

Chapter 02

Health Care Organization and Administration in Athletic Training

Multiple Choice Questions

1. In athletic training, the first step in establishing a health care program is to:
- A. Create a detailed policies and procedures manual
 - B. Decide the extent to which an athlete or a patient will be served
 - C. Define the emergency procedures for the program
 - D.** Determine the purpose and goals of the program

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

2. Which of the following is an example of capital equipment?
- A. Ice machines
 - B. Treatment tables
 - C.** Athletic training kits
 - D. Electrical therapeutic modalities

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

3. The crisis management plan of an athletic training institution involves:
- A. Determining the purpose and goals of the institution
 - B.** Knowing how to respond to a crisis situation quickly and efficiently
 - C. Deciding the extent to which an athlete or a patient will be served
 - D. Creating a detailed policies and procedures manual for the institution

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

4. According to the models of supervision for a head athletic trainer, clinical supervision involves:

- A. A mentoring approach in which the head athletic trainer demands the accomplishment of the stated goals of a training program
- B. Direct observation of assistant athletic trainers in the performance of their written job responsibilities**
- C. Helping assistants develop professionally while meeting the needs of the day-to-day athletic training program
- D. A style in which the head athletic trainer demands that lines of authority be strictly maintained

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

5. All of the following should be elements of a hydrotherapy area **EXCEPT**:

- A. Ground fault interrupters (GFIs) for the outlets to prevent electrical shock
- B. Outlets that are placed 4-5 feet above the floor
- C. Floors sloped toward a centrally located drain
- D. Both hot and cold whirlpool baths**

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

6. OSHA stands for:

- A. Occupational Safety and Housing Administration
- B. Organization for Safety and Health Administration
- C. Occupational Safety and Health Administration**
- D. Organization for Standards on Health Administration

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

7. Which of the following are expendable supplies?
- A. TENS units, tape, and massage lotion
 - B. Adhesive tape, massage lotion, and adhesive bandages**
 - C. Isokinetic machines, ice machines, and crutches
 - D. TENS units and ultrasound units

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

8. The primary purpose of a preparticipation health exam is to:
- A. Identify whether an athlete is at risk before he or she participates in a specific sport**
 - B. Determine the body fat percentages of coaches and athletic trainers
 - C. Reveal the qualifying conditions of an athlete
 - D. Satisfy insurance and liability issues related to a specific sport

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

9. The term "work conditioning" refers to:
- A. Intensive rehabilitation offered 3 hours a day for 3 days a week**
 - B. Intensive therapy offered 8 hours a day for 5 days a week
 - C. The process of examining an athlete's medical history
 - D. The process of building an athlete's developmental history

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

10. A digital version of paper records used in the past that contains all of a patient's medical history, demographics, and insurance and billing information is known as a(n):

- A. Electronic health record
- B. Summary care system
- C. Medical information recorder
- D. Health administration system

Health administration system

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

11. Identify a true statement about the assessment of medical history as a part of the preparticipation exam.

- A. It should be completed after the process of medical examination.
- B. It should be completed before the orthopedic screening procedure.
- C. It should ignore the medical history of an athlete's family.
- D. It should ignore an athlete's developmental history in the context of his or her age, height, and weight.

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

12. Which of the following stages in Tanner's five stages of maturity indicates that puberty is not evident?

- A. Stage 2
- B. Stage 3
- C. Stage 1
- D. Stage 5

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

13. The most crucial stage in maturity is the 3rd stage because of:

- A. Growth plate weakness
- B.** The increased speed of bone growth
- C. The decreased speed of bone growth
- D. Decreased tendon strength

Accessibility: Keyboard Navigation

Difficulty: Difficult

Type: Knowledge

14. The purpose of having a personal information card on each athlete is to record:

- A. Injury evaluation
- B. Treatment
- C.** Family and insurance information
- D. Future treatment plans

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

15. SOAP is an acronym for:

- A. Subjective, Observation, Assessment, Plan
- B. Special tests, Objective, Attitude, Plan
- C. Subjective, Objective, Assessment, Participation
- D.** Subjective, Objective, Assessment, Plan

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

16. Which of the following areas of the preparticipation exam includes the assessment of height, weight, and body composition?

- A. Medical History
- B. Wellness Screening
- C. Maturity Assessment
- D.** Physical Examination

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

17. Which of the following people can perform a Snellen test?

- A. An athletic training student
- B. A certified athletic trainer
- C. A physician
- D.** All of these

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

18. Identify the cause of the most indirect sports-related deaths.

- A. Trunk or chest impact
- B.** Heatstroke
- C. Concussion
- D. Spinal injury

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

19. An athletic trainer's office should be at least _____.

- A. 10 feet by 10 feet
- B. 12 feet by 14 feet
- C. 14 feet by 16 feet
- D. 16 feet by 18 feet

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

20. The purpose of the "duck walk" during an orthopedic screening is:

- A. To test deltoid strength
- B. To test the integrity of the lumbar spine
- C. To check for knee effusion
- D. To test the hip, knee, and ankle at the same time

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Application

21. An unplanned event capable of resulting in loss of time, property damage, injury, disablement, or even death is known as an:

- A. Injury
- B. Intrinsic factor
- C. Accident
- D. Extrinsic factor

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

22. Which of the following is an example of nonconsumable capital equipment?

- A. Scissors
- B. First aid supplies
- C. Crutches
- D.** Isokinetic machines

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

23. Which of the following conditions does **NOT** indicate a possible medical disqualification from collision/contact sports?

- A.** Diabetes
- B. Mononucleosis
- C. Enlarged liver
- D. A loss of one kidney

Accessibility: Keyboard Navigation

Difficulty: Difficult

Type: Knowledge

24. During an orthopedic screening examination, an individual's ability to touch his or her toes with straight knees determines all of the following EXCEPT:

- A. Scoliosis
- B. Hip Motion
- C. Hamstring Tightness
- D.** Leg Strength

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Application

25. During an orthopedic assessment, shrugging of shoulders determines:

- A. Deltoid strength
- B.** Trapezius strength
- C. Shoulder range of motion
- D. Cervical spine range of motion

Accessibility: Keyboard Navigation

Difficulty: Difficult

Type: Application

26. The law that protects the privacy of student educational records and in some instances medical records is known as:

- A. HIPAA
- B. OSHA
- C. PHI
- D.** FERPA

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

27. Which of the following should be included in an individual's medical history?

- A. Family history
- B. Social history
- C. Surgical history
- D.** All of these

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

28. Which of the following is not a part of health maintenance and personal hygiene screening?

- A. Questions about skin care
- B. Questions about dental hygiene
- C. Questions about sleep habits
- D.** Questions about surgical history

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

True / False Questions

29. A preparticipation exam includes a medical history, a physical examination, a maturity assessment, a cardiovascular screening, an orthopedic screening, and a wellness screening.

TRUE

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

30. For security purposes, athletic training students at the high school should be given keys to the athletic training room only when directly supervised.

TRUE

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Knowledge

31. When considering who is to be served by an athletic training facility, it is important to consult school liability insurance to determine who may be treated.

TRUE

Accessibility: Keyboard Navigation

Difficulty: Moderate

Type: Application

32. An injury database of medical records should be accessible to all student athletic trainers so they can update records on a regular basis.

FALSE

Accessibility: Keyboard Navigation
Difficulty: Moderate
Type: Knowledge

33. The term "extrinsic factor" refers to the type of activity performed, the amount of exposure to injury, the environment, and the equipment.

TRUE

Accessibility: Keyboard Navigation
Difficulty: Easy
Type: Knowledge

34. Everyone in an athletic training institution should have access to the athletic trainer's office to allow for necessary availability of medical records.

FALSE

Accessibility: Keyboard Navigation
Difficulty: Easy
Type: Knowledge

35. It is important to have defined rules to maintain cleanliness and order in an athletic training room.

TRUE

Accessibility: Keyboard Navigation
Difficulty: Easy
Type: Knowledge

36. Computers, tablets, and smart phones have made the process of record keeping more efficient for an athletic trainer.

TRUE

Accessibility: Keyboard Navigation
Difficulty: Easy
Type: Knowledge

37. A team physician has the legal right to restrict an individual from participating in athletics as long as the decision is individualized, reasonably made, and based on competent medical evidence.

TRUE

Accessibility: Keyboard Navigation
Difficulty: Moderate
Type: Knowledge

38. The highest incidence of indirect sports death is caused by cardiovascular abnormalities.

FALSE

Accessibility: Keyboard Navigation
Difficulty: Easy
Type: Knowledge

39. NCAA Division I athletes may sign a waiver to avoid participating in mandatory sickle cell trait testing.

TRUE

Accessibility: Keyboard Navigation
Difficulty: Moderate
Type: Knowledge

40. A patient file management system should not have security features that control access.

FALSE

Accessibility: Keyboard Navigation

Difficulty: Easy

Type: Knowledge

Essay Questions

41. Discuss the components and the importance of preparticipation exams.

Answers will vary

Difficulty: Moderate

42. Describe how a computer can be a useful tool in an athletic training room.

Answers will vary

Difficulty: Easy

43. Name two organizations that are responsible for collecting injury data and discuss the roles of each.

Answers will vary

Difficulty: Moderate

44. Describe the types of record keeping that are necessary for efficient training room operation.

Answers will vary

Difficulty: Moderate

45. Describe the different areas that must be included in an athletic training room and draw a layout of each.

Answers will vary

Difficulty: Moderate