SCREENING AND EXAMINATION TEST 1 PRACTICE (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. Vibration procedure uses which instrument?

A. Tuning fork

B. Monofilaments

C. Cotton ball

D. Paperclip

2. Which parameter refers to the number of steps taken in a specific amount of time?

A. Velocity

B. Gait cycle

C. Swing phase

D. Cadence

3. Korotkoff sounds indicate which aspects of a blood pressure reading?

A. The last sound is systolic and the first is diastolic

B. They indicate heart rate

C. The first sound is systolic and the last is diastolic

D. They indicate respiratory rate

4. Which term describes psychological disorders of thought and perception, characterized by inability to distinguish between real and imagined perceptions?

A. Psychotic disorders

B. Somatoform disorders

C. Substance disorders

D. Mood disorders

5. Among the following, which is a typical feature of a 4+ reflex?

A. Hyporeflexia

B. Normal reflex

C. Hyperactive reflex with clonus

D. Subnormal response

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6. Which cranial nerve is responsible for mastication muscles?

A. Trigeminal

B. Facial

C. Glossopharyngeal

D. Vagus

7. Which scale grade indicates reflexes that are more brisk than normal?

A. 4+

B. 0

C. 1+

D. 2+

8. Which option indicates 1+ is weak or diminished?

A. Normal

B. Absent

C. Weak or diminished

D. Bounding

9. Which statement about infant pulse rate is correct?

A. 60-80 bpm

B. 90-110 bpm

C. 70-90 bpm

D. 100-120 bpm

10. Which is an example of ICF Body Function and Structure?

A. Unable to run/jog

B. Limited ROM in leg

C. ACL tear

D. Baseline distance traveled

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Answers

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

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Explanations

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1. Vibration procedure uses which instrument?

A. Tuning fork

B. Monofilaments

C. Cotton ball

D. Paperclip

Vibration sense testing relies on delivering a controlled, repeatable vibratory stimulus to evaluate the function of large nerve fibers. A tuning fork fits this need because when struck it produces a stable, calibrated vibration at a standard frequency (commonly 128 Hz) that can be applied to a bony area to elicit a perceptible vibration if the sensory pathways are intact. The patient reports when the vibration starts and stops, and the clinician can compare sides to detect sensory loss. The other tools aren't used for vibration assessment: monofilaments measure pressure and light touch, cotton ball tests light touch, and a paperclip isn't a standardized tool for vibration testing.

2. Which parameter refers to the number of steps taken in a specific amount of time?

A. Velocity

B. Gait cycle

C. Swing phase

D. Cadence

Cadence refers to how often you step, quantified as steps per minute. It captures the rhythm of walking in a given time frame, independent of how far you travel. The question asks for the parameter that counts steps in a specific amount of time, which is cadence. Velocity is how far you move per unit time and depends on both step length and cadence. Gait cycle is the complete sequence of events from one heel strike to the next of the same foot. Swing phase is the portion of the gait cycle when the foot is off the ground. So cadence uniquely matches the idea of steps per a set time.

3. Korotkoff sounds indicate which aspects of a blood pressure reading?

A. The last sound is systolic and the first is diastolic

B. They indicate heart rate

C. The first sound is systolic and the last is diastolic

D. They indicate respiratory rate

Korotkoff sounds are used to read blood pressure during cuff deflation. When the cuff pressure falls to the level where the artery just opens and turbulent flow begins, the first tapping sound appears. This marks systolic blood pressure. As the cuff continues to deflate, these sounds continue until the last audible sound is heard, at which point the artery is fully open and the sounds disappear; that pressure corresponds to diastolic blood pressure. So the first sound indicates systolic pressure, and the last audible sound indicates diastolic pressure. This is not about heart rate or respiratory rate, which is why the other choices don't fit.

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4. Which term describes psychological disorders of thought and perception, characterized by inability to distinguish between real and imagined perceptions?

A. Psychotic disorders

B. Somatoform disorders

C. Substance disorders

D. Mood disorders

Psychotic disorders involve breaks in reality testing, where thoughts and perceptions become distorted. The description—an inability to tell real experiences from imagined ones—gets at that core problem, because in psychosis people may experience hallucinations (perceiving things that aren't there) or delusions (firm beliefs despite contrary evidence). This pattern centers on disturbances of thought and perception, rather than purely on mood or physical symptoms. Other categories focus on different issues: somatoform disorders revolve around physical symptoms without medical explanation, substance disorders stem from the effects of drugs or alcohol on cognition and behavior, and mood disorders primarily affect emotional states. So the term that best matches is psychotic disorders.

5. Among the following, which is a typical feature of a 4+ reflex?

A. Hyporeflexia

B. Normal reflex

C. Hyperactive reflex with clonus

D. Subnormal response

A 4+ reflex denotes an exaggerated stretch response that is often accompanied by clonus. This high-grade reflex shows hyperexcitability of the reflex arc, usually due to disruption of upper motor neuron pathways that normally dampen reflexes. Clonus—repetitive, rhythmic contractions following the initial reflex—further signals this heightened, abnormal response. In contrast, hyporeflexia means diminished reflexes, a normal reflex is typically 2+, and a subnormal/weak response indicates a reduced reflex. Therefore, the hallmark feature of a 4+ reflex is hyperactive reflex with clonus.

6. Which cranial nerve is responsible for mastication muscles?

A. Trigeminal

B. Facial

C. Glossopharyngeal

D. Vagus

The muscles used for chewing are innervated by the mandibular division of the trigeminal nerve. This branch (cranial nerve V3) carries the motor fibers that supply the four main muscles of mastication: masseter, temporalis, and the medial and lateral pterygoids. These muscles originate from the first pharyngeal arch, and their ability to elevate, protrude, and move the jaw comes from V3's motor input. The other nerves listed don't drive chewing muscles: the facial nerve supplies muscles of facial expression, while glossopharyngeal and vagus control various throat and neck muscles and functions. The trigeminal nerve, with its mandibular division, is the key motor conduit for mastication.

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7. Which scale grade indicates reflexes that are more brisk than normal?

A. 4+

B. 0

C. 1+

D. 2+

Reflex grading uses a simple 0 to 4+ scale to describe how brisk a reflex is. Normal is about 2+. Zero is no response, and 1+ is diminished. A 3+ indicates a brisk, more active response, while a 4+ signals a hyperactive reflex, often with sustained clonus. When reflexes are more brisk than normal, it points to increased excitability of the reflex arc, commonly from upper motor neuron involvement. The 4+ grade specifically captures this hyperactive, often hyperreflexic state.

8. Which option indicates 1+ is weak or diminished?

A. Normal

B. Absent

C. Weak or diminished

D. Bounding

The concept being tested is how clinicians describe the strength of a palpable arterial pulse using a simple grading scale. In this scale, a faint, easily overlooked pulse is described as weak or diminished, a level that is clearly identified by the statement describing weak or diminished. Why this is the best fit: 1+ on this scale specifically corresponds to a pulse that is weaker than normal but still present. It signals reduced force of the heartbeat's outward push or reduced arterial perfusion, and it sits between absent and normal in intensity. So describing 1+ as weak or diminished directly matches the expected meaning of that grade. To place the other options in context: normal would indicate a pulse felt with typical strength (neither weak nor bounding). Absent means no pulse is felt at all. Bounding describes a pulse that is strong, forceful, and easy to feel, usually higher than normal.

9. Which statement about infant pulse rate is correct?

A. 60-80 bpm

B. 90-110 bpm

C. 70-90 bpm

D. 100-120 bpm

Infant pulse rate is higher than that of adults because infants have a higher metabolic rate and a smaller heart. A calm, resting infant typically shows a pulse around 100 beats per minute or more, often in the roughly 100–160 bpm range depending on age. The range around 100–120 bpm best fits a common resting rate for many infants, while lower ranges like 60–80 or 70–90 would be unusually low for a healthy infant at rest, and 90–110, while possible, is less representative across infants. So the 100–120 bpm range reflects the higher baseline you'd expect in infants.

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10. Which is an example of ICF Body Function and Structure?

A. Unable to run/jog

B. Limited ROM in leg

C. ACL tear

D. Baseline distance traveled

In the ICF framework, Body Functions and Body Structures cover the physiological functions of body systems and the anatomical parts themselves. An impairment here is a problem directly affecting those functions or structures. Limited range of motion in the leg is a direct example: it names a deficit in how the joint functions (range of motion) and often points to involvement of the joint's components as well. It reflects a bodily impairment, not an activity the person does or a distance they measure in daily life. By contrast, being unable to run or jog describes an activity limitation, not a bodily function or structure. Baseline distance traveled is a performance measure of mobility, again at the activity/participation level. An ACL tear is a health condition or injury to a specific tissue; while it can cause body-function or body-structure impairments, the statement itself is a diagnosis, not the impairment description within the Body Functions/Structures domain. So the statement about limited ROM in the leg best exemplifies a body function/structure impairment.

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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://screeningexamination1.examzify.com

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

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