

Student name: _____

1) Please check all of the following conditions that would recommend disqualification from a contact or collision sport.

- A) Absence of one kidney
- B) Atlantoaxial instability
- C) Inguinal hernia
- D) Absence of an ovary
- E) Carditis
- F) Enlarged liver

- G) Asthma
- H) Sickle cell
- I) Mild hypertension
- J) Enlarged spleen
- K) Absence of a testicle

2) What are useful steps to promote good health among athletes?

- A) Practice good foot hygiene
- B) Sleep a maximum of six hours a night
- C) Shower prior to practice.
- D) Dry thoroughly and cool off before departing from the gymnasium.
- E) Avoid contact with teammates who have a

contagious disease or infection.

- F) Understand the role coaches play in maintaining a healthy lifestyle and the prevention of injuries

3) What are important clinical policies to assist in proper sanitation?

- A) Allow the athletes to eat only in the office.
- B) No cleated shoes should be permitted.
- C) Cell phones must not be used for photos or other social media posts due to issues with HIPAA and patient privacy.
- D) Athletes should make it a habit to shower after

treatments to prevent the distribution germs from the athletic training tables.

- E) Allow students to put sport equipment in dedicated lockers in the athletic training facility.

4) How does a clearly written mission statement influence the outcome of the strategic planning process when establishing a system for athletic training health care?

- A) It helps involve all personnel within the healthcare program.
- B) It establishes why a healthcare program is needed.
- C) It focuses the direction of the healthcare program.
- D) It creates the goals of the healthcare program.

E) It takes a critical look at the strength and weaknesses of the healthcare program.

5) What is the athletic training program's primary purpose when performing a SWOT analysis?

- A) To discover overspending on supplies
- B) To discover weaknesses of staff skills and treatment protocols
- C) To discover the potential of creating a brand new athletic training program
- D) To discover the program's overall value of return

based on patient treatments
E) To discover the program's overall strengths, weaknesses, opportunities for growth, and threats to productivity

6) What is the primary purpose of creating a program policy and procedure manual for an athletic training program?

- A) To establish the daily order of operations of all staff members
- B) To identify basic rules and principles used to control and expedite decision making
- C) To define the scope of practice within the athletic training program and profession

D) To decide the extent to which patients will be served
E) To assign proper personnel coverage for the clinic population or specific sports

7) Within the scope of an athletic training program, what should be considered when offering medical services to

members in the community?

- A) Legality and the institution's insurance program
- B) Age, gender, and ethnicity of the patient
- C) Proof of insurance for the patient
- D) Conflict of interest to local rehabilitation facilities

E) Size and limitation of space within own facility

8) When deciding how to provide medical coverage for multiple athletic teams, what should the athletic trainer put into consideration when making the decision as to which team

should receive on-site coverage?

- A) Provide for only in-season sports
- B) Base it on distance to the athletic training room facility
- C) Provide for athletic teams that have potential of play-off contention
- D) Base it on potential risk and number of athletes

involved

E) Base it on number of injuries sustained during the last year

9) From the following examples, how would an athlete contribute to practicing unhealthy habits?

- A) Avoid drinking from a common water dispenser
- B) Be sure to change socks after any physical activity
- C) Share sideline towels
- D) Avoid contact with teammates who have a

contagious disease or infection

E) Shower after practice

10) When developing a risk management plan, what would be considered a non-relevant issue to address?

- A) Fire safety
- B) Emergency action plans
- C) Security issues

D) Electrical and equipment safety

E) OSHA rules and regulations

- A) Every year
- B) Every two years
- C) Every three years
- D) Every time an accredited program goes up for re-

accreditation

E) Upon the individual manufacturer's recommendation

12) If an athletic trainer were to open a privately owned clinic, what would be an essential factor to consider when choosing a good location?

- A) Will doctors refer patients to this clinic?
- B) Is there a public billboard near for advertising?
- C) Will a local hospital help with your patient overflow?
- D) Is there a physical therapy business that would

refer clients?

E) Would an area doctor be willing to contract hire you as a physician extender?

13) Athletic trainers are becoming more diversified with job placement. What other athletic training duty involves providing intensive outpatient therapy for individuals injured on the job with the goal of regaining functionality and

- A) Ergonomic assessments
- B) Work hardening / Conditioning programs
- C) Wellness centers

returning to work in a full duty capacity?

D) Community outreach and marketing

E) Corporate fitness programs

14) What is a disadvantage of using electronic medical records?

- A) Portability of documents allows access to multiple healthcare providers.
- B) Cost factors are absorbed by the physician.
- C) Errors are increased due to open access within an office.

D) Cyber-security issues threaten patient privacy.

E) They contradict the effectiveness of electronic health records.

15) What is the full meaning of the HIPAA abbreviation?

- Act
- A) Health Insurance Portability and Accountability Act
 - B) Health Insurance Process and Application Act
 - C) Health Is Private and Accessible Act
 - D) Having Insurance Prevents Actual Access

E) Health Insurance Portability and Application Act

16) What is the Tanner Stage of maturity when a male has present: pubic hair becomes darker and coarser, begins to

- A) Stage 1
- B) Stage 2

curl, and spreads over the pubic region?

- C) Stage 3
- D) Stage 4
- E) Stage 5

17) Who is the best suggested medical professional that should perform a clinical examination of heart and lung sounds on a patient during a preparticipation examination?

- A) Student athletic trainer
- B) Certified athletic trainer
- C) Physician's assistant

- D) Nurse
- E) Physician

18) What muscle is being assessed during the orthopedic screening if the patient is instructed to shrug the shoulders

- A) Shoulder motion
- B) Deltoid strength
- C) Trapezius strength

against the examiner's resistance?

- D) Acromioclavicular joint stability
- E) Bicep strength

19) How can a patient

be assessed to check the motion of the hip, knee, and ankle joints during an orthopedic screening?

- A) Perform a “duck walk”
- B) Tighten their quadriceps
- C) Raise up on their toes

- D) Touch their toes
- E) Perform a jumping jack

20) What has the highest incidence of indirect sports death?

- A) Cardiovascular problems
- B) Concussions
- C) Congenital conditions not previously known

- D) Heatstroke
- E) Respiratory problems

21) What system was developed to track football injuries through a Web-based system that tracks medical information and analyzes injury trends?

- A) National Safety Council
- B) Annual Survey of Football Injury Research
- C) National Center for Catastrophic Sports Injury Research

- D) NCAA Injury Surveillance System
- E) National Electronic Injury Surveillance System

Answer Key

Test name: Principles of Athletic Training ch2

1) [A, B, E, F, J]

2) [A, D, E]

3) [B, C]

4) C

5) E

6) B

7) A

8) D

9) C

10) E

11) A

12) A

13) B

14) D

15) A

16) C

17) E

18) C

19) A

20) D

21) D