c2

*Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. | A storage facility should be at least:      |  |  | | --- | --- | | A. | 60-80 square feet |  |  |  | | --- | --- | | B. | 80-100 square feet |  |  |  | | --- | --- | | C. | 100-120 square feet |  |  |  | | --- | --- | | D. | 120-140 square feet | |

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| 2. | All of the following should be elements of a hydrotherapy area **EXCEPT**:      |  |  | | --- | --- | | A. | GFI for the outlets to prevent electrical shock |  |  |  | | --- | --- | | B. | All electrical outlets should be placed 4-5 feet above the floor |  |  |  | | --- | --- | | C. | Floors sloped toward drain |  |  |  | | --- | --- | | D. | 4-5 whirlpool baths to provide both hot and cold whirlpools | |

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| 3. | OSHA stands for:      |  |  | | --- | --- | | A. | Occupational Safety and Housing Administration |  |  |  | | --- | --- | | B. | Organization for Safety and Health Administration |  |  |  | | --- | --- | | C. | Occupational Safety and Health Administration |  |  |  | | --- | --- | | D. | Organization for Standards on Health Administration | |

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| 4. | Which of the following are expendable supplies?      |  |  | | --- | --- | | A. | TENS units, tape, massage lotion |  |  |  | | --- | --- | | B. | Tape, massage lotion, bandages |  |  |  | | --- | --- | | C. | Isokinetic machines, ice machines, crutches |  |  |  | | --- | --- | | D. | TENS units, ultrasound units | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. | The primary purpose of a pre-participation health exam is to:      |  |  | | --- | --- | | A. | Identify whether an athlete is at risk before he/she participates |  |  |  | | --- | --- | | B. | Determine body fat percentages for coaches |  |  |  | | --- | --- | | C. | Reveal qualifying conditions |  |  |  | | --- | --- | | D. | Satisfy insurance and liability issues | |

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| 6. | When ordering expensive supplies it is important to have vendors quote prices before making a decision. This is known as:      |  |  | | --- | --- | | A. | Direct buy |  |  |  | | --- | --- | | B. | Competitive bidding |  |  |  | | --- | --- | | C. | Lease agreement |  |  |  | | --- | --- | | D. | Expendable purchase | |

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| 7. | Which of the following is the most expedient method of making a maturity assessment?      |  |  | | --- | --- | | A. | Skeletal assessment |  |  |  | | --- | --- | | B. | Dental assessment |  |  |  | | --- | --- | | C. | Secondary sexual characteristic assessment |  |  |  | | --- | --- | | D. | Muscular assessment | |

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| 8. | The most crucial stage in maturity is the stage because of.      |  |  | | --- | --- | | A. | 2nd, growth plate weakness |  |  |  | | --- | --- | | B. | 3rd, increased speed of bone growth |  |  |  | | --- | --- | | C. | 4th, increased speed of bone growth |  |  |  | | --- | --- | | D. | 3 rd, decreased tendon strength | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. | The purpose of having a personal information card on each athlete is to record:      |  |  | | --- | --- | | A. | Injury evaluation |  |  |  | | --- | --- | | B. | Treatment |  |  |  | | --- | --- | | C. | Family and insurance information |  |  |  | | --- | --- | | D. | Future treatment plans | |

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| 10. | SOAP is an acronym for:      |  |  | | --- | --- | | A. | Subjective, Observation, Assessment, Plan |  |  |  | | --- | --- | | B. | Special tests, Objective, Attitude, Plan |  |  |  | | --- | --- | | C. | Subjective, Objective, Assessment, Participation |  |  |  | | --- | --- | | D. | Subjective, Objective, Assessment, Plan | |

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| 11. | Which of the following areas of the pre-participation exam includes the assessment of height, weight, and body composition?      |  |  | | --- | --- | | A. | Medical History |  |  |  | | --- | --- | | B. | Wellness Screening |  |  |  | | --- | --- | | C. | Maturity Assessment |  |  |  | | --- | --- | | D. | Physical Examination | |

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| 12. | Which of the following people can perform a Snellen test?      |  |  | | --- | --- | | A. | Athletic Training Student |  |  |  | | --- | --- | | B. | Certified Athletic Trainer |  |  |  | | --- | --- | | C. | Physician |  |  |  | | --- | --- | | D. | All of the above | |

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| 13. | What is the cause of the most indirect sports-related deaths?      |  |  | | --- | --- | | A. | Trunk or chest impact |  |  |  | | --- | --- | | B. | Heatstroke |  |  |  | | --- | --- | | C. | Concussion |  |  |  | | --- | --- | | D. | Spinal injury | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 14. | The athletic trainer's office should be at least \_\_\_\_\_\_\_\_\_.      |  |  | | --- | --- | | A. | 10 feet by 12 feet |  |  |  | | --- | --- | | B. | 12 feet by 14 feet |  |  |  | | --- | --- | | C. | 14 feet by 16 feet |  |  |  | | --- | --- | | D. | 16 feet by 18 feet | |

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| 15. | The purpose of the "duck walk" during the orthopedic screening is:      |  |  | | --- | --- | | A. | To test deltoid strength |  |  |  | | --- | --- | | B. | To test the integrity of the lumbar spine |  |  |  | | --- | --- | | C. | To check for knee effusion |  |  |  | | --- | --- | | D. | To test the hip, knee, and ankle at the same time | |

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| 16. | An unplanned event capable of resulting in loss of time and property damage is known as a(n):      |  |  | | --- | --- | | A. | Injury |  |  |  | | --- | --- | | B. | Intrinsic factor |  |  |  | | --- | --- | | C. | Accident |  |  |  | | --- | --- | | D. | Extrinsic factor | |

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| 17. | Which of the following is an example of nonconsumable capital equipment?      |  |  | | --- | --- | | A. | Scissors |  |  |  | | --- | --- | | B. | First aid supplies |  |  |  | | --- | --- | | C. | Crutches |  |  |  | | --- | --- | | D. | Isokinetic machines | |

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| 18. | Which of the following conditions does **NOT** indicate a possible medical disqualification from collision/contact sports?      |  |  | | --- | --- | | A. | Diabetes |  |  |  | | --- | --- | | B. | Mononucleosis |  |  |  | | --- | --- | | C. | Enlarged liver |  |  |  | | --- | --- | | D. | A loss of one kidney | |

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| 19. | Touching ones toes with straight knees test all of the following **EXCEPT**:      |  |  | | --- | --- | | A. | Scoliosis |  |  |  | | --- | --- | | B. | Hip Motion |  |  |  | | --- | --- | | C. | Hamstring Tightness |  |  |  | | --- | --- | | D. | Leg Strength | |

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| 20. | During an orthopedic assessment, shrugging the shoulders tests:      |  |  | | --- | --- | | A. | The deltoid muscle |  |  |  | | --- | --- | | B. | The upper trapezius muscle |  |  |  | | --- | --- | | C. | Shoulder range of motion |  |  |  | | --- | --- | | D. | Cervical spine range of motion | |

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| 21. | The law that protects the privacy of student educational records and in some instances medical records is known as:      |  |  | | --- | --- | | A. | HIPAA |  |  |  | | --- | --- | | B. | OSHA |  |  |  | | --- | --- | | C. | PHI |  |  |  | | --- | --- | | D. | FERPA | |

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| 22. | Which of the following are components of an individual's medical history?      |  |  | | --- | --- | | A. | Family history |  |  |  | | --- | --- | | B. | Social history |  |  |  | | --- | --- | | C. | Surgical history |  |  |  | | --- | --- | | D. | All of the above | |

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| 23. | Which of the following is not part of the assessment of general health maintenance?      |  |  | | --- | --- | | A. | Questions about skin care |  |  |  | | --- | --- | | B. | Questions about dental hygiene |  |  |  | | --- | --- | | C. | Questions about sleep habits |  |  |  | | --- | --- | | D. | Questions about surgical history | |

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| 24. | The components of a pre-participation exam include: a medical history, a physical examination, a maturity assessment, a cardiovascular screening, an orthopedic screening, and a wellness screening.    True    False |

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| 25. | The athlete who has lost one of a paired organ should have no sport participation restrictions.    True    False |

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| 26. | The athletic trainer may release medical information to only the coach, the team physician, and the player's teammates.    True    False |

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| 27. | For security purposes, athletic training students at the high school should not be given keys to the athletic training room.    True    False |

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| 28. | When considering who is served by an athletic training facility, it is important to consult school liability insurance to determine who may be treated.    True    False |

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| 29. | An injury database of medical records should be accessible to all student athletic trainers so they can update records on a regular basis.    True    False |

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| 30. | An extrinsic factor refers to the type of activity performed, amount of exposure to injury, environment and equipment.    True    False |

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| 31. | An annual report serves to analyze the number of supplies used and how many to order for the following year.    True    False |

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| 32. | Everyone should have access to the athletic trainer's office to allow for necessary availability of medical records.    True    False |

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| 33. | It is important to have defined rules to maintain cleanliness and order in the athletic training room.    True    False |

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| 34. | Because of the Americans with Disabilities Act, a physician cannot legally disqualify athletes from competition.    True    False |

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| 35. | With the computer age, record-keeping software programs are making completing paperwork for the athletic trainer more efficient.    True    False |

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| 36. | The highest incidence of indirect sports death is caused by cardiovascular abnormalities.    True    False |

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| 37. | NCAA Division I athletes may sign a waiver to avoid participating in mandatory sickle cell trait testing.    True    False |

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| 38. | A patient file management system should not have security features that control access.    True    False |

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| 39. | Discuss the components and the importance of the pre-participation exam. |

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| 40. | Describe how the computer can be a useful tool in the athletic training room. |

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| 41. | Name two organizations that are responsible for collecting injury data and discuss the roles of each. |

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| 42. | Describe the types of record keeping that are necessary for efficient training room operation. |

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| 43. | Describe the different areas that must be included in the athletic training room and draw a layout of those areas. |

c2 Key

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| 1. | A storage facility should be at least:      |  |  | | --- | --- | | A. | 60-80 square feet |  |  |  | | --- | --- | | **B.** | 80-100 square feet |  |  |  | | --- | --- | | C. | 100-120 square feet |  |  |  | | --- | --- | | D. | 120-140 square feet | |

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| *Difficulty: Moderate Prentice - Chapter 02 #1 Type: Knowledge* |

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| 2. | All of the following should be elements of a hydrotherapy area **EXCEPT**:      |  |  | | --- | --- | | A. | GFI for the outlets to prevent electrical shock |  |  |  | | --- | --- | | B. | All electrical outlets should be placed 4-5 feet above the floor |  |  |  | | --- | --- | | C. | Floors sloped toward drain |  |  |  | | --- | --- | | **D.** | 4-5 whirlpool baths to provide both hot and cold whirlpools | |

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| *Difficulty: Moderate Prentice - Chapter 02 #2 Type: Knowledge* |

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| 3. | OSHA stands for:      |  |  | | --- | --- | | A. | Occupational Safety and Housing Administration |  |  |  | | --- | --- | | B. | Organization for Safety and Health Administration |  |  |  | | --- | --- | | **C.** | Occupational Safety and Health Administration |  |  |  | | --- | --- | | D. | Organization for Standards on Health Administration | |

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| *Difficulty: Easy Prentice - Chapter 02 #3 Type: Knowledge* |

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| 4. | Which of the following are expendable supplies?      |  |  | | --- | --- | | A. | TENS units, tape, massage lotion |  |  |  | | --- | --- | | **B.** | Tape, massage lotion, bandages |  |  |  | | --- | --- | | C. | Isokinetic machines, ice machines, crutches |  |  |  | | --- | --- | | D. | TENS units, ultrasound units | |

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| *Difficulty: Easy Prentice - Chapter 02 #4 Type: Knowledge* |

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| 5. | The primary purpose of a pre-participation health exam is to:      |  |  | | --- | --- | | **A.** | Identify whether an athlete is at risk before he/she participates |  |  |  | | --- | --- | | B. | Determine body fat percentages for coaches |  |  |  | | --- | --- | | C. | Reveal qualifying conditions |  |  |  | | --- | --- | | D. | Satisfy insurance and liability issues | |

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| *Difficulty: Moderate Prentice - Chapter 02 #5 Type: Knowledge* |

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| 6. | When ordering expensive supplies it is important to have vendors quote prices before making a decision. This is known as:      |  |  | | --- | --- | | A. | Direct buy |  |  |  | | --- | --- | | **B.** | Competitive bidding |  |  |  | | --- | --- | | C. | Lease agreement |  |  |  | | --- | --- | | D. | Expendable purchase | |

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| *Difficulty: Moderate Prentice - Chapter 02 #6 Type: Knowledge* |

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| 7. | Which of the following is the most expedient method of making a maturity assessment?      |  |  | | --- | --- | | A. | Skeletal assessment |  |  |  | | --- | --- | | B. | Dental assessment |  |  |  | | --- | --- | | **C.** | Secondary sexual characteristic assessment |  |  |  | | --- | --- | | D. | Muscular assessment | |

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| *Difficulty: Moderate Prentice - Chapter 02 #7 Type: Knowledge* |

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| 8. | The most crucial stage in maturity is the stage because of.      |  |  | | --- | --- | | A. | 2nd, growth plate weakness |  |  |  | | --- | --- | | **B.** | 3rd, increased speed of bone growth |  |  |  | | --- | --- | | C. | 4th, increased speed of bone growth |  |  |  | | --- | --- | | D. | 3 rd, decreased tendon strength | |

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| *Difficulty: Difficult Prentice - Chapter 02 #8 Type: Knowledge* |

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| 9. | The purpose of having a personal information card on each athlete is to record:      |  |  | | --- | --- | | A. | Injury evaluation |  |  |  | | --- | --- | | B. | Treatment |  |  |  | | --- | --- | | **C.** | Family and insurance information |  |  |  | | --- | --- | | D. | Future treatment plans | |

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| *Difficulty: Moderate Prentice - Chapter 02 #9 Type: Knowledge* |

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| 10. | SOAP is an acronym for:      |  |  | | --- | --- | | A. | Subjective, Observation, Assessment, Plan |  |  |  | | --- | --- | | B. | Special tests, Objective, Attitude, Plan |  |  |  | | --- | --- | | C. | Subjective, Objective, Assessment, Participation |  |  |  | | --- | --- | | **D.** | Subjective, Objective, Assessment, Plan | |

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| *Difficulty: Easy Prentice - Chapter 02 #10 Type: Knowledge* |

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| 11. | Which of the following areas of the pre-participation exam includes the assessment of height, weight, and body composition?      |  |  | | --- | --- | | A. | Medical History |  |  |  | | --- | --- | | B. | Wellness Screening |  |  |  | | --- | --- | | C. | Maturity Assessment |  |  |  | | --- | --- | | **D.** | Physical Examination | |

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| *Difficulty: Moderate Prentice - Chapter 02 #11 Type: Knowledge* |

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| 12. | Which of the following people can perform a Snellen test?      |  |  | | --- | --- | | A. | Athletic Training Student |  |  |  | | --- | --- | | B. | Certified Athletic Trainer |  |  |  | | --- | --- | | C. | Physician |  |  |  | | --- | --- | | **D.** | All of the above | |

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| *Difficulty: Moderate Prentice - Chapter 02 #12 Type: Knowledge* |

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| 13. | What is the cause of the most indirect sports-related deaths?      |  |  | | --- | --- | | A. | Trunk or chest impact |  |  |  | | --- | --- | | **B.** | Heatstroke |  |  |  | | --- | --- | | C. | Concussion |  |  |  | | --- | --- | | D. | Spinal injury | |

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| *Difficulty: Moderate Prentice - Chapter 02 #13 Type: Knowledge* |

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| 14. | The athletic trainer's office should be at least \_\_\_\_\_\_\_\_\_.      |  |  | | --- | --- | | **A.** | 10 feet by 12 feet |  |  |  | | --- | --- | | B. | 12 feet by 14 feet |  |  |  | | --- | --- | | C. | 14 feet by 16 feet |  |  |  | | --- | --- | | D. | 16 feet by 18 feet | |

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| *Difficulty: Easy Prentice - Chapter 02 #14 Type: Knowledge* |

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| 15. | The purpose of the "duck walk" during the orthopedic screening is:      |  |  | | --- | --- | | A. | To test deltoid strength |  |  |  | | --- | --- | | B. | To test the integrity of the lumbar spine |  |  |  | | --- | --- | | C. | To check for knee effusion |  |  |  | | --- | --- | | **D.** | To test the hip, knee, and ankle at the same time | |

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| *Difficulty: Moderate Prentice - Chapter 02 #15 Type: Application* |

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| 16. | An unplanned event capable of resulting in loss of time and property damage is known as a(n):      |  |  | | --- | --- | | A. | Injury |  |  |  | | --- | --- | | B. | Intrinsic factor |  |  |  | | --- | --- | | **C.** | Accident |  |  |  | | --- | --- | | D. | Extrinsic factor | |

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| *Difficulty: Easy Prentice - Chapter 02 #16 Type: Knowledge* |

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| 17. | Which of the following is an example of nonconsumable capital equipment?      |  |  | | --- | --- | | A. | Scissors |  |  |  | | --- | --- | | B. | First aid supplies |  |  |  | | --- | --- | | C. | Crutches |  |  |  | | --- | --- | | **D.** | Isokinetic machines | |

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| *Difficulty: Moderate Prentice - Chapter 02 #17 Type: Knowledge* |

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| 18. | Which of the following conditions does **NOT** indicate a possible medical disqualification from collision/contact sports?      |  |  | | --- | --- | | **A.** | Diabetes |  |  |  | | --- | --- | | B. | Mononucleosis |  |  |  | | --- | --- | | C. | Enlarged liver |  |  |  | | --- | --- | | D. | A loss of one kidney | |

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| *Difficulty: Difficult Prentice - Chapter 02 #18 Type: Knowledge* |

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| 19. | Touching ones toes with straight knees test all of the following **EXCEPT**:      |  |  | | --- | --- | | A. | Scoliosis |  |  |  | | --- | --- | | B. | Hip Motion |  |  |  | | --- | --- | | C. | Hamstring Tightness |  |  |  | | --- | --- | | **D.** | Leg Strength | |

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| *Difficulty: Difficult Prentice - Chapter 02 #19 Type: Application* |

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| 20. | During an orthopedic assessment, shrugging the shoulders tests:      |  |  | | --- | --- | | A. | The deltoid muscle |  |  |  | | --- | --- | | **B.** | The upper trapezius muscle |  |  |  | | --- | --- | | C. | Shoulder range of motion |  |  |  | | --- | --- | | D. | Cervical spine range of motion | |

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| *Difficulty: Difficult Prentice - Chapter 02 #20 Type: Application* |

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| 21. | The law that protects the privacy of student educational records and in some instances medical records is known as:      |  |  | | --- | --- | | A. | HIPAA |  |  |  | | --- | --- | | B. | OSHA |  |  |  | | --- | --- | | C. | PHI |  |  |  | | --- | --- | | **D.** | FERPA | |

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| *Difficulty: Easy Prentice - Chapter 02 #21 Type: Knowledge* |

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| 22. | Which of the following are components of an individual's medical history?      |  |  | | --- | --- | | A. | Family history |  |  |  | | --- | --- | | B. | Social history |  |  |  | | --- | --- | | C. | Surgical history |  |  |  | | --- | --- | | **D.** | All of the above | |

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| *Difficulty: Easy Prentice - Chapter 02 #22 Type: Knowledge* |

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| 23. | Which of the following is not part of the assessment of general health maintenance?      |  |  | | --- | --- | | A. | Questions about skin care |  |  |  | | --- | --- | | B. | Questions about dental hygiene |  |  |  | | --- | --- | | C. | Questions about sleep habits |  |  |  | | --- | --- | | **D.** | Questions about surgical history | |

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| *Difficulty: Easy Prentice - Chapter 02 #23 Type: Knowledge* |

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| 24. | The components of a pre-participation exam include: a medical history, a physical examination, a maturity assessment, a cardiovascular screening, an orthopedic screening, and a wellness screening.    **TRUE** |

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| *Difficulty: Easy Prentice - Chapter 02 #24 Type: Knowledge* |

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| 25. | The athlete who has lost one of a paired organ should have no sport participation restrictions.    **FALSE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #25 Type: Knowledge* |

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| 26. | The athletic trainer may release medical information to only the coach, the team physician, and the player's teammates.    **FALSE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #26 Type: Knowledge* |

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| 27. | For security purposes, athletic training students at the high school should not be given keys to the athletic training room.    **TRUE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #27 Type: Knowledge* |

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| 28. | When considering who is served by an athletic training facility, it is important to consult school liability insurance to determine who may be treated.    **TRUE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #28 Type: Application* |

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| 29. | An injury database of medical records should be accessible to all student athletic trainers so they can update records on a regular basis.    **FALSE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #29 Type: Knowledge* |

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| 30. | An extrinsic factor refers to the type of activity performed, amount of exposure to injury, environment and equipment.    **TRUE** |

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| *Difficulty: Easy Prentice - Chapter 02 #30 Type: Knowledge* |

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| 31. | An annual report serves to analyze the number of supplies used and how many to order for the following year.    **TRUE** |

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| *Difficulty: Easy Prentice - Chapter 02 #31 Type: Knowledge* |

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| 32. | Everyone should have access to the athletic trainer's office to allow for necessary availability of medical records.    **FALSE** |

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| *Difficulty: Easy Prentice - Chapter 02 #32 Type: Knowledge* |

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| 33. | It is important to have defined rules to maintain cleanliness and order in the athletic training room.    **TRUE** |

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| *Difficulty: Easy Prentice - Chapter 02 #33 Type: Knowledge* |

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| 34. | Because of the Americans with Disabilities Act, a physician cannot legally disqualify athletes from competition.    **TRUE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #34 Type: Knowledge* |

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| 35. | With the computer age, record-keeping software programs are making completing paperwork for the athletic trainer more efficient.    **TRUE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #35 Type: Knowledge* |

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| 36. | The highest incidence of indirect sports death is caused by cardiovascular abnormalities.    **FALSE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #36 Type: Knowledge* |

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| 37. | NCAA Division I athletes may sign a waiver to avoid participating in mandatory sickle cell trait testing.    **TRUE** |

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| *Difficulty: Moderate Prentice - Chapter 02 #37 Type: Knowledge* |

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| 38. | A patient file management system should not have security features that control access.    **FALSE** |

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| *Difficulty: Easy Prentice - Chapter 02 #38 Type: Knowledge* |

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| 39. | Discuss the components and the importance of the pre-participation exam.     Answers will vary |

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| *Prentice - Chapter 02 #39* |

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| 40. | Describe how the computer can be a useful tool in the athletic training room.     Answers will vary |

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| *Prentice - Chapter 02 #40* |

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| 41. | Name two organizations that are responsible for collecting injury data and discuss the roles of each.     Answers will vary |

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| *Prentice - Chapter 02 #41* |

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| 42. | Describe the types of record keeping that are necessary for efficient training room operation.     Answers will vary |

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| *Prentice - Chapter 02 #42* |

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| 43. | Describe the different areas that must be included in the athletic training room and draw a layout of those areas.     Answers will vary |

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| *Prentice - Chapter 02 #43* |

c2 Summary

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| *Category* | *# of Questions* |
| Difficulty: Difficult | 4 |
| Difficulty: Easy | 14 |
| Difficulty: Moderate | 20 |
| Prentice - Chapter 02 | 43 |
| Type: Application | 4 |
| Type: Knowledge | 34 |