

# Board of Certification for the Athletic Trainer (BOC) 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

- 1. How often should a patient take a prescription medication prescribed as QID?**
  - A. As needed**
  - B. Every other day**
  - C. Four times a day**
  - D. Three times a day**
- 2. Which of the following is a common sign of dehydration in athletes?**
  - A. Increase in appetite**
  - B. Dry skin and lips**
  - C. Heightened energy levels**
  - D. Ease of concentration**
- 3. What is a common rehabilitation technique used for knee injuries?**
  - A. Rest and ice application**
  - B. Physical therapy with specific exercises**
  - C. Surgery and immobilization**
  - D. Massage therapy only**
- 4. What is a contraindication for applying continuous cervical traction?**
  - A. Cervical degenerative disc disease**
  - B. Cervical facet joint dysfunction**
  - C. Cervical nerve root impingement**
  - D. Cervical stenosis**
- 5. Which factor increases the likelihood of sports-related concussions?**
  - A. Lower body strength**
  - B. Previous concussion history**
  - C. Aerobic fitness**
  - D. Flexibility**

- 6. What is the purpose of a pre-participation physical exam?**
- A. To assess an athlete's psychological readiness**
  - B. To identify any medical conditions that may put an athlete at risk**
  - C. To evaluate an athlete's skill level**
  - D. To determine eligibility for competition**
- 7. Which condition is characterized by posterior shoulder pain during overhead activities?**
- A. Rotator cuff tear**
  - B. Frozen shoulder**
  - C. Shoulder impingement**
  - D. Shoulder dislocation**
- 8. Which aspect of athletic training covers the organization and administration of sports programs?**
- A. Clinical evaluation**
  - B. Injury prevention**
  - C. Organization/Administration**
  - D. Treatment**
- 9. Which psychological factor can influence athletic performance?**
- A. Distraction**
  - B. Anxiety**
  - C. Fatigue**
  - D. Confidence**
- 10. Which of the following is a common sign of concussion?**
- A. Nausea**
  - B. Initial fainting**
  - C. Headache**
  - D. Sweaty palms**



## **Answers**

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

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## **Explanations**

**1. How often should a patient take a prescription medication prescribed as QID?**

- A. As needed**
- B. Every other day**
- C. Four times a day**
- D. Three times a day**

When a medication is prescribed as QID, it stands for "quater in die," which is a Latin term meaning "four times a day." The designation implies that the patient should take the medication at evenly spaced intervals throughout the day, typically allowing for a consistent therapeutic effect. This frequency is important in managing conditions that require steady levels of medication in the bloodstream. Taking the medication four times daily helps ensure that therapeutic levels are maintained and can effectively control the symptoms of the condition being treated. In contrast, the other choices do not meet the frequency required for a QID prescription, which could potentially lead to insufficient management of the patient's condition.

**2. Which of the following is a common sign of dehydration in athletes?**

- A. Increase in appetite**
- B. Dry skin and lips**
- C. Heightened energy levels**
- D. Ease of concentration**

Dry skin and lips is a well-recognized sign of dehydration in athletes. When the body lacks adequate hydration, the first areas to show symptoms are typically those that are externally vulnerable, such as the skin and mucous membranes. Dehydration reduces the moisture levels in the skin, leading to dryness. This can also cause chapped or cracked lips, making them indicative of a lack of fluid intake or excessive water loss through sweat during physical exertion. In contrast, an increase in appetite, heightened energy levels, and ease of concentration are not typical signs of dehydration. In fact, dehydration often leads to decreased energy levels and may impair cognitive function, making concentration more difficult. Recognizing the signs of dehydration is crucial for athletes to maintain performance and overall health.

### **3. What is a common rehabilitation technique used for knee injuries?**

- A. Rest and ice application**
- B. Physical therapy with specific exercises**
- C. Surgery and immobilization**
- D. Massage therapy only**

Physical therapy with specific exercises is a common rehabilitation technique for knee injuries because it addresses both the strength and flexibility needed to support the knee joint and promote healing. This approach involves a customized program that can include range-of-motion exercises, strength training, balance training, and functional activities tailored to the individual's specific injury and athletic goals. These exercises are crucial for recovery as they help restore normal function and reduce the risk of further injury. Moreover, physical therapy focuses on movement patterns, which aids in correcting any biomechanical issues that may have contributed to the injury. In contrast, while rest and ice application can be part of the initial management for acute injuries to reduce swelling and pain, these methods alone do not foster rehabilitation and recovery. Surgery and immobilization may be necessary for severe injuries, but they are not rehabilitation techniques per se; they are more treatment interventions. Lastly, while massage therapy can provide benefits such as muscle relaxation and pain alleviation, it is not a standalone rehabilitation technique for knee injuries, as it does not specifically address the strength and functional recovery needed for optimal knee rehabilitation.

### **4. What is a contraindication for applying continuous cervical traction?**

- A. Cervical degenerative disc disease**
- B. Cervical facet joint dysfunction**
- C. Cervical nerve root impingement**
- D. Cervical stenosis**

Continuous cervical traction should generally be avoided in cases of cervical stenosis due to the potential for exacerbating the narrowing of the spinal canal or neural foramina, which can lead to increased pressure on the spinal cord or nerve roots. The goal of traction is to relieve pressure and enhance mobility in the cervical spine, but when stenosis is present, traction can create further complications. In cervical stenosis, the space available for the spinal cord and nerve roots is already limited. Applying traction may stretch the surrounding tissues in a way that could worsen the condition, potentially leading to increased pain, neurological symptoms, or additional injury. Therefore, cervical stenosis serves as a clear contraindication for continuous cervical traction. In contrast, conditions such as cervical degenerative disc disease, cervical facet joint dysfunction, and cervical nerve root impingement may actually benefit from traction, as it can help to alleviate symptoms by decompressing structures of the cervical spine. Thus, understanding the specific implications of cervical stenosis is crucial when considering treatment options involving traction.

**5. Which factor increases the likelihood of sports-related concussions?**

- A. Lower body strength**
- B. Previous concussion history**
- C. Aerobic fitness**
- D. Flexibility**

The likelihood of sports-related concussions is notably influenced by a previous history of concussions. This can be attributed to several factors. When a person has experienced a concussion, the brain may remain more vulnerable to subsequent injuries due to changes in neural pathways, brain structure, or overall resilience. The cumulative effect of multiple concussions can lead to increased risk because the recovery processes from repeated injuries may not fully restore optimal brain function and protection. On average, individuals with a history of concussions tend to sustain them more frequently, as their threshold for injury may be lowered. Subsequent concussions can also result in more severe symptoms and longer recovery times, confirming the link between previous injuries and future susceptibility. This understanding emphasizes the importance of careful monitoring and management of athletes with past concussions to mitigate risks during sports participation.

**6. What is the purpose of a pre-participation physical exam?**

- A. To assess an athlete's psychological readiness**
- B. To identify any medical conditions that may put an athlete at risk**
- C. To evaluate an athlete's skill level**
- D. To determine eligibility for competition**

The purpose of a pre-participation physical exam is primarily to identify any medical conditions that may put an athlete at risk during training or competition. This comprehensive evaluation is crucial for ensuring the health and safety of the athlete. It systematically examines the athlete's medical history as well as current physical status, allowing healthcare professionals to detect any issues—such as cardiovascular problems, bone and joint conditions, or underlying health issues—that could lead to serious risks during physical activity. While the pre-participation physical exam can also touch on aspects like psychological readiness and eligibility for competition, and might indirectly hint at skill level through physical capability, its main focus is on protecting the athlete's health and preventing injuries by catching potential medical concerns early.

**7. Which condition is characterized by posterior shoulder pain during overhead activities?**

- A. Rotator cuff tear**
- B. Frozen shoulder**
- C. Shoulder impingement**
- D. Shoulder dislocation**

Shoulder impingement is characterized by posterior shoulder pain during overhead activities due to the compression of the rotator cuff tendons and the bursa against the acromion during arm elevation. This condition often results from repetitive overhead motions and can lead to inflammation and pain, particularly when the arm is raised. In the case of shoulder impingement, the pain is frequently felt at the back of the shoulder, which can make it difficult for individuals performing overhead activities such as throwing, swimming, or lifting. These activities exacerbate the condition because they require the shoulder joint to move through a range of motion that increases the likelihood of pinching the tissues involved. While a rotator cuff tear can also lead to similar symptoms, it is more associated with pain during specific movements and weakness rather than pain solely during overhead activities. Frozen shoulder generally involves stiffness and pain but is not specifically characterized by pain during overhead activities. Shoulder dislocation usually presents with acute, severe pain and noticeable deformity, rather than the chronic overload pain associated with impingement.

**8. Which aspect of athletic training covers the organization and administration of sports programs?**

- A. Clinical evaluation**
- B. Injury prevention**
- C. Organization/Administration**
- D. Treatment**

The aspect of athletic training that focuses on the organization and administration of sports programs is indeed organization/administration. This element encompasses a wide range of responsibilities, including the development and management of sports programs, compliance with regulations, budgeting, staffing, and ensuring effective communication within the organization. It is essential for athletic trainers to have knowledge in this area to create safe, efficient, and effective sports environments, which ultimately enhances the overall experience for athletes. Understanding this component is critical because it bridges the gap between clinical practices and operational management, ensuring that sports programs run smoothly and meet the needs of the athletes, coaches, and institutions involved. This includes setting policies, procedures, and protocols that govern the sports programs, fostering an environment that promotes both athlete safety and competitive success. The other options, while important aspects of athletic training, do not primarily address the organizational and administrative framework necessary for running sports programs effectively.

**9. Which psychological factor can influence athletic performance?**

- A. Distraction**
- B. Anxiety**
- C. Fatigue**
- D. Confidence**

Anxiety is a psychological factor that can significantly influence athletic performance. It arises from various sources, including pressure to perform, fear of failure, or the importance of the competition. When athletes experience anxiety, it can lead to physical symptoms such as increased heart rate and muscle tension, as well as cognitive symptoms like difficulty concentrating and indecisiveness. These effects can hinder optimal performance, as the athlete may struggle to focus on their tasks, make accurate decisions, or maintain their usual skill level. On the other hand, while distraction can also impact performance negatively, it is often a result of anxiety rather than a pure psychological factor on its own. Fatigue is primarily a physical state that limits performance but does not fall under the category of psychological factors since it is more about physical exertion rather than mental state. Confidence, although it can enhance performance, is a more general psychological characteristic rather than a direct psychological challenge an athlete may face. Therefore, anxiety is specifically recognized for its profound impact on performance due to its capacity to create a heightened state of stress that can detract from an athlete's abilities.

**10. Which of the following is a common sign of concussion?**

- A. Nausea**
- B. Initial fainting**
- C. Headache**
- D. Sweaty palms**

A headache is a widely recognized sign of a concussion and plays a significant role in the assessment of such injuries. When someone experiences a concussion, which is a type of traumatic brain injury, the brain undergoes a complex series of physiological changes that can lead to various symptoms. Headaches specifically occur due to the disturbance in brain function and may be related to inflammation or changes in blood flow. While nausea, initial fainting, and sweaty palms can occur with concussions, they are not as commonly emphasized as hallmark signs when diagnosing a concussion compared to headaches. Headaches may vary in intensity and can sometimes resemble migraines, making them a critical symptom for athletic trainers and healthcare providers to evaluate during assessments. Understanding this symptom also aids in proper management and treatment protocols for athletes who may have sustained a concussion.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://boardofcertification-athletictrainer.examzify.com>**

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