

ATHLETIC TRAINER, CERTIFIED (ATC) BOC 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.

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 hepatitis is most associated with exposure during cleanup of dried blood?**
 - A. Hep A
 - B. Hep B
 - C. Hep C
 - D. HIV
- 2. Which measure is most beneficial for an athlete suffering from the common cold?**
 - A. Decrease Calorie Intake
 - B. Decrease Fluid Intake
 - C. Increase Fluid Intake
 - D. Increase Vitamin C Intake
- 3. Which budgeting method starts from zero and requires justification for all expenses?**
 - A. Incremental budget
 - B. Zero-based budget
 - C. Line-item budget
 - D. Planning programming budget
- 4. Which organization publishes guidelines for the reconditioning and maintenance of helmets for football, lacrosse, and baseball?**
 - A. American Society for Testing & Materials
 - B. Canadian Standards Association
 - C. Consumer Product Safety Commission
 - D. National Operating Committee on Standards for Athletic Equipment
- 5. During football practice, a linebacker collapses and is unconscious. What INITIAL action should the athletic trainer take?**
 - A. Begin CPR
 - B. Activate EMS
 - C. Place athlete on spine board
 - D. Apply AED

- 6. Which lifestyle modification is recommended for a patient with hypertension?**
- A. Reduce intake of sodium
 - B. Reduce intake of potassium
 - C. Reduce intake of calcium
 - D. Reduce intake of protein
- 7. Which electrical current is best for preventing muscle atrophy during rehabilitation?**
- A. Interferential Current
 - B. Micro Current
 - C. Russian Current
 - D. Sensory-Level High-Volt Pulsed Current
- 8. Which vitamin is essential for calcium absorption and bone mineralization?**
- A. Vitamin D
 - B. Vitamin A
 - C. Vitamin B12
 - D. Vitamin C
- 9. Which mechanism is MOST likely to contribute to medial tibial stress syndrome?**
- A. Pronation distal anterior tibialis attachment
 - B. Pronation proximal posterior tibialis attachment
 - C. Pronation proximal anterior tibialis attachment
 - D. Supination proximal flexor digitorum attachment
- 10. Which tools measure joint range of motion and what reliability concerns should be considered?**
- A. Thermometer and sphygmomanometer; reliability depends on patient age
 - B. Tachometer and hygrometer; reliability depends on humidity
 - C. Goniometer and inclinometer; reliability depends on standardized positioning, consistent landmarks, examiner training, patient effort, and device calibration.
 - D. Ruler and protractor; reliability is always perfect

Answers

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

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Explanations

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1. Which hepatitis is most associated with exposure during cleanup of dried blood?

- A. Hep A
- B. Hep B**
- C. Hep C
- D. HIV

Exposure during cleanup of dried blood is most concerning for a virus that can stay infectious on surfaces after drying. Hepatitis B fits this scenario best because it remains viable in dried blood for days to weeks and is highly contagious through contact with contaminated materials. That makes routine cleanup, glove use, and proper disinfection critical to prevent transmission. In comparison, Hepatitis A is primarily spread via the fecal-oral route and not typically through blood; Hepatitis C is bloodborne but generally less stable in dried blood and less likely to be transmitted by surface contact; HIV is also bloodborne but is less stable in the environment than HBV. So, Hepatitis B is the most associated with exposure during cleanup of dried blood.

2. Which measure is most beneficial for an athlete suffering from the common cold?

- A. Decrease Calorie Intake
- B. Decrease Fluid Intake
- C. Increase Fluid Intake**
- D. Increase Vitamin C Intake

Staying well-hydrated is a key supportive step when fighting a cold, especially for athletes who are training or recovering from activity. Fluids help prevent dehydration, which can worsen fatigue, headaches, and muscle soreness. They also support the body's defenses by keeping mucous membranes moist and aiding the thinning and clearance of respiratory secretions, making it easier to manage congestion and cough. Fever and sweating can quickly deplete fluids, so increasing intake helps maintain blood volume and supports recovery and performance. Less beneficial in this context is cutting calories; the immune system needs energy, and restricting intake can hinder recovery. Increasing vitamin C has only modest and inconsistent evidence for shortening cold duration or symptoms, so it's not as reliably beneficial as maintaining good hydration. Decreasing fluid intake would directly oppose the body's needs during illness and is not advisable.

3. Which budgeting method starts from zero and requires justification for all expenses?

- A. Incremental budget
- B. Zero-based budget**
- C. Line-item budget
- D. Planning programming budget

The main idea here is understanding how different budgeting methods approach starting points and justification for costs. Zero-based budgeting begins from zero for every line item, and all expenses must be justified for the current period as if nothing from the past exists. This forces a fresh review of every need, helps prioritize spending to align with current goals, and prevents automatic carryover of prior-year costs. This contrasts with an incremental budget, which starts with the previous year's numbers and adjusts them up or down, so most expenses continue with minimal justification. A line-item budget focuses on categorizing spending into specific categories but doesn't require re-justifying each item from scratch. Planning programming budgeting systems organize funding around programs and their anticipated results, assessing value and resource needs, rather than starting from zero on every line item. So, the method that truly requires justification for all expenses while starting from zero is zero-based budgeting.

4. Which organization publishes guidelines for the reconditioning and maintenance of helmets for football, lacrosse, and baseball?

- A. American Society for Testing & Materials
- B. Canadian Standards Association
- C. Consumer Product Safety Commission

D. National Operating Committee on Standards for Athletic Equipment

The organization that publishes the guidelines for reconditioning and maintenance of helmets used in football, lacrosse, and baseball is the one that creates and maintains the safety standards and certification program for protective equipment. This body develops the performance standards and specific reconditioning procedures that schools, leagues, and manufacturers follow to keep helmets safe and ensure they continue to meet safety criteria over time. It also runs the certification program so reconditioners are trained and helmets are retested as part of preserving helmet integrity. Other groups exist for broader or different safety standards, but for helmet reconditioning guidelines across these sports, this organization is the established source.

5. During football practice, a linebacker collapses and is unconscious. What INITIAL action should the athletic trainer take?

- A. Begin CPR
- B. Activate EMS**
- C. Place athlete on spine board
- D. Apply AED

Activating EMS first is essential because a collapse with unconsciousness in an athlete is a potential cardiac arrest where seconds count. Calling for professional help ensures rapid arrival of trained responders and access to an automated external defibrillator and advanced care. While help is on the way, you should start CPR if there is no pulse or normal breathing and bring the AED to the scene for use as soon as it's available. Stabilizing with a spine board isn't the immediate priority, since it doesn't address the life-threatening condition right away. The priority is to get help on the way and begin life-saving care without delay.

6. Which lifestyle modification is recommended for a patient with hypertension?

- A. Reduce intake of sodium**
- B. Reduce intake of potassium
- C. Reduce intake of calcium
- D. Reduce intake of protein

Lowering sodium intake has a direct and well-supported impact on lowering blood pressure. When you consume less salt, the body retains less water, which reduces extracellular fluid volume. That decrease in blood volume lowers the pressure the heart must generate to circulate blood and reduces the force on arterial walls, helping to bring blood pressure down. This approach is a cornerstone of hypertension management and is reflected in widely used dietary plans like the DASH diet; many guidelines target sodium intake around 1500 mg per day or a meaningful reduction from typical intake. Potassium, calcium, and protein levels aren't adjusted in the same way to lower blood pressure. Adequate potassium intake is generally encouraged because it helps counteract sodium's effect on blood pressure in people with normal kidney function, rather than being reduced. Reducing calcium or protein isn't a standard hypertension-reduction strategy, though overall balanced nutrition remains important for health.

7. Which electrical current is best for preventing muscle atrophy during rehabilitation?

- A. Interferential Current
- B. Micro Current
- C. Russian Current**
- D. Sensory-Level High-Volt Pulsed Current

To prevent muscle atrophy during rehabilitation, you want a current that reliably produces strong, repeatable muscle contractions to recruit motor units and maintain muscle mass. Russian current fits this need because it delivers a medium-frequency carrier (around 2500 Hz) in short bursts at about 50 Hz, producing a tetanic contraction that can be sustained with repeated cycles. This pattern effectively strengthens and preserves muscle tissue during rehab, countering disuse atrophy. Other currents are geared more toward healing or pain modulation rather than producing strong, functional contractions. Interferential current is mainly used for analgesia and edema reduction, microcurrent operates at very low amplitudes for tissue healing with minimal contraction, and sensory-level high-voltage pulsed current provides pain relief at the sensory level and does not elicit significant muscle contraction.

8. Which vitamin is essential for calcium absorption and bone mineralization?

- A. Vitamin D**
- B. Vitamin A
- C. Vitamin B12
- D. Vitamin C

Vitamin D is essential for calcium absorption and bone mineralization. It enables the intestines to absorb calcium by stimulating the production of calcium-binding proteins in the intestinal lining, which allows dietary calcium to enter the bloodstream efficiently. It also promotes bone mineralization by supporting osteoblast activity and enabling the deposition of calcium and phosphate into the bone matrix. The body's ability to absorb calcium and maintain proper calcium and phosphate balance relies on vitamin D working with parathyroid hormone; when vitamin D is deficient, calcium absorption drops, PTH rises, and bone mineralization can be impaired. Deficiency can lead to rickets in children and osteomalacia in adults. Practical understanding includes recognizing vitamin D sources—sun exposure, fortified foods, fatty fish, and supplementation as needed—to support bone health and reduce fracture risk. While other vitamins have important roles in health, they do not directly drive calcium absorption and bone mineralization to the same degree as vitamin D.

9. Which mechanism is MOST likely to contribute to medial tibial stress syndrome?

- A. Pronation distal anterior tibialis attachment
- B. Pronation proximal posterior tibialis attachment**
- C. Pronation proximal anterior tibialis attachment
- D. Supination proximal flexor digitorum attachment

Medial tibial stress syndrome arises from repetitive traction on the medial border of the tibia caused by excessive pronation. The structure most implicated is the posterior tibialis, which originates on the proximal posterior tibia. When the foot over-pronates, the posterior tibialis tendon experiences increased tensile load at that proximal tibial attachment, pulling on the tibia and irritating the periosteum along the posteromedial border. Repeated stress this way leads to shin pain. Other attachments described in the options involve different muscles and locations that are less likely to produce the medial tibial periosteal irritation seen with MTSS.

10. Which tools measure joint range of motion and what reliability concerns should be considered?

- A. Thermometer and sphygmomanometer; reliability depends on patient age
- B. Tachometer and hygrometer; reliability depends on humidity
- C. Goniometer and inclinometer; reliability depends on standardized positioning, consistent landmarks, examiner training, patient effort, and device calibration.**
- D. Ruler and protractor; reliability is always perfect

Measurement of joint range of motion uses devices that quantify angular movement between limb segments. The goniometer provides a direct angle by aligning its fulcrum with the joint's axis and its arms with the two segments, while the inclinometer measures the angle relative to gravity to capture certain motions. This combination is why the option with both tools is the best answer: they are the standard instruments for ROM assessment. Reliability hinges on how consistently the measurement is performed. Standardized positioning ensures the same joint posture each time, and using consistent anatomical landmarks guarantees the same axis and alignment for the measurement. Examiner training matters because proper technique reduces user-related error and variation between testers. Patient effort can affect active ROM measurements, so clear instructions and relaxed, maximal effort are important. Device calibration or maintenance prevents drift or measurement bias, which could otherwise skew results across sessions. When these factors are controlled, ROM measurements become more reproducible and trustworthy. Other tools mentioned measure things unrelated to ROM (like temperature, blood pressure, speed, or humidity), and claiming reliability is always perfect is not accurate—every measurement has some degree of error, which these reliability controls help minimize.

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://atcboc.examzify.com>

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

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