Athletic Training Exam Review - A Student Guide to Success 7th edition Van Ost Test Bank

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SAMPLE TEST QUESTIONS

1. A Q-angle of > 25 degrees may predispose a patient to what postural deviation?
   A. Excessive genu varus
   B. Excessive genu valgus
   C. Genu recurvatum
   D. Coxa valgus
   E. Coxa vara

2. What is the definition of power?
   A. Power = work x force
   B. Power = speed x distance
   C. Power = force x distance
   D. Power = work x velocity
   E. Power = work x distance

3. The pre-event meal should be planned by whom?
   A. The coach
   B. The athlete
   C. The athletic trainer
   D. A and B
   E. All of the above

4. All of the following conditions would disqualify a patient from athletic competition except:
   A. Renal disease
   B. Uncontrolled hypertension
   C. Acute mononucleosis
   D. The absence of one testicle
   E. HIV

5. During a preparticipation physical examination, what type of assessment should be utilized to document the maturity of an athlete's secondary sexual characteristics?
   A. Tanner's 5 stages of assessment
   B. HOPS assessment scale
   C. Glasgow scale
   D. Erickson's hierarchy
   E. Maslow's maturity scale

6. To prevent the feeling of sedation during the day while taking medications for allergic rhinitis, the athletic trainer should suggest the athlete not take which of the following medications until he or she is ready to go to bed?
   A. Expectorants
   B. Antihistamines
   C. Decongestants
   D. NSAIDs
   E. Antipyretic agents

7. It is well known that many athletes will utilize nutritional supplements in an effort to enhance performance. An athlete asks you to explain the action of an antioxidant. Which of the following best describes the role of an antioxidant?
   A. A nutrient that protects the cell from the detrimental effects of substances that may cause health problems, such as premature aging
   B. A mineral that is known to protect the body from cancer
   C. A vitamin that is known to protect the body from heart disease
   D. A substance that is found in vegetables and dairy products and prevents certain types of cancer and osteoporosis
   E. None of the above

8. There are 2 types of heel cups that are designed to help prevent heel bruises. Of these 2 heel cups, which has an elevated heel that can compress downward so that the heel never actually makes contact with the interior of the shoe?
   A. A rubberized padded cup
   B. A rigid plastic cup
   C. A jelly-filled cushion cup
   D. An air-filled cushion cup
   E. All of the above

9. All of the following are measures for preventing infectious diseases except:
   A. Appropriate diet, recovery time between workouts, and sleep
   B. Use individual water bottles, towels, uniforms, and personal equipment
   C. Frequent laundering of uniforms
   D. Use water to clean contaminated surfaces or equipment
   E. B and C

10. Which of the following is not a cause of a weight-training injury?
    A. The use of a "spotter"
    B. Barbell or platform defects
    C. Poor technique
    D. Not properly warming up before lifting weights
    E. C and D

11. Which of the following minerals decreases the risk of osteoporosis and increases the density of the bone?
    A. Zinc
    B. Folate
    C. Molybdenum
    D. Iron
    E. Calcium

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12. Which of the following statements is true about hypertrophic cardiomyopathy (HCM)?
    A. The incidence of sudden death from HCM is 2 to 3 times higher in children and adolescents than in adults
    B. The incidence of sudden death from HCM is 2 to 3 times higher in adults than in teenagers
    C. The incidence of sudden death from HCM is 4 to 6 times higher in Black males than in White males
    D. The incidence of sudden death from HCM is 4 to 6 times higher in males than females
    E. The incidence of sudden death from HCM is 4 to 6 times higher in females than males

13. Which test, if positive, is indicative of a torn posterior cruciate ligament?
    A. Sag sign
    B. Anterior drawer sign
    C. McMurray's sign
    D. Ober's sign
    E. Lachman's sign

14. A baseball player comes to see the athletic trainer and is complaining of diffuse pain, clicking, and a sensation of "slipping" of his right shoulder when throwing. What pathology might the athletic trainer suspect with this type of presentation?
    A. Torn rotator cuff
    B. Thrower's exostosis
    C. Acromioclavicular joint pathology
    D. Labral pathology
    E. Bicipital tendinitis

15. A patient is poked in the eye with a finger and comes to the athletic trainer for evaluation. The patient is having significant difficulty opening his eye. Which of the following muscles might have sustained an injury?
    A. Levator capitis inferioris
    B. Splenius capitis
    C. Levator palpebrae superioris
    D. Levator palpebrae orbitis
    E. Scalenes

16. You notice one of your gymnasts has lost a significant amount of weight over the past month. She is always concerned about her image when she discusses her performance with you. What might you suspect as the problem?
    A. Drug dependence
    B. Depression
    C. Narcissism
    D. Bipolar disease
    E. Anorexia nervosa

17. What is wrong with an athlete eating a 12- to 16-ounce steak, baked potato, scrambled eggs, and coffee with sugar 4 hours prior to an event?
    A. Coffee with sugar may take as long as 3 hours to metabolize
    B. The intestinal tract will be full at the time of competition because it is a large meal
    C. The athlete may be hungry 8 hours later after he or she competes
    D. Nothing; the pre-event meal should be at least 500 calories or more
    E. Nothing; the athlete should eat whatever makes him or her feel comfortable

18. A patient sustains a blunt trauma injury to the upper right quadrant of the abdomen. What structure might be injured in this area?
    A. Liver
    B. Gallbladder
    C. Spleen
    D. Pancreas
    E. Kidney

19. Which of the symptoms below are seen with acute mountain sickness?
    I. Insomnia
    II. Vomiting
    III. Shortness of breath with exertion
    IV. Headache
    V. Fatigue
    A. II, III, IV
    B. I, III, IV, V
    C. I, II, IV, V
    D. I, II, III, V
    E. II, III, IV

20. The rectus femoris muscle _____ and _____ when it contracts.
    A. Flexes the hip, externally rotates the hip
    B. Extends the hip, flexes the knee
    C. Flexes the knee, plantar flexes the ankle
    D. Flexes the hip, extends the knee
    E. Extends the hip, extends the knee

21. All of the following are controlled by the cranial nerves except:
    A. Vision
    B. Smell
    C. Tongue movement
    D. Cervical flexion
    E. Hearing

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1. During a preparticipation physical, a patient is diagnosed with myopia. What is this patient's problem?
   A. Double vision
   B. Farsightedness
   C. Blindness in one eye
   D. Nearsightedness
   E. None of the above

2. If it was determined that a 25-year-old patient should work at 80% of his maximal heart rate, what would be his target heart rate?
   A. 170 BPM
   B. 156 BPM
   C. 145 BPM
   D. 140 BPM
   E. 130 BPM

3. The NATA's position statement on exertional heat illness recommends which of the following?
   A. Ensure that the appropriate medical care is available and the rescue personnel are familiar with exertional heat illness prevention, recognition, and treatment
   B. Plan rest breaks to match environmental conditions and the intensity of the activity
   C. Weigh high-risk athletes (in high-risk conditions, weigh all athletes) before and after practice to estimate the amount of body water lost during practice and to ensure a return to prepractice weight before next practice
   D. Allow athletes to practice in shaded areas or use electric or cooling fans to circulate air when feasible
   E. All of the above

4. Which of the following can cause an indirect sports fatality?
   A. Contact sports
   B. A blow to the head
   C. Blunt chest trauma
   D. Rodeo riding
   E. Heat stroke

5. When using an ice pack at home to decrease pain and swelling of an injured limb, what should the athletic trainer recommend to the athlete to prevent a cryotherapy injury?
   A. Add acetone to the ice at a 3:1 ratio
   B. Keep the injured limb elevated while using ice
   C. Place a damp towel between the athlete's skin and the ice pack
   D. Leave the ice pack on the body part between 20 to 40 minutes at a time
   E. All of the above

6. What should the athletic trainer advise his or her athletes to do to minimize the negative effects of jet lag?
   A. Drink an adequate amount of fluids, especially water, to avoid dehydration
   B. Keep watches set to their "home" time zone
   C. Get up and go to bed 2 to 3 hours earlier for each time zone crossed
   D. Wear warm clothing to avoid getting cold while on the plane
   E. Get at least 8 hours of sleep at night the week before the flight

7. A torus fracture is the result of what kind of force?
   A. Shearing
   B. Traction
   C. Compressive
   D. Twisting
   E. Bending

8. "Counting the number of seconds from lightning flash until the sound of thunder divided by 5" describes the "flash-to-bang" method utilized by athletic trainers to roughly calculate which of the following?
   A. How far away thunder is occurring
   B. The amount of time before play is resumed
   C. How far away lightning is occurring
   D. The intensity of the thunder
   E. None of the above

9. A shoe with _____ and _____ cleats has been shown to reduce the risk of knee injuries.
   A. Longer, fewer
   B. Shorter, more
   C. Longer, more
   D. Shorter, fewer
   E. Longer, sharper

10. An athlete reports to you that another member of the women's gymnastics team has a recognizable problem with eating. She reports that the athlete binge eats, followed by self-induced vomiting. What is this athlete suffering from?
    A. Anorexia nervosa
    B. Amenorrhea
    C. Bulimia nervosa
    D. B and C
    E. None of the above

11. Which of the following is the most common type of cerebral palsy?
    A. Flaccid
    B. Spastic
    C. Dyskinetic
    D. Ataxic
    E. Atrophic

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12. The NATA's position statement on safe weight loss and maintenance practices in sport and exercise recommends the individual assessing body composition use a valid and reliable body composition assessment technique. These include all of the following except:
    A. Hydrodensitometry
    B. Air displacement plethysmography
    C. Skin-fold measurements
    D. Bioelectric impedance
    E. Doppler measurements

13. According to the NATA's position statement on anabolic-androgenic steroids, an athletic trainer can offer specific support to an athlete suspected of abusing anabolic-androgenic steroids (AAS) through all of the following means except:
    A. Building trust with athletes, coaches, and clients through consistent, year-round, evidence-based educational meetings and inservice sessions
    B. Avoiding unfounded scare tactics and hype concerning the negative consequences of AAS
    C. Being alert for excessive discussion about and focus on supplements and nutrition practices or self-education about AAS (ie, types, stacks, and cycles)
    D. Remaining attentive because AAS abusers are typically secretive and good at not getting caught; a passed drug screen does not prove AAS nonuse
    E. By supporting the athlete's self-esteem; it is important to compliment his or her physical appearance and strength gains as changes become evident

14. A type V Salter-Harris fracture involves what kind of fracture through the physeal plate?
    A. The epiphysis and metaphysis separate without fragmentation
    B. A crush injury to the epiphysis
    C. The epiphysis and metaphysis separate with fragmentation
    D. The epiphysis, metaphysis, and physis all separate from each other
    E. The metaphysis is separated with fragmentation

15. Changes in blood pressure may occur as a result of many factors. Two of these factors may include _____ and _____.
    A. Exercise, change in posture
    B. Change in posture, respiratory rate
    C. Level of consciousness, body size
    D. Respiratory rate, pH levels of the blood
    E. Change in mood, respiratory rate

16. Which of the following signs/symptoms are present in a depressed patient?
    A. Decreased appetite
    B. Insomnia
    C. Fatigue
    D. Feeling of hopelessness
    E. All of the above

17. A loss of water equaling what percent of body weight will begin to threaten athletic performances?
    A. 10% to 20%
    B. 0.5% to 1%
    C. 1% to 2%
    D. 1% to 1.5%
    E. 2% to 3%

18. All of the following parameters should be assessed when checking the neurovascular status of an injured limb except:
    A. Sensation
    B. The pulse distal to the injury
    C. Motor function
    D. Joint range of motion
    E. Atrophic changes

19. To test the function of the rhomboid major muscle, the athletic trainer should ask the patient to perform what movement?
    A. Scapular retraction
    B. Shoulder internal rotation
    C. Scapular protraction
    D. Shoulder shrug
    E. Shoulder external rotation

20. During digestion, food passes through the small intestine as it is being broken down into smaller components. Which area of the small intestine does it pass through first?
    A. Ileum
    B. Esophagus
    C. Jejunum
    D. Cecum
    E. Duodenum

21. What position should the patient's shoulder be in to manually muscle test the deltoids?
    A. Abducted to 0 degrees and externally rotated to 45 degrees
    B. Abducted to 90 degrees
    C. Flexed with the palm down
    D. Extended with the palm up
    E. Extended with the palm down

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