

(These items were developed by teachers for the Technical Skills Assessment. Below is a sample item for each program standard.)

Question 1 of 10

A patient fractured her fibula and the physician prescribes the patient to use crutches with a three-point gait. What acronym is used in her medical record for this instruction?

- A) DWB
- B) PWB
- C) NWB
- D) WB

Question 2 of 10

The action of running down the soccer field is controlled by what PART of the nervous system?

- A) Autonomic
- B) Parasympathetic
- C) Sympathetic
- D) Somatic

Question 3 of 10

Which exercise is an open-chain exercise that isolates the quadriceps muscles?

- A) Lunges
- B) Leg extensions
- C) Leg press
- D) Squats

Question 4 of 10

Which situation would NOT require wearing gloves?

- A) Applying antiseptic to wound
- B) Taping an ankle
- C) Lancing blisters
- D) Cleaning vomit from the floor

Question 5 of 10

What is the normal resting pulse range for an average adult?

- A) 60-100 bpm
- B) 40-60 bpm
- C) 90-120 bpm
- D) 110-150 bpm

Question 6 of 10

Which is NOT a common cause of medial tibial stress syndrome?

- A) Change of surface
- B) Improper footwear
- C) Pes planus
- D) Static stretching

Question 7 of 10

Which type of muscle contraction is appropriate for an athlete with an immobilized injury?

- A) Concentric
- B) Eccentric
- C) Isometric
- D) Isokinetic

Question 8 of 10

Which treatment is INAPPROPRIATE for an acute compartment syndrome?

- A) Compression
- B) Ice
- C) Rest
- D) Elevation

Question 9 of 10

What behavior is exhibited by an athlete with Bulimia Nervosa?

- A) Avoiding food
- B) Binging and purging
- C) Consuming food from one food group
- D) Eating a well balanced diet

Question 10 of 10

What is the BEST resource for current information about evidence-based research?

- A) College textbooks
- B) National newspapers
- C) Peer-reviewed journals
- D) Web searches

Sports Medicine and Rehabilitation Sample Test Answer Key

Question	Answer
1.	B
2.	D
3.	B
4.	B
5.	A
6.	D
7.	C
8.	A
9.	B
10.	C