

# Certified Therapeutic Recreation Specialist (CTRS) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# 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. The FACTR assessment evaluates client functioning in which domains?**
  - A. Physical, cognitive, and emotional/social**
  - B. Physical, psychological, and spiritual**
  - C. Social, academic, and behavioral**
  - D. Cognitive, physical, and legal**
- 2. What aspect of leisure does the Leisure Attitude Measurement (LAM) evaluate?**
  - A. Physical ability in leisure**
  - B. Attitudes towards leisure activities**
  - C. Social skills development**
  - D. Economic impact of leisure**
- 3. According to Freud, which personality trait is responsible for generating impulses?**
  - A. Ego**
  - B. Superego**
  - C. Id**
  - D. Conscience**
- 4. What stage of Piaget's theory of cognitive development involves babies learning through sensory input and motor reactions?**
  - A. Pre-operational stage**
  - B. Concrete operational stage**
  - C. Sensorimotor stage**
  - D. Formal operational stage**
- 5. What type of therapeutic activities may be beneficial for patients with cancer?**
  - A. Competitive sports**
  - B. Structured play therapy**
  - C. Journaling and guided imagery**
  - D. Group lectures**

- 6. What does the term "autonomy" refer to in the context of recreational therapy?**
- A. The therapist's control over treatment choices**
  - B. The client's freedom to make personal choices**
  - C. The rules governing therapy practices**
  - D. The societal expectations of therapy outcomes**
- 7. Which ATRA standard addresses the planning for a client's discharge and transition?**
- A. Standard 1**
  - B. Standard 2**
  - C. Standard 5**
  - D. Standard 3**
- 8. Which area of functioning is NOT part of the 8 areas evaluated by the CERT-PD?**
- A. Gross motor function**
  - B. Emotional stability**
  - C. Communication**
  - D. Behavior**
- 9. What is a significant outcome for children in the preschool stage according to Erikson?**
- A. Feelings of mistrust**
  - B. A sense of purpose**
  - C. Shame and doubt**
  - D. Impulse control**
- 10. The primary focus of the Leisure Competence Measure is to assess which aspect of client functioning?**
- A. Cognitive process**
  - B. Physical ability**
  - C. Leisure participation**
  - D. Psychosocial adjustment**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. The FACTR assessment evaluates client functioning in which domains?**

- A. Physical, cognitive, and emotional/social**
- B. Physical, psychological, and spiritual**
- C. Social, academic, and behavioral**
- D. Cognitive, physical, and legal**

The FACTR (Functional Assessment of Characteristics for Therapeutic Recreation) assessment specifically evaluates client functioning in the domains of physical, cognitive, and emotional/social. This comprehensive approach allows professionals to gain insights into how an individual functions across several key areas that are relevant to therapeutic recreation services. The physical domain assesses mobility, strength, and overall physical capabilities, which are essential for engaging in recreational activities. The cognitive domain evaluates mental processes such as thought patterns, memory, and problem-solving abilities, which are crucial for understanding and participating in therapeutic recreation. Finally, the emotional/social domain looks at the individual's emotional well-being and social interactions, which are vital for fostering connections and enjoying group activities. Combining these three domains gives a holistic view of a client's abilities and needs, which can guide the development of tailored therapeutic interventions. The other options provided do not align with the specific focus areas of the FACTR assessment, making them less relevant in this context.

**2. What aspect of leisure does the Leisure Attitude Measurement (LAM) evaluate?**

- A. Physical ability in leisure**
- B. Attitudes towards leisure activities**
- C. Social skills development**
- D. Economic impact of leisure**

The Leisure Attitude Measurement (LAM) is specifically designed to assess an individual's attitudes towards leisure activities. It focuses on how a person perceives and values leisure, which can directly influence their engagement in leisure pursuits and overall quality of life. By measuring attitudes toward leisure, LAM provides insights into how these perceptions can affect an individual's participation and enjoyment in leisure activities. In contrast, the other options focus on different dimensions of leisure. The aspect of physical ability in leisure relates to an individual's capacity to participate in physical activities, while social skills development addresses the interpersonal skills gained through leisure interactions. The economic impact of leisure pertains to the financial considerations and benefits associated with leisure activities, which falls outside the scope of attitudinal evaluation that LAM specifically targets. Thus, the focus of LAM on attitudes makes the correct answer stand out as it captures the primary intention of the measurement tool.

**3. According to Freud, which personality trait is responsible for generating impulses?**

- A. Ego**
- B. Superego**
- C. Id**
- D. Conscience**

The correct choice is C, the Id. In Freudian theory, the Id is the part of the personality that contains our basic instinctual drives and desires. It operates on the pleasure principle, seeking immediate gratification and the fulfillment of basic needs and desires without considering the realities of the world or moral constraints. The Id is impulsive and operates unconsciously, making it the source of instinctual energy that drives a person's impulses. The Id's role is foundational in Freud's model of the psyche, which also includes the Ego and Superego. The Ego serves as a mediator between the Id's desires and the external world's realities, while the Superego embodies the moral standards and ideals we acquire from our parents and society. Because of this structure, the Id is solely responsible for generating those raw impulses, making it the correct answer in this context.

**4. What stage of Piaget's theory of cognitive development involves babies learning through sensory input and motor reactions?**

- A. Pre-operational stage**
- B. Concrete operational stage**
- C. Sensorimotor stage**
- D. Formal operational stage**

The sensorimotor stage is a critical period in Piaget's theory of cognitive development, which spans from birth to approximately two years of age. During this stage, infants learn primarily through their senses and motor activity. They explore the world around them via touch, sight, sound, and movement, allowing them to develop an understanding of their environment. In this stage, babies engage with their surroundings by performing actions such as grasping, sucking, and crawling. They learn that their actions can produce effects, a concept known as cause-and-effect. This interaction helps to build foundational cognitive skills and forms the basis for more complex thought processes that will develop in later stages. While the other stages mentioned—pre-operational, concrete operational, and formal operational—represent subsequent stages in cognitive development, they focus on different capabilities such as symbolic thought, logical reasoning, and abstract concepts rather than the foundational sensory and motor learning that characterizes the sensorimotor stage.

**5. What type of therapeutic activities may be beneficial for patients with cancer?**

- A. Competitive sports**
- B. Structured play therapy**
- C. Journaling and guided imagery**
- D. Group lectures**

Journaling and guided imagery are therapeutic activities that can be particularly beneficial for patients with cancer. These techniques promote emotional expression and provide mental relaxation, which are vital for individuals coping with the stress and anxiety often associated with a cancer diagnosis and treatment. Journaling allows patients to express their thoughts and feelings on paper, facilitating a form of emotional release, self-reflection, and even helping them process their experiences. Guided imagery, on the other hand, involves visualizing peaceful and healing scenarios, which can help reduce anxiety, alleviate pain, and promote an overall sense of well-being. These activities specifically address the emotional and psychological aspects of cancer care and support. They encourage introspection and visualization, which can be more accessible and valuable for patients who may be physically limited or otherwise unable to participate in more physically demanding therapeutic activities.

**6. What does the term "autonomy" refer to in the context of recreational therapy?**

- A. The therapist's control over treatment choices**
- B. The client's freedom to make personal choices**
- C. The rules governing therapy practices**
- D. The societal expectations of therapy outcomes**

In the context of recreational therapy, "autonomy" refers to the client's freedom to make personal choices. This concept is fundamental in therapeutic practices, as it emphasizes the importance of respecting an individual's right to self-determination. By allowing clients to make choices regarding their treatment and recreational activities, therapeutic professionals promote empowerment, enhance motivation, and further the healing process. Autonomy is critical in building a therapeutic relationship, as clients are more likely to engage and participate actively in therapy when they feel their preferences and decisions are acknowledged and valued. It aligns with the ethical standards of practice, which advocate for the active involvement of clients in their care plans. The other options, while relevant to therapeutic practices, do not accurately define autonomy. The control a therapist has over treatment choices does not align with the concept of client freedom. Additionally, rules governing therapy practices and societal expectations may influence therapy but are not related to the notion of individual autonomy in decision-making. Thus, option B accurately captures the essence of autonomy in recreational therapy.

**7. Which ATRA standard addresses the planning for a client's discharge and transition?**

- A. Standard 1**
- B. Standard 2**
- C. Standard 5**
- D. Standard 3**

The correct choice focuses on Standard 5 of the American Therapeutic Recreation Association (ATRA) standards, which emphasizes the importance of planning for a client's discharge and transition. This standard is critical as it guides practitioners in preparing individuals for their exit from therapeutic programs, ensuring a smooth transition back into the community or into other levels of care. Standard 5 encompasses the need for comprehensive discharge planning that considers the client's ongoing needs, adaptations to their environment, and strategies for continued engagement in recreational activities post-intervention. This planning process is essential for fostering long-term success and sustaining the benefits gained during therapeutic recreation services. By addressing aspects like individual goals, community resources, and potential barriers to reintegration, Standard 5 helps assure that the transition is not only smooth but also conducive to maintaining the improvements the client has achieved during their therapeutic process. It also reinforces the importance of collaboration between the therapeutic recreation specialist and other professionals involved in the care of the client.

**8. Which area of functioning is NOT part of the 8 areas evaluated by the CERT-PD?**

- A. Gross motor function**
- B. Emotional stability**
- C. Communication**
- D. Behavior**

The area of functioning that is not part of the 8 areas evaluated by the CERT-PD is emotional stability. The Comprehensive Evaluation in Recreational Therapy-Physical Disabilities (CERT-PD) primarily focuses on physical and functional capabilities related to physical disabilities. The framework of the CERT-PD includes assessments related to gross motor function, communication, behavior, and other areas that are more closely aligned with physical and recreational performance rather than emotional aspects. Emotional stability, while certainly important in a holistic approach to health and rehabilitation, is typically assessed through different measures or scales that focus more on psychological factors rather than the functional physical capabilities highlighted in the CERT-PD. This tool is designed to evaluate how individuals can engage in recreational activities despite physical limitations, and emotional stability is not a direct measure of such functioning. Thus, the content and focus of the CERT-PD distinctly omit this area.

**9. What is a significant outcome for children in the preschool stage according to Erikson?**

- A. Feelings of mistrust**
- B. A sense of purpose**
- C. Shame and doubt**
- D. Impulse control**

In Erik Erikson's stages of psychosocial development, the preschool stage corresponds to the initiative versus guilt conflict, which typically occurs from ages three to five. A significant outcome for children in this stage is the development of a sense of purpose. Children begin to assert their power and control over their environment through directing play and other social interactions. When they are encouraged to engage in activities, express themselves, and take initiative, they cultivate a sense of purpose, fostering confidence in their abilities. This positive development allows children to feel capable and empowered, leading to a stronger sense of identity as they navigate social situations. Engaging in initiatives such as planning games, making up stories, or exploring new activities is crucial during this stage, as it helps solidify this outcome.

**10. The primary focus of the Leisure Competence Measure is to assess which aspect of client functioning?**

- A. Cognitive process**
- B. Physical ability**
- C. Leisure participation**
- D. Psychosocial adjustment**

The Leisure Competence Measure is specifically designed to evaluate an individual's ability to engage in leisure activities and their overall participation in those activities. By focusing on leisure participation, this measure assesses how well clients can identify leisure interests, develop skills necessary for those interests, and participate in leisure activities, which are vital components of a fulfilling life. Understanding leisure participation is crucial in therapeutic recreation, as it reflects a person's quality of life and well-being. The measure looks at various aspects, including initiating and sustaining leisure activities, social interactions during leisure, and the impact of leisure on the individual's life. This comprehensive focus assists therapeutic recreation specialists in planning appropriate interventions to enhance clients' leisure competencies. While cognitive processes, physical abilities, and psychosocial adjustments are all important in the context of overall functioning, they do not capture the specific aim of the Leisure Competence Measure, which is solely centered on the clients' engagement in and enjoyment of leisure activities.

## 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://therapeuticrecreationspecialist.examzify.com>**

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