

c1

Student: _____

1. Which one of the following is not a goal of a professional organization?
 - A. Bring together professionally competent individuals
 - B. Provide an opportunity to work as a group with a single purpose
 - C. Upgrade the profession through the establishment of standards
 - D. Help athletic trainers make the majority of their decisions

2. After World War I, the development of the athletic trainer as a specialist in preventing and managing athletic injuries resulted from the work of this physician.
 - A. Cramer
 - B. Torg
 - C. Bilik
 - D. Davis

3. In 1932, which family published the "First Aider"?
 - A. Bilik
 - B. Cramer
 - C. Torg
 - D. Davis

4. The athletic trainer is most directly responsible for all phases of health care in an athletic environment EXCEPT:
- A. Prevention of athletic injuries
 - B. Diagnosis of athletic injuries
 - C. First aid and injury management
 - D. Implementation of prescribed rehabilitation
5. Which would not be considered an appropriate injury-prevention strategy adopted by an athletic trainer?
- A. Coordinating the administration of comprehensive physical examinations and pre-participation screenings of all athletes
 - B. Implementing appropriate training and conditioning programs for all athletes
 - C. Prescribing daily vitamin supplementation for all athletes
 - D. Selecting and fitting any necessary protective equipment for all athletes
6. Which of the following performance domains includes the athletic trainer's responsibility to educate others?
- A. Professional Responsibilities
 - B. Prevention of Athletic Injuries
 - C. Immediate Care of Athletic Injuries
 - D. Clinical Evaluation and Diagnosis

7. Seeing that the protective equipment is of the highest quality, properly fitted, and maintained is the responsibility of the:
- A. Athletic trainer
 - B. Equipment personnel
 - C. Coach
 - D. All of the above
8. Which of the following performance domains includes explaining proper nutrition?
- A. Prevention of Athletic Injuries
 - B. Professional Responsibilities
 - C. Treatment, Rehabilitation, and Reconditioning
 - D. Organization and Administration
9. Which of the following organizations is responsible for drug education and testing?
- A. National Athletic Trainer's Association
 - B. American College of Sports Medicine
 - C. NCAA Committee on Competitive Safeguards
 - D. National Strength and Conditioning Association

10. The team physician:

- A. Need not be cognizant of the physical demands of the various sports because that is the athletic trainer's role
- B. Needs to work completely independent of the athletic trainer
- C. Needs to focus the physical exam on the heart, lungs, and blood pressure
- D. Is the final authority in determining when an athlete may return to play

11. When did athletic training become recognized as an allied health profession?

- A. 1994
- B. 1990
- C. 1950
- D. 2001

12. Which of the following governs the practice of athletic training?

- A. The NATA Code of Ethics
- B. Federal law
- C. Individual state licensing agencies
- D. The Hippocratic Oath

13. Which of the following types of regulation is the most restrictive in determining the practice of athletic trainers?

- A. Licensure
- B. Exemption
- C. Certification
- D. Registration

14. Which organization is currently responsible for the accreditation of athletic training academic programs?

- A. NATA
- B. CAAHEP
- C. CAATE
- D. BOC

15. A term people commonly use to describe the feelings of exhaustion and disinterest toward their work is:

- A. Burnout
- B. Empathy
- C. Fatigue Syndrome
- D. Stress

16. The individual who is responsible for seeing that a complete medical history of each athlete is compiled should be the:
- A. Athletic trainer
 - B. Coach
 - C. School nurse
 - D. Team physician
17. In order to maintain certification, athletic trainers must accumulate continuing education units (CEUs), how many are necessary over what period of time?
- A. 70 over 2 years
 - B. 70 over 3 years
 - C. 80 over 4 years
 - D. 75 over 3 years
18. As of 2004, which is the only way that a candidate can become certified as an athletic trainer?
- A. Completion of a CAATE accredited athletic training program
 - B. CPR certification
 - C. Endorsement by CAATE accredited program director
 - D. All of the above

19. Making decisions about clinical care of individual patients based on the supporting evidence in professional literature is known as:

- A. Scientific based medicine
- B. Evidence based medicine
- C. Research based medicine
- D. Treatment based medicine

20. The National Athletic Trainers Association was founded for the purpose of establishing professional standards and disseminating information about athletic training.

True False

21. The National Athletic Trainers Association was founded in 1950.

True False

22. The American College of Sports Medicine is responsible for regulating the practice of athletic trainers and physicians.

True False

23. The American Orthopedic Society for Sports Medicine was developed to encourage and support scientific research in orthopedic sports medicine.

True False

24. Frequently the team physician is the first person to evaluate an injury that an athlete has experienced on the field.

True False

25. An athletic trainer's personal qualities determine his or her success, not the facilities or the equipment.

True False

26. Counseling the athletes on emotional and social problems is not a function of an athletic trainer.

True False

27. In the secondary school setting, the athletic trainer must explain and inform the athlete's parents/guardians about injury management and must abide by the parents/guardians wishes with regards to treatment.

True False

28. Athletic trainers who act in an unethical manner can ultimately lose their certification.

True False

29. All states require athletic trainers to be licensed if they wish to be employed as an athletic trainer in those states.

True False

30. The team physician should act as an advisor and supervisor to the athletic trainer but allow the athletic trainer the flexibility to make decisions with regards to the athletes' playability status.

True False

31. It is the team physician's responsibility to determine an athlete's health status through a physical examination.

True False

32. The American Academy of Family Physicians (AAFP) encourages high schools to have a BOC certified athletic trainer as part of their athletic program.

True False

33. With proper initial injury management athletic trainers can speed up the healing process which allows an athlete to return to participation quickly.

True False

34. It is essential that athletic trainers become a member of and be active in the NATA as well as their district and state associations.

True False

35. The team physician works primarily under the supervision of the athletic trainer, who is ultimately responsible for directing the total health care of the athlete.

True False

36. An individual who passes the NATABOC certification exam is automatically licensed in any state to practice as an athletic trainer.

True False

37. The academic program medical director provides input to the programs educational content and provides classroom, laboratory and/or clinical instruction.

True False

38. An optometrist treats and manages injuries to the eye.

True False

39. If an athletic trainer is employed by a school district, coaches do not need to be trained in CPR or first aid.

True False

40. Coaches are directly responsible for preventing injuries through conditioning programs.

True False

41. Identify the various employment opportunities for athletic trainers.

42. What are the requirements that must be met before an individual can become a certified athletic trainer?
43. Outline the role and function of the coach, athletic trainer, and team physician in the total scope of giving health care to an athlete.
44. List the personal qualities that a successful athletic trainer must have.

45. Identify all of the support personnel who can assist in the total health care plan for athletes.

46. Describe the difference between licensure and certification and briefly explain the implications they have for athletic trainers in the future.

47. Identify the five major domains tested on the BOC Certification Examination.

48. Describe the role of the athletic trainer in the rehabilitation process.

c1 Key

1. Which one of the following is not a goal of a professional organization?

- A. Bring together professionally competent individuals
- B. Provide an opportunity to work as a group with a single purpose
- C. Upgrade the profession through the establishment of standards
- D. Help athletic trainers make the majority of their decisions

Difficulty: Easy

Prentice - Chapter 01 #1

Type: Knowledge

2. After World War I, the development of the athletic trainer as a specialist in preventing and managing athletic injuries resulted from the work of this physician.

- A. Cramer
- B. Torg
- C. Bilik
- D. Davis

Difficulty: Easy

Prentice - Chapter 01 #2

Type: Knowledge

3. In 1932, which family published the "First Aider"?

- A. Bilik
- B. Cramer
- C. Torg
- D. Davis

Difficulty: Easy

Prentice - Chapter 01 #3

Type: Knowledge

4. The athletic trainer is most directly responsible for all phases of health care in an athletic environment EXCEPT:

- A. Prevention of athletic injuries
- B. Diagnosis of athletic injuries
- C. First aid and injury management
- D. Implementation of prescribed rehabilitation

Difficulty: Moderate

Prentice - Chapter 01 #4

Type: Knowledge

5. Which would not be considered an appropriate injury-prevention strategy adopted by an athletic trainer?

- A. Coordinating the administration of comprehensive physical examinations and pre-participation screenings of all athletes
- B. Implementing appropriate training and conditioning programs for all athletes
- C. Prescribing daily vitamin supplementation for all athletes
- D. Selecting and fitting any necessary protective equipment for all athletes

Difficulty: Moderate

6. Which of the following performance domains includes the athletic trainer's responsibility to educate others?

- A. Professional Responsibilities
- B. Prevention of Athletic Injuries
- C. Immediate Care of Athletic Injuries
- D. Clinical Evaluation and Diagnosis

Difficulty: Moderate

Prentice - Chapter 01 #6

Type: Knowledge

7. Seeing that the protective equipment is of the highest quality, properly fitted, and maintained is the responsibility of the:

- A. Athletic trainer
- B. Equipment personnel
- C. Coach
- D. All of the above

Difficulty: Easy

Prentice - Chapter 01 #7

Type: Knowledge

8. Which of the following performance domains includes explaining proper nutrition?

- A. Prevention of Athletic Injuries
- B. Professional Responsibilities
- C. Treatment, Rehabilitation, and Reconditioning
- D. Organization and Administration

Difficulty: Easy

Prentice - Chapter 01 #8

Type: Knowledge

9. Which of the following organizations is responsible for drug education and testing?

- A. National Athletic Trainer's Association
- B. American College of Sports Medicine
- C. NCAA Committee on Competitive Safeguards
- D. National Strength and Conditioning Association

Difficulty: Moderate

Prentice - Chapter 01 #9

Type: Knowledge

10. The team physician:

- A. Need not be cognizant of the physical demands of the various sports because that is the athletic trainer's role
- B. Needs to work completely independent of the athletic trainer
- C. Needs to focus the physical exam on the heart, lungs, and blood pressure
- D. Is the final authority in determining when an athlete may return to play

Difficulty: Moderate

Prentice - Chapter 01 #10

Type: Knowledge

11. When did athletic training become recognized as an allied health profession?

A. 1994

B. 1990

C. 1950

D. 2001

Difficulty: Moderate

Prentice - Chapter 01 #11

Type: Knowledge

12. Which of the following governs the practice of athletic training?

A. The NATA Code of Ethics

B. Federal law

C. Individual state licensing agencies

D. The Hippocratic Oath

Difficulty: Moderate

Prentice - Chapter 01 #12

Type: Knowledge

13. Which of the following types of regulation is the most restrictive in determining the practice of athletic trainers?

A. Licensure

B. Exemption

C. Certification

D. Registration

Difficulty: Easy

Prentice - Chapter 01 #13

Type: Knowledge

14. Which organization is currently responsible for the accreditation of athletic training academic programs?

- A. NATA
- B. CAAHEP
- C. CAATE
- D. BOC

Difficulty: Easy

Prentice - Chapter 01 #14

Type: Knowledge

15. A term people commonly use to describe the feelings of exhaustion and disinterest toward their work is:

- A. Burnout
- B. Empathy
- C. Fatigue Syndrome
- D. Stress

Difficulty: Easy

Prentice - Chapter 01 #15

Type: Knowledge

16. The individual who is responsible for seeing that a complete medical history of each athlete is compiled should be the:

- A. Athletic trainer
- B. Coach
- C. School nurse
- D. Team physician

Difficulty: Moderate

17. In order to maintain certification, athletic trainers must accumulate continuing education units (CEUs), how many are necessary over what period of time?

- A. 70 over 2 years
- B. 70 over 3 years
- C. 80 over 4 years
- D. 75 over 3 years

Difficulty: Moderate

Prentice - Chapter 01 #17

Type: Application

18. As of 2004, which is the only way that a candidate can become certified as an athletic trainer?

- A. Completion of a CAATE accredited athletic training program
- B. CPR certification
- C. Endorsement by CAATE accredited program director
- D. All of the above

Difficulty: Moderate

Prentice - Chapter 01 #18

Type: Knowledge

19. Making decisions about clinical care of individual patients based on the supporting evidence in professional literature is known as:

- A. Scientific based medicine
- B.** Evidence based medicine
- C. Research based medicine
- D. Treatment based medicine

Difficulty: Easy

Prentice - Chapter 01 #19

Type: Knowledge

20. The National Athletic Trainers Association was founded for the purpose of establishing professional standards and disseminating information about athletic training.

TRUE

Difficulty: Easy

Prentice - Chapter 01 #20

Type: Knowledge

21. The National Athletic Trainers Association was founded in 1950.

TRUE

Difficulty: Easy

Prentice - Chapter 01 #21

Type: Knowledge

22. The American College of Sports Medicine is responsible for regulating the practice of athletic trainers and physicians.

FALSE

Difficulty: Easy

Prentice - Chapter 01 #22

23. The American Orthopedic Society for Sports Medicine was developed to encourage and support scientific research in orthopedic sports medicine.

TRUE

Difficulty: Moderate

Prentice - Chapter 01 #23

Type: Knowledge

24. Frequently the team physician is the first person to evaluate an injury that an athlete has experienced on the field.

FALSE

Difficulty: Moderate

Prentice - Chapter 01 #24

Type: Knowledge

25. An athletic trainer's personal qualities determine his or her success, not the facilities or the equipment.

TRUE

Difficulty: Moderate

Prentice - Chapter 01 #25

Type: Knowledge

26. Counseling the athletes on emotional and social problems is not a function of an athletic trainer.

FALSE

Difficulty: Easy

Prentice - Chapter 01 #26

Type: Knowledge

27. In the secondary school setting, the athletic trainer must explain and inform the athlete's parents/guardians about injury management and must abide by the parents/guardians wishes with regards to treatment.

TRUE

Difficulty: Moderate

Prentice - Chapter 01 #27

Type: Knowledge

28. Athletic trainers who act in an unethical manner can ultimately lose their certification.

TRUE

Difficulty: Moderate

Prentice - Chapter 01 #28

Type: Application

29. All states require athletic trainers to be licensed if they wish to be employed as an athletic trainer in those states.

FALSE

Difficulty: Easy

Prentice - Chapter 01 #29

Type: Knowledge

30. The team physician should act as an advisor and supervisor to the athletic trainer but allow the athletic trainer the flexibility to make decisions with regards to the athletes' playability status.

TRUE

Difficulty: Easy

Prentice - Chapter 01 #30

Type: Knowledge

31. It is the team physician's responsibility to determine an athlete's health status through a physical examination.

TRUE

Difficulty: Easy

Prentice - Chapter 01 #31

Type: Knowledge

32. The American Academy of Family Physicians (AAFP) encourages high schools to have a BOC certified athletic trainer as part of their athletic program.

TRUE

Difficulty: Moderate

Prentice - Chapter 01 #32

Type: Knowledge

33. With proper initial injury management athletic trainers can speed up the healing process which allows an athlete to return to participation quickly.

FALSE

Difficulty: Moderate

Prentice - Chapter 01 #33

Type: Knowledge

34. It is essential that athletic trainers become a member of and be active in the NATA as well as their district and state associations.

TRUE

Difficulty: Easy

Prentice - Chapter 01 #34

Type: Knowledge

35. The team physician works primarily under the supervision of the athletic trainer, who is ultimately responsible for directing the total health care of the athlete.

FALSE

Difficulty: Easy

Prentice - Chapter 01 #35

Type: Knowledge

36. An individual who passes the NATABOC certification exam is automatically licensed in any state to practice as an athletic trainer.

FALSE

Difficulty: Moderate

Prentice - Chapter 01 #36

Type: Application

37. The academic program medical director provides input to the programs educational content and provides classroom, laboratory and/or clinical instruction.

TRUE

Difficulty: Easy

Prentice - Chapter 01 #37

Type: Knowledge

38. An optometrist treats and manages injuries to the eye.

FALSE

Difficulty: Easy

Prentice - Chapter 01 #38

Type: Knowledge

39. If an athletic trainer is employed by a school district, coaches do not need to be trained in CPR or first aid.

FALSE

Difficulty: Easy

Prentice - Chapter 01 #39

Type: Knowledge

40. Coaches are directly responsible for preventing injuries through conditioning programs.

TRUE

Difficulty: Easy

Prentice - Chapter 01 #40

Type: Knowledge

41. Identify the various employment opportunities for athletic trainers.

Answers will vary

Prentice - Chapter 01 #41

42. What are the requirements that must be met before an individual can become a certified athletic trainer?

Answers will vary

Prentice - Chapter 01 #42

43. Outline the role and function of the coach, athletic trainer, and team physician in the total scope of giving health care to an athlete.

Answers will vary

Prentice - Chapter 01 #43

44. List the personal qualities that a successful athletic trainer must have.

Answers will vary

Prentice - Chapter 01 #44

45. Identify all of the support personnel who can assist in the total health care plan for athletes.

Answers will vary

Prentice - Chapter 01 #45

46. Describe the difference between licensure and certification and briefly explain the implications they have for athletic trainers in the future.

Answers will vary

Prentice - Chapter 01 #46

47. Identify the five major domains tested on the BOC Certification Examination.

Answers will vary

Prentice - Chapter 01 #47

48. Describe the role of the athletic trainer in the rehabilitation process.

Answers will vary

Prentice - Chapter 01 #48

c1 Summary

<u>Category</u>	<u># of Questions</u>
Difficulty: Easy	22
Difficulty: Moderate	18
Prentice - Chapter 01	48
Type: Application	3
Type: Knowledge	37