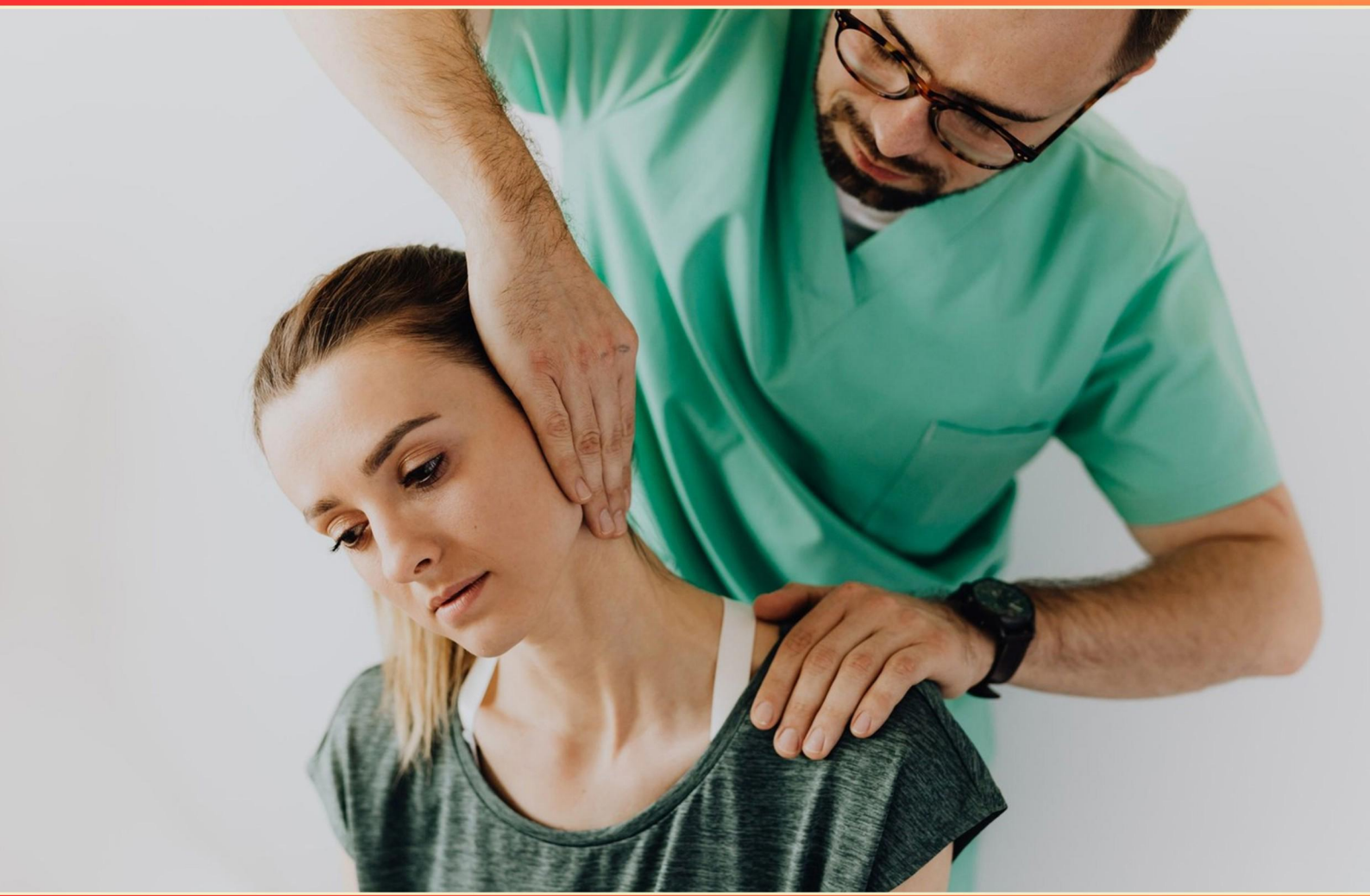
FUNCTIONAL MOVEMENT SCREEN (FMS) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. When considering total scores on FMS, which statement is true?

A. Only the highest score is recorded

B. Only the lowest score is recorded

C. All scores are averaged

D. All scores are summed

2. The concept of the kinetic link model suggests that joints must be stabilized starting from which area?

A. Distal joints of the limbs

B. Proximal joints in the spine

C. The head and neck region

D. The hands and feet

3. When is the rotary stability clearing exam performed?

A. At the beginning of the test

B. At the end of the rotary stability test

C. After the trunk stability push-up test

D. During the assessment of straight leg raises

4. Which muscles are primarily involved in trunk stability tests?

A. Upper and lower back muscles

B. Core muscles, including abdominals

C. Leg muscles such as quadriceps

D. Shoulder stabilizers

5. What could a clinician deduce if an individual cannot point their elbow upward during the clearing exam?

A. They are likely dehydrated

B. They might have underlying shoulder dysfunction

C. They are untrained in physical activities

D. They have an unrelated knee issue

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6. What FMS test evaluates multi-plane trunk stability during arm and leg movements?

A. Trunk stability push-up

B. Rotary stability

C. Active straight leg raise

D. Shoulder mobility

7. What scoring system is used in the FMS?

A. A scoring system from 1 to 5

B. A scoring system from 0 to 3

C. A scoring system from 0 to 10

D. A scoring system from 0 to 5

8. What does a score of 14 or higher generally indicate?

A. The individual is injury-prone

B. The individual has a lower risk of injury

C. The individual requires immediate intervention

D. The individual is performing at an elite level

9. How should practitioners use the FMS data to enhance performance?

A. By using FMS results alone for training

B. By combining FMS results with other assessments for a comprehensive training plan

C. By focusing only on strength building

D. By sharing results without follow-up

10. During development, proprioceptor maturity in infants occurs from which direction?

A. Distal to proximal

B. Proximal to distal

C. Medial to lateral

D. Anterior to posterior

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Answers

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1. B
2. B
3. B
4. B
5. B
6. B
7. B
8. B
9. B
10. B

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Explanations

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1. When considering total scores on FMS, which statement is true?

A. Only the highest score is recorded

B. Only the lowest score is recorded

C. All scores are averaged

D. All scores are summed

When evaluating total scores on the Functional Movement Screen (FMS), the correct approach involves summing all the scores from the individual movement patterns assessed during the screening process. Each of the seven tests is scored based on performance, and the total is derived from these individual scores. By summing the scores, a comprehensive overview of a person's movement quality is obtained, making it easier to identify areas of strength and those needing improvement. This method allows for a better understanding of the overall movement competency rather than focusing on just the best or worst performance, which may not accurately reflect an individual's functional capabilities. A single highest score or a lowest score would not provide a complete picture of movement quality since it could overlook significant deficits or strengths in various other movements. Averaging scores might not accurately represent the overall performance as well, since it could result in a misleading interpretative framework that fails to highlight critical limitations or competencies. Therefore, summing all the scores is the most effective way to assess and interpret the FMS total score.

2. The concept of the kinetic link model suggests that joints must be stabilized starting from which area?

A. Distal joints of the limbs

B. Proximal joints in the spine

C. The head and neck region

D. The hands and feet

The kinetic link model emphasizes the importance of proximal stabilization, particularly starting from the proximal joints in the spine. This is because the spine serves as the central axis for the body, facilitating coordinated movement and force transfer throughout the kinetic chain. Proper stabilization at the spinal region is crucial for maintaining posture, balance, and effective motion. When proximal joints are stabilized, they create a stable base from which distal joints can operate effectively, ensuring that movements are both efficient and powerful. In this model, the spine not only supports the upper body's movements but also influences how forces are transmitted to the limbs, thereby impacting overall functional performance. Therefore, establishing stability in this central area allows for better integration of movement across the various segments of the body, which can ultimately enhance athletic performance and reduce the risk of injury.

3. When is the rotary stability clearing exam performed?

A. At the beginning of the test

B. At the end of the rotary stability test

C. After the trunk stability push-up test

D. During the assessment of straight leg raises

The rotary stability clearing exam is performed at the end of the rotary stability test to ensure that the individual demonstrates proper movement patterns and stability during the assessment. This clearing exam is essential for identifying any compensatory movements or dysfunctions that may arise during the rotary stability test, which could indicate potential limitations or injuries. By placing the clearing exam at the end of this test, practitioners can effectively assess and confirm the individual's ability to stabilize and coordinate movement through the core and limbs, following the challenges posed during the rotary stability evaluation. This approach ultimately contributes to a comprehensive understanding of the individual's movement quality and readiness for physical activity.

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4. Which muscles are primarily involved in trunk stability tests?

A. Upper and lower back muscles

B. Core muscles, including abdominals

C. Leg muscles such as quadriceps

D. Shoulder stabilizers

The core muscles, including the abdominals, play a critical role in trunk stability tests. These tests are designed to assess the ability of the core to maintain proper alignment and stability of the spine and pelvis during various movements. The abdominal muscles, along with the obliques and transverse abdominis, are essential for stabilizing the trunk, providing support during dynamic movements, and preventing excessive movement or compensation from other areas of the body. A strong and stable core is necessary not only for balance and proprioception but also for generating and transferring forces effectively during physical activities. In trunk stability assessments, the focus is specifically on how these muscles engage and activate to maintain stability, which is why they are directly identified as the primary contributors to this aspect of functional movement.

5. What could a clinician deduce if an individual cannot point their elbow upward during the clearing exam?

A. They are likely dehydrated

B. They might have underlying shoulder dysfunction

C. They are untrained in physical activities

D. They have an unrelated knee issue

If an individual cannot point their elbow upward during the clearing exam, it suggests potential underlying shoulder dysfunction. In the context of the clearing exam, the motion of pointing the elbow upward involves coordination and mobility of both the shoulder and the elbow joints. Difficulty in achieving this movement can indicate that there may be restrictions or imbalances at the shoulder that could affect overall upper limb mobility and function. Clarifying this motion can help identify whether the issue is related specifically to the shoulder joint or to the surrounding musculature, including issues such as rotator cuff problems, shoulder impingement, or other musculoskeletal conditions. Recognizing these underlying issues is crucial for developing a targeted intervention strategy to address the possible dysfunction.

6. What FMS test evaluates multi-plane trunk stability during arm and leg movements?

A. Trunk stability push-up

B. Rotary stability

C. Active straight leg raise

D. Shoulder mobility

The test that evaluates multi-plane trunk stability during arm and leg movements is the Rotary Stability test. This assessment specifically focuses on how well the body can stabilize the trunk while performing coordinated movements of the arms and legs in different planes. The test involves extending one arm and the opposite leg while maintaining balance, thus challenging the core and trunk stability as it engages multiple muscle groups required for effective coordination and balance. This ability to stabilize the trunk and effectively control movements is crucial in various athletic and functional activities, making this test important for identifying potential weaknesses in overall stability. The nature of the movements in the Rotary Stability test emphasizes the dynamic interaction between the upper and lower body, which is key in assessing the stability of the trunk during multi-directional movements.

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7. What scoring system is used in the FMS?

A. A scoring system from 1 to 5

B. A scoring system from 0 to 3

C. A scoring system from 0 to 10

D. A scoring system from 0 to 5

The scoring system used in the Functional Movement Screen (FMS) is designed to evaluate an individual's movement patterns effectively and provide a standardized method to assess functional movement quality. The system ranges from 0 to 3 for each specific test within the FMS. Scores indicate the level of performance as follows: a score of 0 denotes a movement pattern that is painful or unsafe, a score of 1 indicates that the individual cannot perform the movement pattern correctly, a score of 2 reflects the ability to execute the movement with some compensatory patterns, and a score of 3 signifies that the movement is executed correctly, demonstrating optimal performance without compensations. This clear and precise scoring method allows for consistent communication among practitioners and aids in identifying areas for improvement in an individual's functional movement patterns. By relying on this 0 to 3 scale, practitioners can accurately document movement deficiencies and monitor progress over time.

8. What does a score of 14 or higher generally indicate?

A. The individual is injury-prone

B. The individual has a lower risk of injury

C. The individual requires immediate intervention

D. The individual is performing at an elite level

A score of 14 or higher on the Functional Movement Screen (FMS) typically indicates that the individual has a lower risk of injury. This score reflects that the individual has demonstrated sufficient movement patterns and stability across the various screens, which are designed to assess fundamental movement quality. A higher score suggests that the individual can perform body movements with better control and efficiency, reducing the likelihood of compensatory patterns that can lead to injury. In the context of the FMS, achieving a score above this threshold suggests that the individual is not only functional but also possesses a certain level of readiness for physical activity or sports, showing a baseline of quality movement that is essential for injury prevention. This understanding is vital for practitioners assessing athletes or individuals to tailor appropriate training regimens and interventions when necessary.

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9. How should practitioners use the FMS data to enhance performance?

A. By using FMS results alone for training

B. By combining FMS results with other assessments for a comprehensive training plan

C. By focusing only on strength building

D. By sharing results without follow-up

The choice of combining FMS results with other assessments for a comprehensive training plan is crucial for practitioners looking to enhance performance. FMS data serves as a valuable tool for identifying movement deficiencies and potential injury risks in individuals. However, to truly optimize training outcomes, these results should not be used in isolation. Integrating FMS findings with other evaluations—such as strength tests, flexibility measurements, and endurance assessments—allows practitioners to gain a holistic understanding of an athlete's capabilities. This multifaceted approach enables the creation of tailored training programs that address not only movement quality but also overall physical fitness and performance goals. By taking into account various dimensions of an athlete's performance, practitioners can design more effective interventions that lead to enhanced athletic performance and reduced injury risk. Moreover, considering other metrics alongside FMS data fosters a more complete picture of an individual's physical state, guiding practitioners in implementing more effective, individualized training interventions rather than relying solely on one aspect of assessment.

10. During development, proprioceptor maturity in infants occurs from which direction?

A. Distal to proximal

B. Proximal to distal

C. Medial to lateral

D. Anterior to posterior

Proprioceptor maturity in infants typically occurs from proximal to distal. This means that the development and refinement of proprioceptive abilities, which are crucial for the sense of body positioning and movement, begin in the areas closest to the body's center (such as the shoulders and torso) and progress outward toward the extremities (like the hands and feet). Understanding this sequence is important as it aligns with the general pattern of motor development in infants. Initially, infants gain control over their core and trunk before they master finer motor skills in their hands and feet, reflecting the underlying progression of proprioceptive feedback and control. This maturation process plays a vital role in postural stability and coordinated movements essential for later skill development, such as crawling and walking. The other options suggest different developmental patterns that do not accurately reflect the typical order in which proprioceptive abilities mature in infants. The proximal to distal pattern is well-supported by developmental psychology and motor learning research, illustrating that the early focus on core stability sets a foundation for more complex movements.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://functionalmovementscreen.examzify.com

We wish you the very best on your exam journey. You've got this!

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