

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

**Question 1 of 10**

Medical professionals use SOAP notes. What is SOAP?

- ☐ A) Subjective, Observation, Assessment, Plan
- ☐ B) Subjective, Objective, Assessment, Plan
- ☐ C) Subjective, Objective, Assessment, Participation
- ☐ D) Special test, Objective, Assessment, Plan

**Question 2 of 10**

What cranial nerve is associated with the sense of smell?

- ☐ A) Optic
- ☐ B) Trochlear
- ☐ C) Vagus
- ☐ D) Olfactory

**Question 3 of 10**

Which exercise is an open-chain exercise that isolates the quadricep 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 structure is most likely damaged if an athlete is complaining of medial knee pain after being hit on the lateral aspect of the knee?

- ☐ A) LCL
- ☐ B) PCL
- ☐ C) ACL
- ☐ D) MCL

#### 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) Textbooks
- ☐ B) Social media
- ☐ C) Peer-reviewed research journals
- ☐ D) Wikipedia

## 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