

Chapter 1—Careers in Sports Medicine and Athletic Training

TRUE/FALSE

1. Most sports medicine care takes place in nonclinical environments where sports are played and people pursue physical activities.

ANS: T PTS: 1

2. An athletic trainer can be certified after completing high school and passing a certification examination.

ANS: F PTS: 1

3. Only professional athletes use the services of an athletic trainer.

ANS: F PTS: 1

4. Communication skills are not useful for an athletic trainer.

ANS: F PTS: 1

5. Athletic trainers usually work independently.

ANS: F PTS: 1

6. The athletic training student can assist with fitting protective equipment under the direct supervision of a certified athletic trainer.

ANS: T PTS: 1

MULTIPLE CHOICE

1. Which of the following individuals is responsible for preventing injuries and rehabilitating athletes?
- certified strength and conditioning specialist
 - sports psychologist
 - nutritionist
 - school nurse

ANS: A

	Feedback
A	Correct!
B	Please try again.
C	Please try again.
D	Please try again.

PTS: 1

MATCHING

Match each item to a definition listed below.

- | | |
|-----------------------------|-------------------------|
| a. athletic training | d. sports medicine |
| b. fitness instruction | e. therapeutic modality |
| c. physical fitness program | |

1. the use of heat, cold, or electrical stimulation to produce an increase or decrease blood flow
2. the branch of medicine that deals with the prevention, research, education, evaluation, treatment, and rehabilitation of injuries that occur to athletes and the active population of all ages
3. a method of exercise designed to prepare an individual to become physically able to do the activities he or she wishes to do in daily life, without causing undue physical stress
4. the division of sports medicine that deals with the care and prevention of athletic injuries and the management of the training methods used by professional or amateur athletes and the active population

- | | |
|-----------|--------|
| 1. ANS: E | PTS: 1 |
| 2. ANS: D | PTS: 1 |
| 3. ANS: C | PTS: 1 |
| 4. ANS: A | PTS: 1 |

COMPLETION

1. The ability to show sensitivity to a client's condition is called _____.

ANS: compassion

PTS: 1

2. The ability to competently provide direction and control in an emergency situation is an example of _____.

ANS: leadership

PTS: 1

3. A person who acts as a mediator in problem situations and likes to be around people has _____.

ANS: people skills

PTS: 1

4. Since working in sports medicine is demanding, it is important for a person in this field to _____.

ANS:

be in good physical condition

be in shape

be healthy

have a healthy body

PTS: 1

SHORT ANSWER

1. List the points on the circle of care.

ANS:

athlete on the field or individual in motion; injured individual; immediate treatment, then diagnosis; rehabilitation; return to play with normal to near-normal activities

PTS: 1

2. What does ACSM stand for?

ANS:

American College of Sport Medicine

PTS: 1

3. What does NSCA stand for?

ANS:

National Strength and Conditioning Association

PTS: 1

4. Name three personal characteristics that are required to become an athletic trainer. (Several answers may apply.)

A. _____

B. _____

C. _____

ANS:

people skills

communication skills

leadership skills

PTS: 1

5. What are three therapeutic modalities?

ANS:

Thermotherapy, cryotherapy, and electrical stimulation currents

PTS: 1