National Council for Accreditation of Coaching Education.

- ☐ true
- ☐ false

22) In the sports medicine team, the nurse is usually responsible for the recognition of sports injuries.

- ☐ true
- ☐ false

23) Team physicians must have absolute authority in determining the health status of an athlete who wishes to

participate in sports programs.

- ☐ true
- ☐ false

24) Team physicians should be responsible for compiling medical histories and conducting physical examinations for each athlete, both of which can provide critical information that may reduce the possibility of injury.

☐ true

☐ false

25) Team physicians primarily work under the supervision of an athletic trainer, who is ultimately responsible for

directing the total health care of athletes.

☐ true

☐ false

26) A certified personal fitness trainer is responsible for the immediate care and treatment of injuries in athletic training settings.

☐ true

☐ false

27) A personal fitness trainer is responsible for designing comprehensive exercise or fitness programs for an individual client based on that person's health history, capabilities, and objectives for fitness.

☐ true

☐ false

28) Personal fitness trainers have to be certified in order to work with clients in a health club setting.

☐ true

☐ false

Answer Key

Test name: Essentials of Athletic Injury
Management ch1

- 3) B
- 4) D
- 5) D
- 6) C
- 7) D
- 8) C
- 9) C
- 10) D
- 11) D
- 12) D
- 13) C
- 14) B
- 15) B
- 16) D
- 17) B
- 18) TRUE
- 19) TRUE
- 20) FALSE
- 21) TRUE

22) FALSE

23) TRUE

24) TRUE

25) FALSE

26) FALSE

27) TRUE

28) FALSE