Principles of Athletic Training 17th edition Prentice Test Bank

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ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

CHECK ALL THE APPLY. Choose all options that best completes the statement or answers the question.

1) Which of the following personal qualities are essential for a good athletic trainer?

1) _____

A) Empathy
B) Intellectual curiosity
C) Discipline
D) Sense of humor
E) Assertiveness
F) Flexibility

Question Details
Accessibility : Keyboard Navigation

2) Please identify which patient-related outcome measures are specifically used for pain.

2) _____

A) Lower Extremity Functional Scale
B) Neck Disability Index
C) Upper Extremity Functional index
D) Numeric Pain Rating Scale
E) Disablement in the Physically Active Scale
F) Patient-Specific Functional Scale
G) Short-form McGill Pain Questionnaire

Question Details
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MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

3) What establishment during the nineteenth century assisted in making athletic training as it is known today?

3) _____

A) Intercollegiate and interscholastic athletics
B) World War I
C) Title IX
D) Olympics
E) Cramer products

Question Details
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4) Which physician authored the first major text on athletic training titled *The Trainer's Bible*?

4) _____

A) Cramer
B) Gardner
C) Arnheim
D) Bilik
E) Prentice

Question Details
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5) What is the title of the monthly research publication of the National Athletic Trainers' Association?

5) _____

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A) NATA News
B) Athletic Training Education Journal
C) Journal of Sports Medicine
D) Training and Conditioning
E) Journal of Athletic Training

Question Details
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6) Which of the following organizations is "dedicated to transforming lives and revolutionizing the health and fitness industry"?

6) _____

A) American Physical Therapy Association, Sports Physical Therapy Section
B) National Academy of Sports Medicine
C) National Strength and Conditioning Association
D) International Federation of Sports Medicine
E) American College of Sports Medicine

Question Details
Accessibility : Keyboard Navigation

7) Which of the following job settings has the largest percentage of employed certified athletic trainers?

7) _____

A) College or universities
B) High schools or secondary schools
C) Professional sports
D) Clinics and/or hospitals
E) Health clubs

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Question Details
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8) Which organization adopted a policy that "called for certified athletic trainers to be employed in all secondary-school athletic programs"?

8) _____

A) American Medical Association
B) National Collegiate Athletic Association Committee on Competitive Safeguards and Medical Aspects of Sports
C) American Orthopedic Society for Sports Medicine
D) National High School Association
E) American Academy of Pediatrics, Sports Committee

Question Details
Accessibility : Keyboard Navigation

9) What employment setting allows the athletic trainer to address appropriate ergonomic techniques to assist with specific tasks that are performed at the work station and the physical demands of the job in order to improve productivity?

9) _____

A) Military / Law Enforcement
B) Industrial / Occupational
C) Colleges / Universities
D) Clinics / Hospitals
E) Performing Arts / Professional Sports

Question Details
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10) Of all the professional behaviors that an athletic trainer should possess, which would best describe the ability to adapt to the constant state of high emotional arousal and anxiety during the working day?

10) _____

A) Communication
B) Ethical Practice
C) Empathy
D) Stamina and Ability to Adapt
E) Sense of Humor

Question Details
Accessibility : Keyboard Navigation

11) Which of the following statements is an inaccurate ethical principle based on the NATA's code of ethics?

11) _____

A) Members shall respect the rights, welfare, and dignity of all individuals.
B) Members shall accept responsibility for the exercise of sound judgment.
C) Members shall comply with the laws and regulations governing the practice of athletic training, National Athletic Trainers Association, NATA membership standards, and the NATA Code of Ethics.
D) Members shall maintain and promote high standards in their provision of services.
E) Members shall not engage in conduct that could be construed as a conflict of interest, reflects negatively on the athletic training profession, or jeopardizes a patient's health and well-being.

Question Details
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12) What should be considered the most important major concern of the athletic trainer?

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12) _____

A) Establishing and maintaining relationships with team physicians
B) Creating effective communication with parents
C) Focusing on the injured patient
D) Obtaining continuing education
E) Staying current with medical evidence-based practices

Question Details
Accessibility : Keyboard Navigation

13) What would be considered an unessential professional responsibility of the team physician?

13) _____

A) Diagnosing and treating injuries and other illnesses
B) Acting as an instructor to the athletic training staff
C) Seeing that a complete medical history of each athlete is compiled
D) Deciding when, on medical grounds, athletes should be disqualified from participation
E) Serving as the medical director for an accredited athletic training program

Question Details
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14) Coaching is an area of specialization that is under the sports medicine "umbrella." What medical role can this area serve?

14) _____

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A) The coach is directly responsible for preventing injuries.
B) The coach is directly responsible for providing acute care such as CPR.
C) The coach is directly responsible for acting as a First Responder.
D) The coach is directly responsible for determining return to play.
E) The coach is directly responsible for monitoring inclement weather.

Question Details
Accessibility : Keyboard Navigation

15) What state has no regulation in regard to athletic trainers?

15) _____

A) Colorado
B) Iowa
C) California
D) New York
E) Florida

Question Details
Accessibility : Keyboard Navigation

16) What is the name of the organization whose purpose is to provide a certification program for entry-level athletic trainers and recertification standards for certified athletic trainers?

16) _____

A) BOC
B) NATA
C) CAATE
D) CHEA
E) CAAHEP

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Question Details
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17) When an athletic trainer treats a patient using evidence they received from systematic research it is called

17) _____

A) Evidence-based practice
B) PICO
C) Systematic Reviews
D) PEDro Scale
E) PROMs

Question Details
Accessibility : Keyboard Navigation

18) Which of the following types of research would be considered the most rigorous?

18) _____

A) Anecdotal
B) Clinical practice guidelines
C) Case studies
D) Cohort studies
E) Randomized controlled trials

Question Details
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19) Which of the following represents what the "C" stands for in the acronym PICO.

19) _____

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A) Cause
B) Comparison
C) Care
D) Clinical
E) Critical

Question Details
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20) Which database currently holds the most comprehensive collection of systematic reviews for athletic trainers?

20) _____

A) Scientific American Medicine
B) ACP Journal Club
C) The Cochrane Database of Systematic Reviews
D) Physiotherapy Evidence Database
E) New Castle

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Answer Key

Test name: CH01

1) [A, B, D]
Empathy, intellectual curiosity, and a sense of humor are essential qualities for a good athletic trainer.

2) [D, G]
The Numeric Pain Rating Scale & the Short-form McGill Pain Questionnaire are both outcome measures used for pain.

3) A
Athletic training as we know it came into existence during the late nineteenth century with the firm establishment of intercollegiate and interscholastic athletes in the United States.

4) D
Dr. S. E. Bilik, a physician who wrote the first major text in 1917 on athletic training and the care of athletic injuries called *The Trainer's Bible*, was a major influence in developing the athletic trainer as a specialist in preventing and managing athletic injuries.

5) E
The *Journal of Athletic Training* is a research-based journal published monthly.

6) B
The National Academy of Sports Medicine is dedicated to transforming lives and revolutionizing the health and fitness industry through its unwavering commitment to deliver innovative education, solutions, and tools that produce remarkable results.

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7) D
Today, more than 40 percent of certified athletic trainers are employed in clinics and hospitals—more than any other employment setting.

8) A
The American Medical Association has “called for certified athletic trainers to be employed in all secondary-school athletic programs be used as part of a high school’s medical team.”

9) B
The athletic trainer working in an industrial or occupational setting must have a sound understanding of the principles and concepts of workplace ergonomics, including inspecting, measuring, and observing dimensions of the work space, as well as specific tasks that are performed at the work station.

10) D
Athletic training requires abundant energy, vitality, and physical and emotional stability.

11) B
In 2005, the NATA revised code of ethics. “Members shall accept responsibility for the exercise of sound judgment” was removed.

12) C
The major concern of the athletic trainer should always be in the injured patient. It is essential to realize that decisions made by the physician, coach, and athletic trainer ultimately affect the athlete.

13) E
In reference to Focus Box 1-5, serving as the medical director for an accredited athletic training program is not a listed duty for the team physician or a requirement for a CAATE-accredited athletic training program.

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14) A
The coach is directly responsible for preventing injuries by seeing that athletes have undergone a preventive injury conditioning program. They must also ensure that sports equipment, especially protective equipment, is of the highest quality and is properly fitted.

15) C
As of 2020 California is the only state with no regulation for athletic trainers.

16) A
The Board of Certification's purpose is to provide a certification program for entry-level athletic trainers and recertification standards for certified athletic trainers.

17) A
Evidence-based practice is making decisions about the clinical care of individual patients based on the current best available evidence in the professional literature.

18) E
Among the different types of research, randomized controlled trials (meta-analyses and systematic reviews) are the most rigorous.

19) B
C stands for Comparison. When developing a PICO a comparison of the alternatives that might be used in the intervention should be completed.

20) C
The Cochrane Database of Systematic Reviews currently contains the largest database and is recommended that athletic trainers begin their search of systematic reviews here.

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