HOSA PHYSICAL THERAPY ASSESSMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What condition is identified by having high muscle tone?

A. Hypotonia

B. Hypertonia

C. Normotonia

D. Atonia

2. In which condition does an interruption of oxygen to the brain occur during gestation or shortly after birth?

A. Cerebral palsy (CP)

B. Cardiac dysfunction

C. Bursitis

D. Chronic inflammation

3. What is the primary function of the dermis layer of skin?

A. Contains fat storage

B. Supports blood vessels and nerves

C. Absorbs nutrients

D. Protects the body from infection

4. What term describes the alternating contractions of opposing muscle groups?

A. Cramps

B. Spasms

C. Tremor

D. Seizures

5. What healthcare approach focuses on the whole person, including mental, social/emotional, and physical well-being?

A. Integrated care

B. Holistic practice

C. Multidisciplinary approach

D. Patient-centered care

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6. What is typically used during resistance exercises to enhance strength development?

A. Weighted instruments

B. Bands and straps

C. Body weight

D. All of the above

7. Which of the following terms refers to hardening of the arteries?

A. Atherosclerosis

B. Arteriosclerosis

C. Capillaritis

D. Aneuryism

8. What term describes the condition of experiencing shortness of breath?

A. Apnea

B. Dysphagia

C. Dyspnea

D. Hypoxia

9. What procedure is conducted to determine the need for further physical therapy services?

A. Assessment

B. Screening

C. Evaluation

D. Diagnosis

10. Which type of joint movement involves an external force resisting the patient's movement?

A. Active assisted exercise

B. Passive resisted exercise

C. Active resisted exercise

D. Dynamic movement

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Answers

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

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Explanations

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1. What condition is identified by having high muscle tone?

A. Hypotonia

B. Hypertonia

C. Normotonia

D. Atonia

The condition associated with high muscle tone is hypertonia. This term refers to an excessive level of muscle tension, which results in stiffness and reduced flexibility. Individuals exhibiting hypertonia may find it difficult to move their limbs due to the increased muscle stiffness, which can impact their range of motion and overall mobility. In contrast, hypotonia describes low muscle tone, where muscles are loose and lack sufficient tension. Normotonia indicates a normal level of muscle tone, while atonia refers to a complete absence of muscle tone. Understanding the distinctions between these terms is crucial in the field of physical therapy, as it helps practitioners develop appropriate treatment plans based on the muscle tone exhibited by their patients. Hypertonia is often seen in conditions like cerebral palsy or following a neurological incident, highlighting its clinical significance.

2. In which condition does an interruption of oxygen to the brain occur during gestation or shortly after birth?

A. Cerebral palsy (CP)

B. Cardiac dysfunction

C. Bursitis

D. Chronic inflammation

Cerebral palsy (CP) is a group of disorders that affect movement, muscle tone, and coordination, and it can result from an interruption of oxygen supply to the brain during gestation or shortly after birth. This lack of oxygen, also known as hypoxia, can occur due to various factors, such as complications during labor and delivery or maternal infections. The brain requires a constant supply of oxygen to develop properly, and any interruption during critical developmental periods can lead to the neurological impairments associated with CP. Other conditions mentioned, like cardiac dysfunction, may be related to blood flow but do not specifically refer to the oxygen deprivation of the brain during gestation or shortly after birth. Bursitis pertains to inflammation of the bursa, which is not related to oxygen deprivation. Chronic inflammation refers to an ongoing inflammatory response but does not imply a direct interruption of oxygen supply to the brain at critical developmental stages. Thus, cerebral palsy is the condition that is directly linked to oxygen deprivation during these sensitive periods.

3. What is the primary function of the dermis layer of skin?

A. Contains fat storage

B. Supports blood vessels and nerves

C. Absorbs nutrients

D. Protects the body from infection

The primary function of the dermis layer of skin is to support blood vessels and nerves. This layer lies beneath the epidermis and is composed of connective tissue which provides strength and elasticity to the skin. The dermis is richly vascularized, meaning it has a high concentration of blood vessels that supply nutrients to the skin and help regulate body temperature through blood flow. Additionally, the presence of nerve endings in the dermis allows for sensation, letting the body perceive touch, pressure, pain, and temperature changes. While fat storage is a function associated with the subcutaneous layer (or hypodermis), and the absorption of nutrients primarily occurs in the epidermis through small blood vessels, these functions are not the role of the dermis. The dermis does contribute to the skin's ability to protect against infection by housing immune cells, but its key roles center around providing structural support and enabling sensory functions through its vascular and nerve-rich makeup.

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4. What term describes the alternating contractions of opposing muscle groups?

A. Cramps

B. Spasms

C. Tremor

D. Seizures

The term that describes the alternating contractions of opposing muscle groups is known as a "tremor." Tremors are involuntary, rhythmic muscle contractions that can cause shaking movements in one or more parts of the body. They typically involve the opposing muscle groups contracting and relaxing in a coordinated manner, which leads to the characteristic oscillatory movement. In contrast to tremors, cramps and spasms refer to involuntary muscle contractions but do not inherently involve alternating contractions of opposing muscle groups; rather, they often involve a single muscle or a group of muscles contracting simultaneously. Seizures involve abnormal electrical activity in the brain that can lead to a range of symptoms, including convulsions, but they are not specifically described as alternating contractions of opposing muscle groups. Understanding these distinctions helps clarify why "tremor" is the correct answer for this particular question.

5. What healthcare approach focuses on the whole person, including mental, social/emotional, and physical well-being?

A. Integrated care

B. Holistic practice

C. Multidisciplinary approach

D. Patient-centered care

The chosen answer highlights an essential concept in healthcare that emphasizes treating an individual as a whole rather than just addressing specific symptoms or conditions. Holistic practice considers the intricate interplay between physical, mental, and emotional health, recognizing that a person's well-being is influenced by various aspects of their life, including their environment, relationships, and lifestyle choices. This approach aims to promote comprehensive healing and wellness by integrating physical treatments with mental and emotional support, thus fostering a balanced and supportive environment for recovery. By acknowledging the whole person, holistic practice encourages providers to consider not only the physical ailments but also the psychological and social factors that might affect a patient's health outcomes. The other options, while related to collaborative and comprehensive care strategies, do not encapsulate the entirety of the holistic perspective. Integrated care generally refers to the coordination of various health services, multidisciplinary approaches involve various health professionals focusing on specific disciplines, and patient-centered care prioritizes individual preferences and needs but may not fully embody the interconnectedness of mind, body, and spirit emphasized in holistic practice.

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6. What is typically used during resistance exercises to enhance strength development?

A. Weighted instruments

B. Bands and straps

C. Body weight

D. All of the above

In resistance exercises aimed at enhancing strength development, various tools and methods can be effectively utilized. Weighted instruments, such as dumbbells or barbells, provide a direct means to increase the load placed on muscles, thus promoting strength gains. Bands and straps are also valuable as they create variable resistance throughout the range of motion, allowing for a different kind of muscle engagement and targeting of stabilizing muscles. Furthermore, body weight exercises utilize the individual's own weight as resistance, making them accessible and effective for building strength across multiple fitness levels. The inclusion of all these methods highlights the versatility of resistance training; each approach can be tailored to an individual's specific needs or preferences, accommodating different fitness levels and rehabilitation requirements. This comprehensive strategy ensures that strength development can be achieved through a variety of means, making it beneficial for a wide range of individuals.

7. Which of the following terms refers to hardening of the arteries?

A. Atherosclerosis

B. Arteriosclerosis

C. Capillaritis

D. Aneuryism

The term that refers to the hardening of the arteries is arteriosclerosis. This condition involves the thickening and stiffening of arterial walls, which can lead to reduced blood flow and increased heart workload. Arteriosclerosis is a broader term that encompasses several types of arterial stiffness, including atherosclerosis, which specifically involves the buildup of fats, cholesterol, and other substances on artery walls, forming plaques. Understanding that arteriosclerosis affects the elasticity of blood vessels is crucial, as it highlights the importance of arterial flexibility in maintaining healthy blood circulation. This condition is often associated with aging and can be exacerbated by factors such as hypertension, diabetes, and high cholesterol. Awareness of the implications of arteriosclerosis is essential for recognizing the risks associated with cardiovascular diseases.

8. What term describes the condition of experiencing shortness of breath?

A. Apnea

B. Dysphagia

C. Dyspnea

D. Hypoxia

Dyspnea is the term that specifically refers to the subjective experience of breathing discomfort, which often manifests as shortness of breath. It can arise from various causes, including respiratory and cardiac conditions, anxiety, or physical exertion. This term encapsulates not just the lack of breath, but also the sensation and perception of increased effort or difficulty in breathing. The other terms relate to different conditions: apnea refers to a temporary cessation of breathing, which is not synonymous with shortness of breath. Dysphagia is related to difficulty swallowing, indicating issues in the throat or esophagus rather than respiratory problems. Hypoxia describes a state of decreased oxygen availability in the body tissues, which can be a result of dyspnea but is not a direct synonym for the experience of shortness of breath itself. Understanding these distinctions is essential for accurate diagnosis and communication in a clinical setting.

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9. What procedure is conducted to determine the need for further physical therapy services?

A. Assessment

B. Screening

C. Evaluation

D. Diagnosis

The procedure conducted to determine the need for further physical therapy services is screening. Screening is a preliminary assessment aimed at identifying individuals who may benefit from a more comprehensive evaluation or treatment. It is a quick process that helps physical therapists assess whether a patient may require additional assessment or intervention based on specific criteria such as risk factors, symptoms, or functional abilities. In the context of physical therapy, screening serves as an initial step to identify concerns before proceeding to more detailed evaluations. It does not involve diagnosing a condition or beginning treatment; rather, it provides a general impression to decide if further investigation is warranted. Evaluation, while essential, refers to a more in-depth assessment where detailed measures and instruments are used to analyze the patient's condition and develop a treatment plan. Diagnosis is the clinical identification of a condition based on the evaluation findings and does not specifically address the need for further services. Assessment is a broad term that encompasses both screening and evaluation processes, but it doesn't specifically pinpoint the preliminary review stage that determines the necessity of additional therapy.

10. Which type of joint movement involves an external force resisting the patient's movement?

A. Active assisted exercise

B. Passive resisted exercise

C. Active resisted exercise

D. Dynamic movement

Active resisted exercise is characterized by the patient actively attempting to move a joint while an external force, such as a therapist's hands or resistance bands, resists that movement. This type of exercise is advantageous because it enables the patient to engage muscles actively while also facing resistance, which can aid in building strength and improving joint stability. In this scenario, the patient is exerting force to perform the movement, but the external force provided allows for an increase in intensity and complexity, creating a balance between the effort exerted by the patient and the resistance applied. This method is commonly used in rehabilitation settings to help patients regain strength and functional mobility following injury or surgery. The other types of movements involve different mechanisms. For example, active assisted exercise allows the patient to participate actively while also receiving help to complete the movement, thereby having less resistance compared to what they could handle independently. Passive resisted exercise involves the external force moving the joint without any active participation from the patient, which does not fit the criteria of the question regarding the patient's active resistance against an external force. Dynamic movement generally refers to movements involving multiple muscle groups and can occur in various contexts without a specified focus on resistance.

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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:

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

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