

Active Care Exam 1 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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.

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!

Questions

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- 1. Which is listed as capacity work with feedback?**
 - A. Full deep squat**
 - B. Prone to supine rolling**
 - C. Capacity with feedback**
 - D. Load, dumbbell squats, split stance chop**

- 2. Weak deep neck flexors lead to which scapular stabilizers being weak?**
 - A. Tight hip flexors**
 - B. Weak lower traps, serratus anterior and rhomboids**
 - C. Tight thoracolumbar extensors**
 - D. Weak deep neck flexors**

- 3. Which concept involves adding load beyond pain control to return the patient to higher tolerance, building resilience through complex dynamic movements and challenging functional patterns?**
 - A. Block retraining**
 - B. Random retraining**
 - C. Primary load management**
 - D. Secondary load management**

- 4. Which of the following describes an acute inhibition of maximal force produced by the muscle, especially in low-velocity strength-based activities after stretching?**
 - A. Stretch induced strength loss**
 - B. Neural fatigue**
 - C. Muscle fatigue**
 - D. DOMS**

- 5. Which conditions are cited as examples where aerobic exercise helps in disease management?**
 - A. Obesity and Diabetes only**
 - B. Huntingtons and Lung Cancer only**
 - C. Obesity, Diabetes, and CHF**
 - D. Obesity, Diabetes, CHF, Huntingtons, and Lung Cancer**

- 6. Tight thoracolumbar extensors lead to which of the following?**
- A. Weak abdominals**
 - B. Weak gluteus maximus**
 - C. Tight hip flexors**
 - D. Tight thoracolumbar extensors**
- 7. Holding gentle stretches for up to 10 minutes can improve which of the following?**
- A. Tendon flexibility**
 - B. Muscle strength**
 - C. Cardiovascular endurance**
 - D. Joint proprioception**
- 8. Reset aims to do which?**
- A. Reinforce movement patterns after acute injury**
 - B. Restore mobility to a joint or soft tissue that doesn't move well, reducing pain and inflammation**
 - C. Provide pain medication schedule**
 - D. Retrain motor control using high load**
- 9. Which item is explicitly listed as part of the second step?**
- A. Stabilize foundation before rebuilding the house**
 - B. Rebuild**
 - C. Micro load management through localized tissue loading**
 - D. Focus on simple functional movements**
- 10. Which condition is cited as being helped by resistance exercise?**
- A. Non-alcoholic fatty liver**
 - B. Myocardial infarction**
 - C. Asthma**
 - D. Pneumonia**

Answers

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

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Explanations

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1. Which is listed as capacity work with feedback?

- A. Full deep squat**
- B. Prone to supine rolling**
- C. Capacity with feedback**
- D. Load, dumbbell squats, split stance chop**

Capacity work with feedback is about performing loaded, functional movements while cues or coaching help you adjust technique and effort. The listed items with external load—dumbbell squats and a split-stance chop—show clear, purposeful loaded exercises that can be guided by feedback to optimize form and performance. This combination of meaningful loading plus the opportunity for real-time feedback best fits the concept, making it the strongest example among the options. The other choices describe a movement or transition or simply name the category without a concrete loaded task, so they don't exemplify capacity work with feedback as clearly.

2. Weak deep neck flexors lead to which scapular stabilizers being weak?

- A. Tight hip flexors**
- B. Weak lower traps, serratus anterior and rhomboids**
- C. Tight thoracolumbar extensors**
- D. Weak deep neck flexors**

Stability of the neck and shoulder blade relies on coordinated control across the trunk and upper body. When deep neck flexors are weak, the neck tends to lose its neutral alignment and forward head posture can develop. That altered alignment changes how the scapula sits on the rib cage and how the surrounding muscles fire, making the scapular stabilizers less effective. In this pattern, the lower trapezius, serratus anterior, and rhomboids become weak or poorly activated, compromising the scapulothoracic stabilization needed during arm movements. The other options don't fit this neck-scapula link, and saying weak deep neck flexors describes the problem, not the downstream effect on scapular stabilizers.

3. Which concept involves adding load beyond pain control to return the patient to higher tolerance, building resilience through complex dynamic movements and challenging functional patterns?

- A. Block retraining**
- B. Random retraining**
- C. Primary load management**
- D. Secondary load management**

The idea being tested is progressively increasing load to expand tolerance and build resilience through movements that are complex, dynamic, and functional. This approach, often labeled as primary load management, focuses on safely pushing a patient beyond pain-controlled limits to drive real-world adaptations. By gradually adding load while maintaining control, the body learns to handle higher demands, and the movement patterns become more robust and integrated into daily activities and functional tasks. The emphasis is on loading that mirrors real-life challenges and sport-specific patterns, not just isolated or random tasks. Block retraining centers on practicing a limited set of tasks in a blocked, repetitive way, which doesn't inherently drive the progressive, multi-pattern tolerance growth that real-life activities require. Random retraining introduces variability in tasks, but without the structured, progressive loading plan that builds higher tolerance. Secondary load management typically relates to ongoing or later-stage loading strategies rather than the initial progression to higher functional capacity.

4. Which of the following describes an acute inhibition of maximal force produced by the muscle, especially in low-velocity strength-based activities after stretching?

- A. Stretch induced strength loss**
- B. Neural fatigue**
- C. Muscle fatigue**
- D. DOMS**

Stretch-induced strength loss describes a temporary, acute drop in the maximal force a muscle can produce right after stretching. This effect is most noticeable in slow, pure-strength tasks because you're relying on maximum force output rather than rapid, forceful movement that uses the stretch-shortening cycle. The stretch can transiently alter neural drive and the muscle-tendon unit's properties, making the muscle less able to generate peak force for a short period even though the muscle isn't fatigued from prior activity. A quick re-warm-up often restores force to its prior level. This differs from neural fatigue (a general reduction in neural drive after fatiguing activity), muscle fatigue (metabolic decline from repeated contractions), and DOMS (delayed soreness after unfamiliar eccentric work).

5. Which conditions are cited as examples where aerobic exercise helps in disease management?

- A. Obesity and Diabetes only
- B. Huntingtons and Lung Cancer only
- C. Obesity, Diabetes, and CHF
- D. Obesity, Diabetes, CHF, Huntingtons, and Lung Cancer**

Aerobic exercise boosts overall fitness and metabolic health, and evidence shows benefits across several chronic conditions. For obesity and diabetes, it improves insulin sensitivity, helps with weight control, and supports better blood glucose management. In congestive heart failure, regular aerobic activity increases exercise tolerance, reduces symptoms, and enhances quality of life. In Huntington's disease, aerobic training can help maintain motor function, balance, and endurance. In lung cancer, structured aerobic exercise or rehab reduces fatigue and improves aerobic capacity and functioning during and after treatment. Because all five conditions have demonstrated benefits from aerobic exercise, the best choice includes obesity, diabetes, CHF, Huntington's, and lung cancer. The other options miss one or more of these conditions, making them incomplete. Remember to tailor and supervise exercise appropriately for each condition.

6. Tight thoracolumbar extensors lead to which of the following?

- A. Weak abdominals
- B. Weak gluteus maximus
- C. Tight hip flexors**
- D. Tight thoracolumbar extensors

Tight thoracolumbar extensors pull the spine into excess extension and tend to tilt the pelvis forward (anterior tilt). This pelvic position shortens the hip flexors, so they become tight from chronic shortening. In this pattern, the back stays stiff and extended, while the front of the pelvis (where the hip flexors attach) remains shortened and tight. The other ideas—weak abdominals, weak gluteus maximus, or the same tightness as the back extensors—don't capture the direct consequence of this postural imbalance as clearly as the development of tight hip flexors.

7. Holding gentle stretches for up to 10 minutes can improve which of the following?

- A. Tendon flexibility**
- B. Muscle strength
- C. Cardiovascular endurance
- D. Joint proprioception

Long-duration static stretching increases the length and compliance of the muscle-tendon unit through viscoelastic creep under a gentle, sustained load. When you hold a stretch for several minutes, the connective tissues, including the tendons, gradually yield, allowing a greater passive stretch and thus greater flexibility. This change in the tissue mechanics is what you're targeting with extending holds, not muscle strength, aerobic fitness, or joint position sense. Strength comes from resistance training, cardiovascular endurance from aerobic activity, and proprioception from neuromuscular balance and sensory training. So, holding gentle stretches for up to 10 minutes best improves tendon flexibility.

8. Reset aims to do which?

- A. Reinforce movement patterns after acute injury
- B. Restore mobility to a joint or soft tissue that doesn't move well, reducing pain and inflammation**
- C. Provide pain medication schedule
- D. Retrain motor control using high load

Reset focuses on restoring mobility in joints or soft tissues that aren't moving well. When movement is restricted, mechanical stress, stiffness, and inflammation can keep pain present and limit function. By improving tissue extensibility, joint play, and soft-tissue glide, Reset reduces pain and creates better mechanics for later steps in rehab. It isn't about neuromuscular retraining with high loads or scheduling medications; those areas address motor control or pharmacology, not the mobility-improving goal of Reset.

9. Which item is explicitly listed as part of the second step?

- A. Stabilize foundation before rebuilding the house
- B. Rebuild**
- C. Micro load management through localized tissue loading
- D. Focus on simple functional movements

The key idea here is the sequence of steps in a typical active-care rehabilitation approach. After you've established a stable foundation and control, the next phase focuses on rebuilding tissue integrity, joint mechanics, and movement capacity through progressive loading and retraining. That's why the item listed for the second step is rebuilding. The other ideas fit either the initial stabilization phase (establishing the foundation) or later phases (gradually introducing loading and functional movement once rebuilding has begun).

10. Which condition is cited as being helped by resistance exercise?

- A. Non-alcoholic fatty liver**
- B. Myocardial infarction
- C. Asthma
- D. Pneumonia

Resistance exercise improves how the body handles glucose and fats, boosting insulin sensitivity and increasing the muscle's ability to burn fat. In non-alcoholic fatty liver disease, fat accumulates in the liver partly because of insulin resistance. By building muscle, resistance training enhances glucose disposal and fatty acid oxidation, which helps reduce intrahepatic fat and can improve liver enzyme levels even without large weight loss. This direct metabolic and hepatic benefit is why this condition is cited as being helped by resistance exercise. Other options aren't as clearly linked to resistance training as a primary benefit: while cardiac rehab may include resistance work after a myocardial event, the most direct and well-supported connection here is with NAFLD. Asthma and pneumonia are respiratory conditions where resistance training isn't a primary treatment focus, and pneumonia especially is an acute infection where rest and medical care are the main priorities.

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://activecare1.examzify.com>

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

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