

BOC Athletic Training Practice Exam (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. What is a key feature of indemnity health plans?**
 - A. Restricted provider networks**
 - B. Standardized monthly premiums**
 - C. Fees are paid for each service rendered**
 - D. Capitation agreements with providers**

- 2. What are potential side effects of using ephedrine?**
 - A. Weight gain and fatigue**
 - B. Heart attacks and strokes**
 - C. Improved sleep and mood**
 - D. Skin rashes and headaches**

- 3. How is shearing force defined?**
 - A. Two opposite forces acting on a joint**
 - B. Force causing a structure to rotate**
 - C. Equal but not directly opposite loads applied to opposing surfaces**
 - D. Force that compresses tissues together**

- 4. What is the technique of placing a body part in cold water considered in managing pain?**
 - A. Tension reduction**
 - B. Attention diversion**
 - C. Altering pain sensation**
 - D. Imagery**

- 5. What is a key characteristic of Health Maintenance Organizations (HMOs)?**
 - A. They pay a percentage of medical costs regardless of network**
 - B. They provide preventative measures and require permission for non-network care**
 - C. They offer unlimited choice for healthcare providers**
 - D. They have high deductibles but no copays**

- 6. Paresthesia is characterized by which of the following?**
- A. Numbness or loss of feeling**
 - B. Pain and tenderness**
 - C. Prickling or tingling sensations**
 - D. Chronic nerve problems**
- 7. What adverse effect is commonly associated with Tetracycline?**
- A. Causes severe allergies**
 - B. Increases susceptibility to sun exposure**
 - C. Leads to liver damage**
 - D. Causes digestive issues**
- 8. Which of the following describes neuritis?**
- A. A temporary loss of nerve function**
 - B. A state of numbness**
 - C. A chronic nerve problem**
 - D. A phase of healing**
- 9. What order should be followed to ensure an optimal assessment in a physical examination?**
- A. Observation, special tests, palpation, brief med hx**
 - B. Special tests, palpation, observation, brief med hx**
 - C. Brief med hx, observation, palpation, special tests**
 - D. Palpation, observation, special tests, brief med hx**
- 10. What is a defining property of oxidizing agents like hydrogen peroxide?**
- A. They are primarily used as a pain reliever**
 - B. They kill bacteria and cleanse infected areas**
 - C. They are not effective against any microorganisms**
 - D. They are only used in laboratory settings**

Answers

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

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Explanations

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1. What is a key feature of indemnity health plans?

- A. Restricted provider networks
- B. Standardized monthly premiums
- C. Fees are paid for each service rendered**
- D. Capitation agreements with providers

Indemnity health plans are characterized by their payment structure, where fees are paid for each service rendered. This model allows consumers to pay their healthcare providers directly at the time services are provided, and the insurance company subsequently reimburses the provider or the insured for the costs incurred. This approach offers flexibility, as policyholders can choose any healthcare provider without being limited to a specific network of providers, which is often the case in more managed care plans. The other aspects of indemnity plans, such as not having restricted provider networks, are important to understand as they contrast with managed care models. The absence of capitation agreements means that providers are compensated based on the volume of services provided rather than a set fee per patient. Hence, the defining feature of an indemnity health plan is its fee-for-service structure, emphasizing the payment for each individual service rendered.

2. What are potential side effects of using ephedrine?

- A. Weight gain and fatigue
- B. Heart attacks and strokes**
- C. Improved sleep and mood
- D. Skin rashes and headaches

Ephedrine is a sympathomimetic drug that stimulates the central nervous system and has been associated with potentially serious cardiovascular side effects. The use of ephedrine can lead to an increase in heart rate, blood pressure, and overall cardiovascular strain, which can elevate the risk of serious conditions such as heart attacks and strokes. These risks are particularly pronounced in individuals with pre-existing heart conditions or those who misuse the drug in high doses. In contrast, the other options outline effects that are generally not associated with ephedrine. For example, weight gain and fatigue can result from a variety of factors but are not common side effects of ephedrine; this drug is typically used to suppress appetite and may lead to weight loss. Improved sleep and mood are also inconsistent with ephedrine's stimulating properties, which typically lead to increased alertness rather than enhanced sleep quality or mood stability. Finally, while skin rashes and headaches can be side effects of many medications or substances, they do not specifically correlate as primary risks of ephedrine use. Understanding the serious cardiovascular implications of ephedrine is crucial for any athletic trainer or healthcare provider, especially in scenarios involving performance enhancement or treatment of respiratory conditions.

3. How is shearing force defined?

- A. Two opposite forces acting on a joint
- B. Force causing a structure to rotate
- C. Equal but not directly opposite loads applied to opposing surfaces**
- D. Force that compresses tissues together

Shearing force is defined as a force that acts on a material in such a way that it tends to cause different portions of the material to slide past one another. This often happens when equal but not directly opposite loads are applied to opposing surfaces, creating a differential movement between those surfaces. In a practical sense, shearing forces are critical in understanding how injuries can occur in joints and soft tissues, such as when ligaments or cartilage are subjected to forces that attempt to separate or distort them laterally rather than vertically. This type of force is essential to recognize in athletic training, as it can lead to specific forms of injury if the tissues cannot withstand such stresses. Understanding shearing forces helps in the assessment of injuries, rehabilitation protocols, and prevention strategies in athletes, particularly in guiding how to minimize those forces during sports activities.

4. What is the technique of placing a body part in cold water considered in managing pain?

- A. Tension reduction
- B. Attention diversion
- C. Altering pain sensation**
- D. Imagery

The technique of placing a body part in cold water is primarily considered as altering pain sensation. Cold therapy, also known as cryotherapy, is utilized to manage pain through physiological mechanisms. When cold is applied, it influences the nerve conduction velocity, reducing both the perception of pain and the discomfort associated with it. Moreover, there is a decrease in muscle spasm and inflammation, which can further lessen pain. This method works by numbing the affected area, which changes the way the body perceives pain signals. Cold exposure induces vasoconstriction, decreases metabolic activity, and inhibits the release of inflammatory mediators, all contributing to pain reduction. By altering the pain sensation, this technique is particularly effective in acute injuries, where swelling and inflammation are present, as well as in managing chronic pain conditions. Understanding this mechanism can help practitioners effectively integrate cold water immersion into pain management protocols for their clients.

5. What is a key characteristic of Health Maintenance Organizations (HMOs)?

- A. They pay a percentage of medical costs regardless of network**
- B. They provide preventative measures and require permission for non-network care**
- C. They offer unlimited choice for healthcare providers**
- D. They have high deductibles but no copays**

A key characteristic of Health Maintenance Organizations (HMOs) is their focus on preventative care and the requirement for members to receive permission, or a referral, before seeking care from non-network providers. HMOs emphasize maintaining the overall health of their members, which is reflected in their services that often include regular check-ups, screenings, and wellness programs aimed at preventing disease rather than just treating illness. Moreover, since HMOs negotiate rates with a defined network of healthcare providers, patients are typically required to select a primary care physician (PCP) who coordinates their care. If specialized or out-of-network care is needed, the member must obtain authorization from their PCP. This system is designed to manage costs more effectively and ensure that members receive consistent and coordinated care. In contrast, the other options present characteristics that are not aligned with the fundamental structure of HMOs, such as offering unlimited choice for providers or paying for services outside of their network without prior authorization.

6. Paresthesia is characterized by which of the following?

- A. Numbness or loss of feeling**
- B. Pain and tenderness**
- C. Prickling or tingling sensations**
- D. Chronic nerve problems**

Paresthesia is characterized by prickling or tingling sensations, often described as a "pins and needles" feeling. This condition can occur in response to various factors, including nerve compression, injury, or underlying medical conditions. The sensations may vary in intensity and can happen intermittently or be persistent. While other options describe different symptoms or conditions related to nerve issues, they do not accurately define paresthesia itself. For instance, numbness or loss of feeling relates more to a different nerve response, and pain or tenderness describes distinct symptoms rather than the characteristic tingling of paresthesia. Chronic nerve problems can lead to paresthesia but do not represent the symptom directly. Therefore, prickling or tingling sensations is the most accurate description of paresthesia.

7. What adverse effect is commonly associated with Tetracycline?

- A. Causes severe allergies**
- B. Increases susceptibility to sun exposure**
- C. Leads to liver damage**
- D. Causes digestive issues**

Tetracycline is an antibiotic that is well-known for increasing the skin's sensitivity to sunlight, a condition known as photosensitivity. This adverse effect occurs because tetracycline can affect the skin's ability to protect itself from ultraviolet (UV) radiation. Patients taking this medication are often advised to avoid excessive sun exposure, wear protective clothing, and use sunscreen to minimize the risk of sunburn and skin damage. The other options, while they may relate to side effects of certain medications, are not typically associated with tetracycline. For example, severe allergies and digestive issues can occur with many medications but are not specifically linked to tetracycline as common adverse reactions. Similarly, while liver damage is a potential risk with some antibiotics, tetracycline is not primarily known for this effect. Thus, the most accurate and commonly associated adverse effect of tetracycline is its tendency to increase susceptibility to sun exposure.

8. Which of the following describes neuritis?

- A. A temporary loss of nerve function**
- B. A state of numbness**
- C. A chronic nerve problem**
- D. A phase of healing**

Neuritis refers to inflammation of a nerve, which can lead to various symptoms, including pain, weakness, and sensory changes in the areas served by that nerve. When determining the characteristics of neuritis, it is essential to understand that it is often considered a chronic condition due to persistent inflammation. While acute cases of neuritis may present with temporary symptoms, chronic neuritis indicates a prolonged state of inflammatory effects on the nerve, which can result in lasting dysfunction. This chronic state could be due to underlying conditions, such as autoimmune diseases, infections, or physical injuries that continuously irritate the nerve. Other options do not accurately capture the nature of neuritis. A temporary loss of nerve function signifies a more transient issue rather than the ongoing inflammatory process associated with chronic neuritis. Similarly, numbness is a symptom rather than a descriptor of the condition itself, while a phase of healing typically implies a recovery process rather than inflammation. Understanding neuritis primarily as a chronic nerve problem gives better insight into its long-term implications and treatment strategies.

9. What order should be followed to ensure an optimal assessment in a physical examination?

- A. Observation, special tests, palpation, brief med hx**
- B. Special tests, palpation, observation, brief med hx**
- C. Brief med hx, observation, palpation, special tests**
- D. Palpation, observation, special tests, brief med hx**

The optimal order for a physical examination typically begins with obtaining a brief medical history. This initial step provides context for what the clinician should be looking for during the physical examination and allows them to tailor their approach based on the patient's history. Following the medical history, observation comes next. During this phase, the clinician assesses the patient's overall condition, posture, and any visible irregularities. This visual inspection is crucial for identifying potential issues that can guide further examination. After observation, palpation is performed. This hands-on approach allows the clinician to feel for abnormalities such as swelling, tenderness, or structural issues that are not apparent through observation alone. It provides tactile feedback that is critical in assessing the condition of the tissues. Finally, special tests are conducted. These tests are designed to assess the integrity and function of specific structures, such as ligaments, tendons, or muscles. They are often dependent on the findings from the brief medical history and the observational and palpation assessments. Following this order helps to build a comprehensive understanding of the patient's condition, ensuring that no important aspect is overlooked during the examination process.

10. What is a defining property of oxidizing agents like hydrogen peroxide?

- A. They are primarily used as a pain reliever**
- B. They kill bacteria and cleanse infected areas**
- C. They are not effective against any microorganisms**
- D. They are only used in laboratory settings**

The defining property of oxidizing agents like hydrogen peroxide is their ability to kill bacteria and cleanse infected areas. Hydrogen peroxide acts as a strong oxidizer, which allows it to disrupt cellular components in microorganisms, leading to their death. When applied to wounds, hydrogen peroxide can help remove debris and bacteria, promoting a cleaner environment for healing. This property makes it effective as a disinfectant in both medical settings and at home. In contrast, the other options present characteristics that do not apply to oxidizing agents. While they have varied uses, these uses do not define hydrogen peroxide's primary role as an antimicrobial agent.

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://bocathletictraining.examzify.com>

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

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