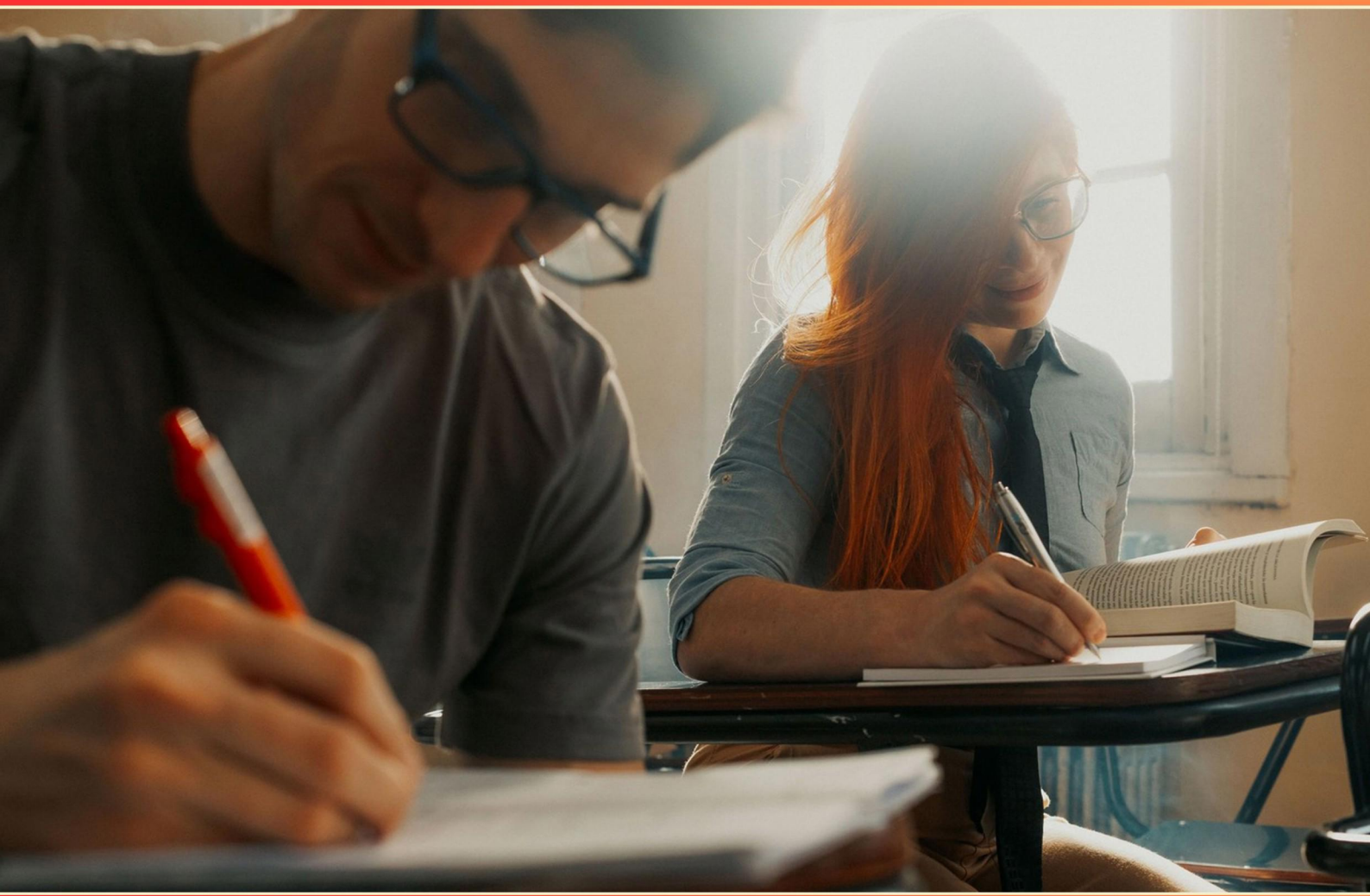
ACTIVE CARE EXAM 1 PRACTICE TEST (SAMPLE)

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. Stretching may be used as part of a total fitness program designed to prevent musculoskeletal injury. Which statement is true?

A. No, it should not be part of total fitness program

B. Yes, it may be used as part of a total fitness program designed to prevent MSK injury

C. Only after major surgery

D. Never

2. Which term is associated with motor control that includes inhibition and decreased excitability of motor units, leading to a reduction in spasticity?

A. Inhibition

B. Facilitation

C. Irradiation

D. Post contraction inhibition

3. Flexion/extension, forward/backward bending, and dorsiflexion/plantarflexion belong to which plane?

A. Horizontal plane movements

B. Sagittal plane movements

C. Transverse plane movements

D. Frontal plane movements

4. Which statement below is an indication for stretching?

A. Indication: restricted motion will lead to structural deformities otherwise preventable

B. Indication: prior to vigorous exercise to minimize soreness

C. Contraindication: bony block limits motion

D. Indication: ROM limited due to loss of extensibility: adhesions, contractures, scar tissue formation

5. Which mechanism increases excitability to target muscles and can restore dysfunctional muscle action?

A. Irradiation

B. Facilitation

C. Inhibition

D. Reciprocal inhibition

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6. Which term best describes a stretch that is passive, with the muscle relaxed into the ROM and performed slowly?

A. Active dynamic stretching

B. Ballistic stretching

C. PNF stretching

D. Static stretching

7. Which statement correctly describes the guidelines for moderate-intensity aerobic training?

A. 30 minutes 5 or more days a week for a total of 150 minutes per week

B. 20 minutes 3 days a week for 60 minutes per week

C. 60 minutes 2 days a week for 120 minutes

D. 45 minutes 6 days a week for 270 minutes

8. Which option names the Post Isometric Relaxation (PIR) Muscle Energy Technique (MET)?

A. Contract relax procedure

B. Post isometric relaxation (PIR) muscle energy technique (MET)

C. PNF hold relax stretching technique

D. Reciprocal inhibition stretch

9. Which of the following is a Golden assessment rule?

A. Systems are your friend

B. Kiss

C. Look for big limitations and big asymmetries

D. Golden assessment rules

10. Which process evaluates mobility and is the first element in the Mobility Motor control Functional patterning framework?

A. Movement Evaluation

B. Mobility Analysis

C. Postural Evaluation

D. Gait Assessment

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Answers

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

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Explanations

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1. Stretching may be used as part of a total fitness program designed to prevent musculoskeletal injury. Which statement is true?

A. No, it should not be part of total fitness program

B. Yes, it may be used as part of a total fitness program designed to prevent MSK injury

C. Only after major surgery

D. Never

Stretching helps keep muscles and connective tissues flexible, supporting healthy joint range of motion and balanced muscle length. In a well-rounded fitness plan aimed at preventing musculoskeletal injuries, including a stretching component makes sense because greater flexibility can reduce the likelihood of strains and help the body move through its full range without compensatory patterns. Stretching can be used as part of warm-up to prepare the muscles or as a cooldown to maintain flexibility, and it should be combined with strength, endurance, and neuromuscular training for a comprehensive prevention approach. Therefore, this statement is true: stretching may be used as part of a total fitness program designed to prevent musculoskeletal injury. It's not limited to post-surgery rehab, nor is it something to avoid, and it isn't correct to claim it has no role in a prevention plan.

2. Which term is associated with motor control that includes inhibition and decreased excitability of motor units, leading to a reduction in spasticity?

A. Inhibition

B. Facilitation

C. Irradiation

D. Post contraction inhibition

In motor control, reducing spasticity hinges on inhibitory mechanisms that dampen the excitability of motor units. After a muscle contraction, there is a temporary suppression of motoneuron activity called post contraction inhibition. This inhibition lowers the responsiveness of the spinal reflex circuits and reduces muscle tone, helping to lessen spasticity. Among the options, post contraction inhibition best fits the description because it explicitly involves inhibition with a decreased excitability of motor units following contraction, leading to a reduced spastic response. Inhibition is a broad term and doesn't specify the contraction-related timing, facilitation would increase excitability rather than reduce it, and irradiation describes the spread of force to adjacent muscles rather than a neural inhibitory process.

3. Flexion/extension, forward/backward bending, and dorsiflexion/plantarflexion belong to which plane?

A. Horizontal plane movements

B. Sagittal plane movements

C. Transverse plane movements

D. Frontal plane movements

Movements described fall in the sagittal plane, which divides the body into left and right portions. Flexion and extension are the classic actions that decrease or increase the angle between bones in a joint, and both forward bending and backward bending occur when the body or limb curves in that left–right (sagittal) direction. Dorsiflexion and plantarflexion of the foot are also motions that occur in this same plane, moving the foot up and down around the ankle. In contrast, movements in the frontal plane would involve side-to-side motions like abduction/adduction, and the transverse plane would involve rotation.

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4. Which statement below is an indication for stretching?

A. Indication: restricted motion will lead to structural deformities otherwise preventable

B. Indication: prior to vigorous exercise to minimize soreness

C. Contraindication: bony block limits motion

D. Indication: ROM limited due to loss of extensibility: adhesions, contractures, scar tissue formation

Stretching is indicated when limiting soft tissues could lead to deformities or functional problems that can be prevented by lengthening those tissues. The statement about restricted motion that would cause structural deformities if not addressed captures this preventive goal precisely: stretching helps maintain proper tissue length and joint alignment to avoid preventable deformities. The other ideas don't fit as indications in the same way. Stretching before vigorous exercise to reduce soreness isn't reliably supported by evidence and isn't considered a primary indication. A bony block that limits motion is a structural issue and constitutes a reason to avoid stretching, not to perform it. ROM limitation due to adhesions, contractures, or scar tissue is indeed a reason to stretch to restore extensibility, but the strongest, most direct indication among the options is preventing deformity from restricted motion.

5. Which mechanism increases excitability to target muscles and can restore dysfunctional muscle action?

A. Irradiation

B. Facilitation

C. Inhibition

D. Reciprocal inhibition

Irradiation is about the spillover of neural activation. When a strong muscle group is activated, the excitation can spread to nearby muscles through shared neural pathways, increasing the excitability of motor neurons that innervate the target muscles. This overflow helps recruit and help restore function in weak or dysfunctional muscles by priming them to respond more readily. In rehabilitation, this mechanism explains why resisted or patterned movements in one muscle group can facilitate activation in the corresponding target muscles. The others don't describe this spreading of activation: general facilitation is broader and not specifically about overflow to the target, inhibition reduces activity, and reciprocal inhibition mainly involves stopping antagonists during agonist contraction rather than boosting the target muscles through overflow.

6. Which term best describes a stretch that is passive, with the muscle relaxed into the ROM and performed slowly?

A. Active dynamic stretching

B. Ballistic stretching

C. PNF stretching

D. Static stretching

Static stretching is a passive stretch where the muscle is relaxed as it is moved into its end range and held there without active contraction. Because there's no active effort from the stretched muscle, the stretch can be performed slowly, reducing momentum and injury risk while allowing the muscle-tendon unit to lengthen over the hold period. This approach contrasts with active dynamic (muscles actively moving through ROM), ballistic (bouncing at end range), and PNF techniques (involving assisted or voluntary contractions to facilitate the stretch), which is why static stretching best fits the description.

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7. Which statement correctly describes the guidelines for moderate-intensity aerobic training?

A. 30 minutes 5 or more days a week for a total of 150 minutes per week

B. 20 minutes 3 days a week for 60 minutes per week

C. 60 minutes 2 days a week for 120 minutes

D. 45 minutes 6 days a week for 270 minutes

Moderate-intensity aerobic training is prescribed to accumulate about 150 minutes each week. A practical way to meet this is to do roughly 30 minutes on five days per week, which adds up to 150 minutes and fits the common scheduling pattern. The other options fall short of the recommended weekly duration or present patterns that don't align with the standard baseline dose. So this 30 minutes, five days a week approach best matches the guideline.

8. Which option names the Post Isometric Relaxation (PIR) Muscle Energy Technique (MET)?

A. Contract relax procedure

B. Post isometric relaxation (PIR) muscle energy technique (MET)

C. PNF hold relax stretching technique

D. Reciprocal inhibition stretch

This item tests the exact naming of the technique known as Post Isometric Relaxation Muscle Energy Technique. PIR MET is a muscle energy technique where the patient performs a brief isometric contraction at a comfortable length against a stable counterforce, usually held about 5–10 seconds. After the contraction, the patient relaxes and the clinician lengthens the muscle further, taking advantage of the post isometric relaxation that follows, which helps reduce muscle tone and increase range of motion. The term PIR MET itself identifies this specific method. The other descriptions refer to different techniques. Contract–relax is another MET variant that uses a voluntary contraction followed by relaxation but is not the PIR naming. PNF hold–relax is a stretching approach within proprioceptive neuromuscular facilitation, not specifically PIR MET. Reciprocal inhibition stretch relies on reciprocal inhibition to stretch but is not named PIR MET.

9. Which of the following is a Golden assessment rule?

A. Systems are your friend

B. Kiss

C. Look for big limitations and big asymmetries

D. Golden assessment rules

The main idea here is recognizing a self-describing rule: a Golden assessment rule is a guideline that is itself identified as a Golden rule. The statement that literally says "Golden assessment rules" matches what the question is asking for, so it's the best fit. The other lines describe useful heuristics (like keeping things simple or looking for big limitations and asymmetries) but they don't claim to be Golden rules, so they don't fulfill the prompt as directly. In practice, Golden rules are treated as the most trusted, overarching guidelines, and this option uniquely names itself as such.

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10. Which process evaluates mobility and is the first element in the Mobility Motor control Functional patterning framework?

A. Movement Evaluation

B. Mobility Analysis

C. Postural Evaluation

D. Gait Assessment

Movement Evaluation is about examining how freely and effectively a body part can move, including joint range of motion, tissue extensibility, and the ability to initiate and control movement across planes. In the Mobility Motor control Functional patterning sequence, mobility is the starting point, so you assess it first to know what mobility is available before addressing how to control movement or how to pattern functional tasks. This evaluation identifies restrictions and compensations that will shape subsequent motor control strategies and functional training. Other options don't fit as the initial step in this framework. Postural evaluation focuses on static alignment rather than dynamic mobility. Gait assessment looks at how someone walks, a functional pattern that comes after mobility and motor control are established. Mobility analysis isn't the standard term used for the initial mobility assessment in this framework.

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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://activecare1.examzify.com

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

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