PIMA JTED SPORTS MEDICINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://pimajtedsportsmedicine.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What condition is referred to as spondylolistheses?

A. A fracture and slippage of vertebrae

B. A complete break in a limb bone

C. A type of muscle strain

D. Swelling of a ligament

2. What is the main goal of setting objectives in goal setting?

A. To create a vague plan for improvement

B. To identify clear and defined specific objectives

C. To offer a variety of options for tasks

D. To minimize the need for assessment

3. What does "tinnitus" describe?

A. Loss of hearing

B. Continuous ringing in the ears

C. Buzzing sounds in the throat

D. Echoes in an empty room

4. How is a ligament defined in relation to a sprain?

A. A connection between muscles

B. A band of tissue connecting bone to bone

C. A liquid that lubricates joints

D. A type of muscle tissue

5. What term accurately describes the separation of bones in a joint before they realign?

A. Subluxation

B. Dislocation

C. Partial fracture

D. Joint instability

6. What is the definition of ethics in a medical context?

A. A set of regulations for practice

B. Moral principles that govern conduct

C. A system of laws for medical professionals

D. Standards for patient care

SAMPLE

7. Which health plan allows members to choose their own physicians and hospitals?

A. Health Maintenance Organization (HMO)

B. Exclusive Provider Organization (EPO)

C. Preferred Provider Organization (PPO)

D. Point of Service (POS)

8. What type of medication can relieve pain and reduce inflammation?

A. Analgesic

B. Antipyretic

C. Antifungal

D. Antibiotic

9. Which system includes nerves outside of the brain and spinal cord?

A. Central nervous system

B. Peripheral nervous system

C. Autonomic nervous system

D. Somatic nervous system

10. What does the acronym HRR refer to in sports medicine?

A. Heart Rate Range

B. High Rate Recovery

C. Health Risk Reduction

D. High Resilience Range

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What condition is referred to as spondylolistheses?

A. A fracture and slippage of vertebrae

B. A complete break in a limb bone

C. A type of muscle strain

D. Swelling of a ligament

Spondylolisthesis is a condition characterized by the displacement or slippage of one vertebra over another, specifically occurring in the lower spine (lumbar region). This condition often results from a fracture of the bony arch of the vertebra, leading to instability and potential nerve compression. This is why the description of it as a fracture and slippage of vertebrae is accurate. Understanding this condition is crucial for recognizing the symptoms, which may include lower back pain, stiffness, and possible nerve-related issues such as numbness or weakness in the legs. This condition can be caused by various factors, including degenerative changes, congenital disorders, or traumatic injury, particularly in athletes or those involved in activities that put excessive stress on the spine. The other options do not accurately encompass the characteristics of spondylolisthesis. A complete break in a limb bone pertains to a different type of injury, a muscle strain relates to soft tissue damage rather than issues of bone alignment, and swelling of a ligament involves different structures entirely. Thus, identifying spondylolisthesis specifically as a fracture and slippage of vertebrae provides clarity on its nature and implications for treatment and management.

2. What is the main goal of setting objectives in goal setting?

A. To create a vague plan for improvement

B. To identify clear and defined specific objectives

C. To offer a variety of options for tasks

D. To minimize the need for assessment

Setting objectives in goal setting is fundamentally about identifying clear and defined specific objectives. This focus allows individuals or teams to create a precise roadmap toward achieving desired outcomes. Clear objectives serve several crucial purposes: they provide direction, facilitate measurement of progress, and enhance motivation by outlining what is achievable. When objectives are explicitly defined, they allow for the establishment of criteria to assess progress effectively. This clarity helps in prioritization and resource allocation, making it easier for individuals to concentrate their efforts on what truly matters. As a result, having well-defined objectives increases the likelihood of success because there is a shared understanding of what needs to be accomplished and the steps necessary to reach those goals. In contrast, options such as creating a vague plan for improvement dilute focus and can lead to confusion rather than clarity. Offering a variety of options for tasks may lead to overwhelm, making it difficult to prioritize actions effectively. Minimizing the need for assessment contradicts the goal-setting process, which relies on evaluation to track progress and adjust strategies as necessary. Thus, the importance of clear and defined specific objectives in goal setting cannot be overstated as they form the foundation for meaningful improvement and success.

SAMPLE

3. What does "tinnitus" describe?

A. Loss of hearing

B. Continuous ringing in the ears

C. Buzzing sounds in the throat

D. Echoes in an empty room

Tinnitus is a condition that is characterized by the perception of noise or ringing in the ears when no external sound is present. The experience can vary from person to person, and the sounds described can range from ringing to buzzing, hissing, or even clicking. The common thread in all these experiences is that the sound is perceived internally and can be continuous or intermittent. The term "tinnitus" specifically denotes this auditory phenomenon, making it distinct from other hearing-related issues. For example, loss of hearing refers to a reduction in the ability to hear sounds, but does not include the perception of sound without an external source. Buzzing sounds in the throat are not related to tinnitus, nor are echoes in an empty room, which might be related to acoustics rather than the internal perception of sound in the ears. Thus, the description of "continuous ringing in the ears" aligns perfectly with the definition of tinnitus.

4. How is a ligament defined in relation to a sprain?

A. A connection between muscles

B. A band of tissue connecting bone to bone

C. A liquid that lubricates joints

D. A type of muscle tissue

A ligament is defined as a band of connective tissue that connects bone to bone, playing a crucial role in stabilizing joints and providing support throughout the musculoskeletal system. When discussing sprains, which are injuries that occur when a ligament is overstretched or torn, understanding the function of ligaments is essential. These tissues are key in maintaining joint integrity, and any damage to them can lead to pain, swelling, and instability in the affected area. In contrast, the other options describe different components of the body that do not pertain to the definition of a ligament. For instance, a connection between muscles refers to tendons, which attach muscles to bones. A liquid that lubricates joints refers to synovial fluid, which is found in the joint capsule and aids in reducing friction during movement. Lastly, a type of muscle tissue does not relate to ligaments at all, as ligaments are not muscle tissue but rather a distinct form of connective tissue.

5. What term accurately describes the separation of bones in a joint before they realign?

A. Subluxation

B. Dislocation

C. Partial fracture

D. Joint instability

The term that accurately describes the separation of bones in a joint before they realign is "subluxation." In this context, a subluxation refers to a partial dislocation where the bone is displaced from its normal position in the joint but retains some contact with the joint surface. This condition differs from a complete dislocation, where the bone is entirely out of the joint's normal position without maintaining any connection. Subluxations can occur due to trauma, strain, or certain medical conditions and may result in pain, swelling, and decreased range of motion until the bones spontaneously return to their correct alignment, or manual intervention is used. Understanding subluxation is crucial in sports medicine as it can influence a treatment approach, ranging from conservative management to surgical intervention if deemed necessary based on the severity and frequency of episodes.

SAMPLE

6. What is the definition of ethics in a medical context?

A. A set of regulations for practice

B. Moral principles that govern conduct

C. A system of laws for medical professionals

D. Standards for patient care

In a medical context, ethics refers to the moral principles that govern an individual's behavior and decision-making in healthcare. These principles guide medical professionals in their practice, helping them to navigate complex situations and make choices that prioritize patient welfare, respect for autonomy, justice, and non-maleficence. Ethics encompasses a range of considerations, from honesty and integrity in patient interactions to the ethical dilemmas that may arise in clinical practice, research, and public health. While regulations, laws, and standards of care are all important aspects of the medical profession, they typically derive from or are influenced by ethical considerations. Regulations and laws may provide a framework for acceptable practice, but they do not fully encompass the moral obligations healthcare professionals have towards their patients and society. Ethics serves as a foundational element that supports and informs these other aspects by encouraging practitioners to reflect on the moral implications of their actions and to strive for the highest standards of care.

7. Which health plan allows members to choose their own physicians and hospitals?

A. Health Maintenance Organization (HMO)

B. Exclusive Provider Organization (EPO)

C. Preferred Provider Organization (PPO)

D. Point of Service (POS)

The Preferred Provider Organization (PPO) is designed to offer members greater flexibility in choosing their healthcare providers. Members of a PPO are not restricted to a network of providers, which means they can see any doctor or specialist, without requiring a referral, and they have the option to receive care from out-of-network providers, albeit often at a higher cost. This model contrasts with other health plans like HMOs, which typically mandate that members select a primary care physician and restrict them to a network of providers, requiring referrals for specialist services. The flexibility of the PPO model appeals to individuals who value the ability to make their own healthcare choices and may have specific doctors or hospitals they wish to continue using. It's important to note that while EPOs and POS plans also offer some level of provider choice, they do not provide the same degree of flexibility as PPOs. EPOs limit coverage to in-network providers and do not allow out-of-network care, except in emergencies, whereas POS plans combine features of both HMOs and PPOs but typically still require referrals to see specialists within the network.

SAMPLE

8. What type of medication can relieve pain and reduce inflammation?

A. Analgesic

B. Antipyretic

C. Antifungal

D. Antibiotic

Analgesics are medications specifically designed to relieve pain. They work by acting on the peripheral and central nervous systems to alter the way the body feels pain. Common examples include nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and aspirin, which not only alleviate pain but also have anti-inflammatory properties. This dual action makes analgesics effective for various conditions where both pain relief and inflammation reduction are necessary, such as arthritis or muscle injuries. In contrast, antipyretics are used to reduce fever and may provide some pain relief, but their primary function is not focused on treating inflammation. Antifungals are intended to combat fungal infections and have no role in pain relief or inflammation. Antibiotics are used to treat bacterial infections and do not address pain or inflammation directly. Therefore, analgesics are the most suitable option for alleviating pain and reducing inflammation.

9. Which system includes nerves outside of the brain and spinal cord?

A. Central nervous system

B. Peripheral nervous system

C. Autonomic nervous system

D. Somatic nervous system

The peripheral nervous system is the correct answer because it encompasses all the nerves that lie outside the central nervous system, which consists of the brain and spinal cord. The peripheral nervous system plays a crucial role in connecting the central nervous system to the limbs and organs, facilitating communication between the brain and the rest of the body. It includes sensory nerves that transmit information from sensory receptors to the central nervous system, as well as motor nerves that convey commands from the central nervous system to various parts of the body. The central nervous system, while essential to processing and interpreting signals, does not include the nerves that reach out to other areas of the body. Meanwhile, the autonomic nervous system, a part of the peripheral nervous system, specifically regulates involuntary bodily functions like heart rate and digestion, but it is not a complete representation of all nerves outside the central nervous system. Similarly, the somatic nervous system, which is also part of the peripheral nervous system, is primarily responsible for voluntary movements and the relay of sensory information. Therefore, the expansive role of the peripheral nervous system accurately includes all nerves that extend beyond the confines of the brain and spinal cord.

SAMPLE

10. What does the acronym HRR refer to in sports medicine?

A. Heart Rate Range

B. High Rate Recovery

C. Health Risk Reduction

D. High Resilience Range

The acronym HRR stands for Heart Rate Reserve in the context of sports medicine, which is often related to a person's exercise capacity and cardiovascular fitness. Heart Rate Reserve is calculated by subtracting resting heart rate from maximum heart rate, representing the range of heart rates that can be safely targeted during physical activity. Utilizing HRR helps determine appropriate exercise intensities for training programs, ensuring individuals are working within safe and effective parameters for improving cardiovascular conditioning and overall fitness levels. It is a critical concept in developing personalized exercise regimes that promote optimal performance and health benefits. In this context, while other options may reflect terms related to health or training, they do not accurately represent the standard usage or definition found in sports medicine regarding heart rate monitoring and exercise prescriptions.

SAMPLE

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://pimajtedsportsmedicine.examzify.com

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

SAMPLE