

ATHLETIC TRAINING PRACTICE EXAM (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 organization certifies football helmets to ensure they can withstand repeated impacts?**
 - A. FDA
 - B. NATA
 - C. NOCSAE
 - D. NFL

- 2. What is an exception to the common causes of weight training injuries?**
 - A. Use of a "spotter"
 - B. Barbell or platform defects
 - C. Poor technique
 - D. Not warming up before lifting

- 3. What does an SPF of 5 indicate about sunscreen?**
 - A. Protection from sun 105%
 - B. Five times longer exposure without burning
 - C. Cream contains 5% of SPF
 - D. Number of applications needed for complete protection

- 4. How can athletes prevent lower leg injuries?**
 - A. Stretching
 - B. Proper footwear
 - C. All of the above
 - D. Proprioceptive training

- 5. A patient with mononucleosis should not play sports until the symptoms subside due to which of the following concerns?**
 - A. Enlarged spleen
 - B. Stress on the liver
 - C. Possible kidney complications
 - D. Malaise and fatigue

- 6. What vitamin might help alleviate symptoms of premenstrual syndrome in a gymnast?**
- A. Vitamin B12
 - B. Vitamin B6
 - C. Vitamin A
 - D. Vitamin C
- 7. Which medication should be taken at bedtime to avoid daytime sedation for allergic rhinitis?**
- A. Expectorants
 - B. Antihistamines
 - C. Decongestants
 - D. NSAIDs
- 8. To prevent a hazardous electrical problem in the athletic training facility, which items should never be used?**
- A. Multiple adapters and extension cords
 - B. Ground fault interrupters and 3 pronged wall outlets
 - C. Ground fault interrupters and fluorescent lights
 - D. Hanging lights and 3 pronged wall outlets
- 9. Genital warts are caused by which virus?**
- A. HIV
 - B. Herpes I virus
 - C. Chlamydia
 - D. Human papillomavirus
- 10. What medical condition may prevent patients with Down syndrome from participating in certain sports?**
- A. Atlantoaxial instability
 - B. Slipped capital epiphysis
 - C. Aortic aneurysm
 - D. Talar subluxation

Answers

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

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Explanations

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1. Which organization certifies football helmets to ensure they can withstand repeated impacts?

- A. FDA
- B. NATA
- C. NOCSAE**
- D. NFL

The certification of football helmets to ensure they can withstand repeated impacts is handled by the National Operating Committee on Standards for Athletic Equipment (NOCSAE). This organization sets performance standards for sports equipment, including football helmets, to promote player safety. NOCSAE conducts rigorous testing to evaluate how well helmets can absorb impacts and protect athletes from head injuries. While the FDA regulates medical devices and the NATA is an umbrella organization representing athletic trainers, they do not specifically certify helmets for impact resistance. The NFL, although heavily involved in player safety, does not have the authority to certify equipment like helmets. Instead, it follows the standards set by organizations like NOCSAE. Thus, NOCSAE is key in ensuring that helmets are safe and meet specific criteria for performance in sports.

2. What is an exception to the common causes of weight training injuries?

- A. Use of a "spotter"**
- B. Barbell or platform defects
- C. Poor technique
- D. Not warming up before lifting

The use of a "spotter" is considered an exception to the common causes of weight training injuries because a spotter provides assistance and safety during lifts, helping to prevent accidents and injuries. Spotters are trained to provide the necessary support to an athlete, especially during heavy lifts or when the lifter is pushing their limits. They can help stabilize the barbell, catch it if the lifter struggles, and provide verbal cues to encourage proper technique during the lift. In contrast, the other options listed highlight common issues that can lead to injuries. Barbell or platform defects refer to equipment that is faulty or damaged, which can result in unsafe lifting conditions. Poor technique emphasizes the importance of proper form to avoid strain on muscles and joints, while not warming up before lifting can increase the risk of injury due to muscles being unprepared for intense activity. Each of these factors contributes directly to the likelihood of sustaining an injury during weight training.

3. What does an SPF of 5 indicate about sunscreen?

- A. Protection from sun 105%
- B. Five times longer exposure without burning**
- C. Cream contains 5% of SPF
- D. Number of applications needed for complete protection

An SPF of 5 indicates that the sunscreen allows an individual to stay in the sun five times longer without burning compared to wearing no sunscreen at all. This means that if a person typically starts to burn after 10 minutes of sun exposure without protection, applying SPF 5 sunscreen could theoretically provide around 50 minutes of protection under the same conditions. It's important to understand that SPF, or Sun Protection Factor, measures the effectiveness of sunscreen in blocking ultraviolet (UV) rays, specifically UVB rays, which are primarily responsible for sunburn. The SPF number is a straightforward way to quantify the amount of added protection that sunscreen can provide against the risk of burning. The other options provided do not accurately reflect the meaning of SPF. The first option, regarding exceeding 100% protection, is misleading since SPF cannot surpass a theoretical maximum protection level. The third option incorrectly suggests that the SPF designation represents the percentage of the product that is active sunscreen ingredient, which is not how SPF values are defined. Finally, the choice about the number of applications needed for complete protection does not relate to SPF at all but rather to the overall strategy for sunscreen use.

4. How can athletes prevent lower leg injuries?

- A. Stretching
- B. Proper footwear
- C. All of the above**
- D. Proprioceptive training

Athletes can prevent lower leg injuries through a combination of various strategies that address different aspects of physical fitness and preparedness. Among these strategies, stretching plays a crucial role in enhancing flexibility, which can help minimize the risk of strains and sprains by preparing the muscles and tendons for physical activity. Proper footwear is equally important as it provides the necessary support and cushioning to absorb impact, reducing stress on the lower legs during activities. Proprioceptive training enhances balance and coordination, helping athletes develop better body awareness, which is vital in preventing falls and awkward movements that could lead to injuries. When all these preventative measures are employed together, they create a comprehensive approach to injury prevention. This holistic strategy maximizes safety and effectiveness in training, significantly reducing the risk of lower leg injuries through improved flexibility, proper mechanics, and enhanced stability. Thus, the answer encompasses all strategies as essential components in preventing lower leg injuries.

5. A patient with mononucleosis should not play sports until the symptoms subside due to which of the following concerns?

- A. Enlarged spleen**
- B. Stress on the liver
- C. Possible kidney complications
- D. Malaise and fatigue

The concern that a patient with mononucleosis should not play sports until symptoms subside primarily relates to the risk of an enlarged spleen. Mononucleosis, often caused by the Epstein-Barr virus, can lead to significant enlargement of the spleen, a condition known as splenomegaly. Engaging in physical activity or contact sports while the spleen is enlarged can pose a serious risk, as the spleen is more susceptible to rupture, which is a medical emergency and can lead to severe internal bleeding. While other factors such as stress on the liver, possible kidney complications, and malaise and fatigue are important considerations in the context of mononucleosis, they do not present the same immediate and severe risk associated with an enlarged spleen during physical activity. Therefore, the primary concern in delaying sports participation is to prevent potential complications related to an enlarged spleen.

6. What vitamin might help alleviate symptoms of premenstrual syndrome in a gymnast?

- A. Vitamin B12
- B. Vitamin B6**
- C. Vitamin A
- D. Vitamin C

Vitamin B6, also known as pyridoxine, is known for its potential role in alleviating symptoms of premenstrual syndrome (PMS). Research indicates that Vitamin B6 can help with mood swings, irritability, and other emotional disturbances associated with PMS. This vitamin is involved in neurotransmitter synthesis, which can significantly affect mood and cognitive function. It also plays a role in the regulation of hormones, which is crucial during the menstrual cycle. In terms of dietary sources, Vitamin B6 is found in foods such as fish, chicken, potatoes, and bananas, making it accessible for athletes, including gymnasts, who focus on nutrition for optimal performance and health. Thus, supplementation or adequate dietary intake of Vitamin B6 may help gymnasts manage PMS symptoms more effectively.

7. Which medication should be taken at bedtime to avoid daytime sedation for allergic rhinitis?

- A. Expectorants
- B. Antihistamines**
- C. Decongestants
- D. NSAIDs

For managing allergic rhinitis, antihistamines are often recommended due to their effectiveness in alleviating symptoms such as sneezing, runny nose, and itchy eyes. Specifically, second-generation antihistamines, like cetirizine or loratadine, are less likely to cause sedation compared to their first-generation counterparts, such as diphenhydramine. However, even second-generation antihistamines can still cause some drowsiness in sensitive individuals, which is why taking them at bedtime can be beneficial to minimize any potential sedation during the day. Expectorants are primarily used to help relieve coughs and congestion rather than directly targeting allergic rhinitis. Decongestants are effective in reducing nasal congestion but can lead to side effects such as increased heart rate and insomnia, making them less suitable for evening use. NSAIDs are anti-inflammatory medications that may help with pain relief but do not address the symptoms of allergic rhinitis. Therefore, antihistamines are the appropriate choice for nighttime use in order to mitigate daytime drowsiness while treating allergic symptoms effectively.

8. To prevent a hazardous electrical problem in the athletic training facility, which items should never be used?

- A. Multiple adapters and extension cords**
- B. Ground fault interrupters and 3 pronged wall outlets
- C. Ground fault interrupters and fluorescent lights
- D. Hanging lights and 3 pronged wall outlets

Using multiple adapters and extension cords in an athletic training facility poses a significant risk for electrical hazards. These items can lead to overloaded circuits, which increases the chance of electrical fires and equipment failure. Overloading occurs when too much power is drawn from a single outlet, which can cause wires to overheat and subsequently fail. Additionally, using multiple adapters can compromise the effectiveness of grounding protection, which is essential in an athletic facility where equipment is used extensively, and moisture can be a factor. Proper electrical distribution is vital to ensuring the safety of both the facility and its users. In contrast, ground fault interrupters and 3-pronged wall outlets are specifically designed to enhance electrical safety by preventing shocks and ensuring proper grounding. Similarly, fluorescent lights and hanging lights, when installed correctly, can be safe. Proper lighting is essential in such facilities, and following safety protocols can mitigate risks associated with these options.

9. Genital warts are caused by which virus?

- A. HIV
- B. Herpes I virus
- C. Chlamydia
- D. Human papillomavirus**

Genital warts are caused by the human papillomavirus (HPV), which is a sexually transmitted virus. There are many types of HPV, and some of them are specifically responsible for the development of genital warts. This virus can infect the skin in the genital area and lead to the manifestation of warts, which can appear as small, flesh-colored or gray growths. Certain strains of HPV are also associated with a higher risk of developing cervical and other types of cancer. It's important to note that while there are various viruses and bacteria that can affect the genital area, such as HIV and the herpes simplex virus, they do not cause genital warts. Chlamydia is a bacterial infection that may lead to other health issues but is not responsible for the development of warts. Understanding the specific virus behind genital warts is crucial for proper diagnosis and treatment, as well as for promoting preventive measures, including vaccinations available for certain strains of HPV.

10. What medical condition may prevent patients with Down syndrome from participating in certain sports?

- A. Atlantoaxial instability**
- B. Slipped capital epiphysis
- C. Aortic aneurysm
- D. Talar subluxation

Atlantoaxial instability is a condition that can be present in some individuals with Down syndrome due to the anatomical differences in the cervical spine associated with the condition. This instability can lead to excessive movement at the atlantoaxial joint (between the first and second cervical vertebrae), which may increase the risk of spinal cord compression and serious injury, particularly during activities that involve contact or high-impact movements. Sports participation can be dangerous for individuals with atlantoaxial instability, as activities that involve jumping, twisting, or collisions may exacerbate the condition. Therefore, medical professionals often recommend restrictions on participation in certain sports for individuals with Down syndrome who have this instability diagnosed through appropriate imaging or clinical assessment. In contrast, while the other conditions may have implications for physical activity, they are not as commonly directly associated with restrictions for patients with Down syndrome. For example, slipped capital epiphysis and aortic aneurysm can certainly pose risks, but they are not specific to individuals with Down syndrome in the same way as atlantoaxial instability. Talar subluxation is also not a well-documented risk factor that would universally prevent participation in sports for this population.

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://athletictraining.examzify.com>

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

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