# TSA SPORTS MEDICINE 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 method/device is most effective for reducing the risk of cervical spine injury in football?**

A. Using helmets only

B. Not using head down contact

C. Enforcing proper tackling technique

D. Strength training for neck muscles

**2. Decreased grip strength and pain along the lateral side of the elbow are signs of what condition?**

A. Golfer's elbow

B. Arthritis

C. Tennis elbow

D. Carpal tunnel syndrome

**3. What is a common sign of an ACL injury?**

A. Swelling around the ankle

B. Localized hip pain

C. Popping sound during movement

D. Bruising under the foot

**4. If a coach requests not to have CPR performed on them, how should the athletic trainer respond?**

A. Ignore the request

B. Seek consent from the coach's family

C. Inform the athletic director and turn the matter to the school board

D. Refuse to provide care

**5. An athlete who can't remember events before a concussion is suffering from which condition?**

A. Anterograde amnesia

B. Retrograde amnesia

C. Post-traumatic stress disorder

D. Short-term memory loss

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**6. What are the components of an effective rehabilitation program?**

A. Assessment, goal setting, recovery strategies, and progressive exercises

B. Rest, isolation, medication, and surgery

C. Evaluation, diagnosis, immediate treatment, and discharge

D. Checking vitals, prescribing medication, rest, and follow-up

**7. What does the acronym R.I.C.E. stand for in injury treatment?**

A. Rehab. Ice. Cure. Elevate.

B. Rest. Ice. Compress. Elevate.

C. Relax. Injure. Cure. Ease.

D. Rescue. Ice. Clean. Elevate.

**8. How should a Grade II AFT sprain that cannot bear weight be transported?**

A. Use a wheelchair

B. Use a 2 person carry with the help of a coach

C. Have the athlete walk with assistance

D. Use a stretcher

**9. How long is the typical recovery period for a mild concussion?**

A. 1-3 days

B. Approximately 7-10 days

C. 2-4 weeks

D. 1-2 months

**10. Which of the following is most critical to prevent further injury while recovering?**

A. Ignoring pain

B. Consulting with a coach

C. Following a rehabilitation protocol

D. Rushing back to practice

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# Answers

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

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# Explanations

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## 1. What method/device is most effective for reducing the risk of cervical spine injury in football?

A. Using helmets only

B. Not using head down contact

C. Enforcing proper tackling technique

D. Strength training for neck muscles

*The most effective method for reducing the risk of cervical spine injury in football involves not using head down contact. This approach directly addresses the mechanics of how impacts occur during play. When players initiate contact with their heads down, the alignment of the cervical spine is compromised, increasing the chances of injury not only to the neck but also to the head. By promoting a technique that avoids head down contact, players maintain a more upright posture, which helps to protect the cervical spine during collisions. While other approaches, such as enforcing proper tackling techniques or developing neck strength through training, also play important roles in injury prevention, they do not directly alter the dynamics of head and neck positioning during impact. Strength training can certainly help to stabilize the neck and reduce injury risk, but if players are still engaging in head down contact, the potential for injury remains high. Enforcing proper tackling techniques is crucial, but it may not always be effectively implemented under game conditions, whereas avoiding head down contact is a clear and enforceable directive. Thus, the practice of not using head down contact is fundamental in protecting players from cervical spine injuries and should be prioritized in training and during games.*

## 2. Decreased grip strength and pain along the lateral side of the elbow are signs of what condition?

A. Golfer's elbow

B. Arthritis

C. Tennis elbow

D. Carpal tunnel syndrome

*The symptoms of decreased grip strength and pain along the lateral side of the elbow are characteristic of tennis elbow, also known as lateral epicondylitis. This condition typically arises from overuse of the forearm muscles and tendons, especially those involved in wrist extension. As the condition progresses, inflammation and microtears develop in the tendons, leading to pain and reduced strength in gripping actions, which is commonly felt on the outer side of the elbow. In contrast, golfer's elbow, which affects the inner side of the elbow, would present with different symptoms and location of pain. Arthritis could cause pain and reduced mobility in various joints, but it is not specifically associated with increased pain on the lateral side of the elbow or sole grip strength decrease. Carpal tunnel syndrome primarily involves symptoms related to wrist and hand function, such as numbness and tingling, which do not align with the pain location and grip strength issues seen with tennis elbow. Thus, the distinctive nature of the symptoms supports the diagnosis of tennis elbow as the accurate answer.*

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## 3. What is a common sign of an ACL injury?

A. Swelling around the ankle

B. Localized hip pain

C. Popping sound during movement

D. Bruising under the foot

*A common sign of an ACL injury is the experience of a popping sound during movement, often reported by athletes and individuals involved in high-impact sports. This popping sensation typically occurs at the moment of injury when the ligament is torn, and it's frequently accompanied by immediate pain. The knee may feel unstable, and individuals may struggle to continue any physical activity after this sound is heard, as it indicates a significant injury to the ligament that is crucial for knee stability and function. In the context of the other options, while swelling around the ankle, localized hip pain, and bruising under the foot can indicate various injuries or conditions, they are not specific to an ACL injury. Swelling around the ankle might suggest an ankle sprain or other lower leg injuries, localized hip pain could be associated with hip joint issues, and bruising under the foot may result from impacts or contusions but does not relate to the knee or ACL damage. Thus, the unique association of the popping noise with ACL injuries distinguishes it as the primary sign indicative of such an injury.*

## 4. If a coach requests not to have CPR performed on them, how should the athletic trainer respond?

A. Ignore the request

B. Seek consent from the coach's family

C. Inform the athletic director and turn the matter to the school board

D. Refuse to provide care

*The appropriate response in this scenario is to inform the athletic director and turn the matter to the school board. This is because the request not to have CPR performed raises significant ethical and legal concerns. Individuals have the right to refuse medical treatment; however, in cases where someone's life is at immediate risk, especially in a professional environment, it becomes critical to ensure that proper protocols are followed. By involving the athletic director and the school board, the athletic trainer ensures that the request is evaluated by higher authority figures who understand both the legal ramifications and the ethical responsibilities of the athletic department. This ensures that the coach's wishes are documented and considered within the context of the school's policies, legal obligations, and best practices for emergency care. It helps safeguard the interests of the coach while ensuring that the situation is handled appropriately and professionally. Simply ignoring the request could lead to serious consequences if an emergency arises, while seeking consent from the coach's family might not be feasible in life-threatening situations. Refusing care outright could also have legal implications, especially if the trainer is in a position where a duty to rescue exists. Therefore, the response involving the athletic director and school board is the most responsible course of action.*

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## 5. An athlete who can't remember events before a concussion is suffering from which condition?

A. Anterograde amnesia

B. Retrograde amnesia

C. Post-traumatic stress disorder

D. Short-term memory loss

*The condition described, where an athlete cannot recall events that occurred before a concussion, indicates retrograde amnesia. Retrograde amnesia specifically involves the loss of pre-existing memories, and it often arises after a traumatic event, such as a concussion, which can disrupt the neural processes involved in memory storage and retrieval. This type of amnesia can affect varying lengths of time, depending on the severity of the injury and which brain functions are impacted. In contrast, anterograde amnesia would suggest difficulty in forming new memories after the injury, rather than losing memories that were formed before it. Post-traumatic stress disorder (PTSD) involves anxiety and flashbacks following trauma but does not specifically relate to memory loss regarding prior events in the way retrograde amnesia does. Short-term memory loss focuses more on the immediate recall of information rather than extensive gaps in memory that span from before an event.*

## 6. What are the components of an effective rehabilitation program?

A. Assessment, goal setting, recovery strategies, and progressive exercises

B. Rest, isolation, medication, and surgery

C. Evaluation, diagnosis, immediate treatment, and discharge

D. Checking vitals, prescribing medication, rest, and follow-up

*An effective rehabilitation program consists of several key components that are essential for successfully restoring function and ensuring a safe return to activity. The focus on assessment, goal setting, recovery strategies, and progressive exercises highlights the systematic approach required in rehabilitation. Starting with assessment, it is crucial to evaluate the patient's condition to identify specific impairments and limitations. This foundational step helps in tailoring the rehabilitation process to meet the individual needs of the patient. Goal setting follows assessment and is vital for guiding the rehabilitation process. Establishing clear, achievable goals provides motivation and a clear direction for both the patient and the rehabilitation team. Goals can be short-term or long-term and should be realistic and measurable. Recovery strategies encompass various techniques to promote healing and enhance the rehabilitation process. These strategies may include modalities such as ice, heat, electrical stimulation, and manual therapy, depending on the injury and rehabilitation goals. Finally, progressive exercises are essential for gradually increasing the intensity and complexity of the physical activities the patient engages in. These exercises help in rebuilding strength, flexibility, and functional capacity, ultimately aiding the patient in returning to their pre-injury level of activity or sport. In summary, the integration of assessment, goal setting, recovery strategies, and progressive exercises forms a comprehensive rehabilitation program that addresses the*

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## 7. What does the acronym R.I.C.E. stand for in injury treatment?

A. Rehab. Ice. Cure. Elevate.

B. Rest. Ice. Compress. Elevate.

C. Relax. Injure. Cure. Ease.

D. Rescue. Ice. Clean. Elevate.

*The acronym R.I.C.E. is a widely recognized method for treating acute injuries, particularly sprains and strains. It stands for Rest, Ice, Compress, and Elevate. Each element plays a critical role in the management of injuries: - **Rest** allows the body to heal by preventing further damage to the injured area. It is essential to take a break from activities that could exacerbate the injury. - **Ice** is applied to reduce swelling and numb the pain. Cold therapy can help decrease inflammation and provide relief during the acute phase of an injury. - **Compress** involves applying a bandage or wrap to support the injured area and help control swelling. Proper compression can aid in stabilization and reduce fluid accumulation. - **Elevate** means raising the injured limb above heart level to minimize swelling and encourage fluid drainage. This structured approach is effective because it directly targets the physiological processes that occur following an injury, promoting a more efficient healing process. Other options do not accurately reflect the components or goals of the R.I.C.E. method, which is why they do not convey the appropriate strategy for injury treatment.*

## 8. How should a Grade II AFT sprain that cannot bear weight be transported?

A. Use a wheelchair

B. Use a 2 person carry with the help of a coach

C. Have the athlete walk with assistance

D. Use a stretcher

*For a Grade II ankle sprain that cannot bear weight, the best approach to transport the athlete safely is through a two-person carry with the help of a coach. This method provides adequate support for the injured individual while minimizing the risk of further injury. Given that the athlete is unable to put weight on the affected limb, relying on another person to share the responsibility of carrying the athlete ensures that they remain stable and comfortable during transit. A two-person carry also allows for close attention to the athlete's condition and any requirements for medical assessment once they reach a safe area. In emergency situations like this, it is critical to keep the athlete immobile and minimally to avoid exacerbating the injury, which could occur with methods that require them to stand or walk. In contrast, using a wheelchair might not address the immobility of the affected area, especially if the athlete needs assistance getting in or out of the chair. A stretcher could also be a more appropriate choice if the situation were to escalate or if ensuring total body support is a priority; however, this option might not be immediately available or practical in all settings. Thus, the two-person carry provides an effective solution for this scenario.*

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## 9. How long is the typical recovery period for a mild concussion?

A. 1-3 days

B. Approximately 7-10 days

C. 2-4 weeks

D. 1-2 months

*The typical recovery period for a mild concussion is approximately 7-10 days. This duration is supported by current medical understanding, which suggests that most individuals will experience resolution of symptoms within this time frame, provided they follow appropriate management guidelines. During this period, it's crucial for the affected individual to rest physically and cognitively, as both types of rest help facilitate recovery and minimize the risk of prolonged symptoms or potential complications. If symptoms persist longer than this time frame, further evaluation may be necessary to rule out other underlying issues or to manage lingering effects more effectively. This aligns with sports medicine guidelines, which emphasize gradual return-to-play protocols and ongoing monitoring of symptoms during the recovery phase. Understanding the typical duration of recovery for mild concussions can help healthcare providers guide patients in the recovery process, ensuring they do not return to activities too soon, which could increase the risk of further injury.*

## 10. Which of the following is most critical to prevent further injury while recovering?

A. Ignoring pain

B. Consulting with a coach

C. Following a rehabilitation protocol

D. Rushing back to practice

*Following a rehabilitation protocol is crucial in preventing further injury while recovering. Rehabilitation protocols are designed based on specific injuries and involve structured exercises and gradual progression to restore mobility, strength, and function. Adhering to these guidelines helps ensure that the affected area heals properly and reduces the risk of re-injury or exacerbation of the original injury. By following a rehabilitation protocol, individuals can monitor their progress and adjust their activities according to their recovery timeline. It emphasizes the importance of allowing sufficient time for healing, engaging in appropriate therapeutic exercises, and potentially incorporating modalities that support recovery, such as physical therapy, ice, and rest as necessary. Consulting with a coach or any sports professional can be beneficial for support and guidance, but without a solid rehabilitation foundation, the athlete may still put themselves at risk. Ignoring pain, on the other hand, can lead to further complications and worsening of an injury, while rushing back to practice often results in inadequate healing and a higher likelihood of suffering a setback.*

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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://tsasportsmedicine.examzify.com

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

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