

COLLEGE OF KINESIOLOGISTS OF ONTARIO (COKO) REGISTRATION 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. What type of blood vessels carry blood away from the heart?**
 - A. Veins
 - B. Capillaries
 - C. Arteries
 - D. Venules
- 2. What is the resting value for Diastolic Blood Pressure (DBP) that indicates hypertension?**
 - A. Above 80 mmHg
 - B. Above 120 mmHg
 - C. Above 90 mmHg
 - D. Above 140 mmHg
- 3. Which movement decreases the joint angle?**
 - A. Extension
 - B. Abduction
 - C. Flexion
 - D. Circumduction
- 4. What role does the Quality Assurance Program play in kinesiology practice?**
 - A. It focuses on marketing strategies for kinesiologists
 - B. It ensures ongoing competence and professional development
 - C. It establishes practice environments for kinesiologists
 - D. It regulates the business practices of kinesiologists
- 5. What is the normal value of Ejection Fraction (EF) at rest?**
 - A. 30% to 40%
 - B. 50% to 75%
 - C. 60%
 - D. 40% to 60%

- 6. Which energy system allows for energy production for more than 3 minutes?**
- A. Anaerobic system
 - B. Phosphocreatine system
 - C. Aerobic system
 - D. Immediate energy system
- 7. What aspect of health does the Health Belief Model mainly address?**
- A. Environmental factors
 - B. Government policies
 - C. Personal assessment of health risks
 - D. Social support systems
- 8. Which phase is NOT part of the Transtheoretical Model of change?**
- A. Contemplation
 - B. Maintenance
 - C. Determination
 - D. Action
- 9. What is the primary physiological role of preload?**
- A. To measure the resistance during blood ejection
 - B. To indicate blood flow to the heart muscle
 - C. To determine the blood volume entering the heart
 - D. To assess the contractility of the heart
- 10. Which ongoing process does the Quality Assurance Program emphasize?**
- A. Increasing patient referrals
 - B. Ongoing competence and professional development
 - C. Reducing administrative costs
 - D. Standardizing service fees

Answers

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

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Explanations

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1. What type of blood vessels carry blood away from the heart?

- A. Veins
- B. Capillaries
- C. Arteries**
- D. Venules

The correct choice identifies arteries as the blood vessels responsible for carrying blood away from the heart. This function is critical in the circulatory system, as arteries transport oxygen-rich blood from the left side of the heart to various tissues and organs throughout the body. The walls of arteries are thicker than those of veins, which helps them withstand the higher pressure of blood being pumped from the heart. In contrast, veins serve a different purpose; they carry deoxygenated blood back to the heart. Capillaries, on the other hand, are tiny blood vessels where the exchange of oxygen, carbon dioxide, nutrients, and wastes occurs between blood and the body's cells. Venules are small vessels that collect blood from capillaries and drain into veins, further reinforcing the distinct roles that each type of blood vessel plays in the circulatory system. Understanding these functions is vital for recognizing how blood circulates and the overall role of each vessel type in maintaining homeostasis.

2. What is the resting value for Diastolic Blood Pressure (DBP) that indicates hypertension?

- A. Above 80 mmHg
- B. Above 120 mmHg
- C. Above 90 mmHg**
- D. Above 140 mmHg

The resting value for Diastolic Blood Pressure (DBP) that indicates hypertension is identified as above 90 mmHg. This value serves as a critical threshold in the diagnosis of hypertension. According to guidelines established by health organizations, a DBP consistently above this level suggests an increased risk for cardiovascular complications and other health issues. In understanding blood pressure classifications, diastolic pressure is the measurement of the pressure in the arteries when the heart rests between beats. When the DBP exceeds 90 mmHg, it signifies that the resistance in the blood vessels is higher than normal, which can lead to an increased workload on the heart and can contribute to the development of hypertension-related conditions over time. Recognizing this value is important in both clinical assessments and broader health screenings, as it enables healthcare professionals to identify individuals who may require intervention or lifestyle modifications to mitigate health risks. In contrast, the other values presented are beyond the clinical thresholds for standard hypertension diagnoses. Values above 80 mmHg are generally considered normal, while values above 120 mmHg and 140 mmHg represent higher ranges and may indicate more severe forms of hypertension or be classified under different stages of the condition. However, the specific threshold for recognizing borderline hypertension in a clinical context remains

3. Which movement decreases the joint angle?

- A. Extension
- B. Abduction
- C. Flexion**
- D. Circumduction

The movement that decreases the joint angle is flexion. This type of movement involves bringing two body parts closer together, which effectively reduces the angle between them. For example, when you bend your elbow to bring your hand towards your shoulder, you are performing elbow flexion, thereby decreasing the angle at the elbow joint. In contrast, when considering the other movements: - Extension increases the angle between body parts, like straightening a bent elbow. - Abduction involves moving a limb away from the midline of the body, which does not decrease an angle. - Circumduction is a circular movement that typically combines flexion, extension, abduction, and adduction, resulting in a full rotation at the joint, rather than focusing on decreasing an angle. Thus, flexion specifically refers to the action of decreasing the angle at a joint, making it the correct answer.

4. What role does the Quality Assurance Program play in kinesiology practice?

- A. It focuses on marketing strategies for kinesiologists
- B. It ensures ongoing competence and professional development**
- C. It establishes practice environments for kinesiologists
- D. It regulates the business practices of kinesiologists

The Quality Assurance Program plays a vital role in ensuring ongoing competence and professional development for kinesiologists. This program is designed to support practitioners in maintaining and enhancing their skills and knowledge throughout their careers. By emphasizing continuous learning and self-assessment, the program ensures that kinesiologists can provide safe, effective, and high-quality care to their clients. Ongoing competence is necessary in the field of kinesiology due to the evolving nature of health sciences and the introduction of new evidence-based practices. The Quality Assurance Program typically includes components such as professional development requirements, self-assessments, and performance evaluations, all aimed at fostering a culture of lifelong learning. This focus on personal and professional growth ensures that practitioners stay current with best practices and can adapt to changes within the healthcare environment, ultimately benefitting the clients they serve.

5. What is the normal value of Ejection Fraction (EF) at rest?

- A. 30% to 40%
- B. 50% to 75%
- C. 60%**
- D. 40% to 60%

The normal value for Ejection Fraction (EF) at rest typically resides within the range of 50% to 75%. Ejection Fraction is a measurement that reflects the percentage of blood pumped out of the heart's ventricles with each heartbeat, specifically from the left ventricle. An EF of 60% often represents a commonly referenced midpoint of this normal range, but it is not the only accepted value. The importance of EF lies in its role as an indicator of heart function. A normal EF suggests that the heart is effectively pumping blood, which is crucial for maintaining adequate circulation and oxygen delivery to tissues. Values below the normal range may indicate various forms of heart dysfunction, while values above this range are usually less concerning. While it is convenient to mention a single value like 60%, it's essential to recognize the larger context of the normal range provided. Ejection Fraction values outside of the 50% to 75% range generally warrant further investigation, as they may reflect underlying cardiac conditions. Thus, understanding the normal range is more beneficial than focusing solely on a singular number.

6. Which energy system allows for energy production for more than 3 minutes?

- A. Anaerobic system
- B. Phosphocreatine system
- C. Aerobic system**
- D. Immediate energy system

The aerobic energy system is indeed the one that allows for energy production for more than 3 minutes, making it the correct choice. This system utilizes oxygen to convert carbohydrates, fats, and in some cases proteins into energy. It is predominantly engaged during prolonged, steady-state activities such as long-distance running, cycling, or swimming, where the body can sustain energy production over extended periods. The aerobic system is efficient at producing ATP (adenosine triphosphate), the energy currency of the cell, as long as oxygen is available. Its capacity to generate energy is significantly higher than that of anaerobic systems, which are limited to short bursts of high-intensity activity and can only sustain energy production for a limited time before fatigue sets in. In contrast, other energy systems, such as the anaerobic system and the phosphocreatine system, primarily support activities of shorter duration. The anaerobic system provides energy for high-intensity efforts lasting up to about 2 minutes, while the phosphocreatine system is very short-lived, usually supporting energy demands for around 10 seconds. The immediate energy system is also focused on providing quick bursts of energy and is not designed for prolonged use. Thus, the aerobic energy system is the most suitable for activities

7. What aspect of health does the Health Belief Model mainly address?

- A. Environmental factors
- B. Government policies
- C. Personal assessment of health risks**
- D. Social support systems

The Health Belief Model primarily addresses the individual's personal assessment of health risks. This model suggests that a person's belief in the risks associated with a health issue, along with their perceived benefits of taking a specific health action, significantly influences their willingness to engage in health-promoting behaviors. For example, if individuals perceive themselves to be at high risk for a health condition, they are more likely to take preventive measures, such as vaccinations or lifestyle changes. This focus on personal assessment emphasizes the role of individual perceptions and attitudes in shaping health behaviors, making it central to the model's purpose. The other options involve broader aspects of health that do not capture the individual-focused mechanism of behavior change emphasized by the Health Belief Model. Environmental factors are external influences that may affect health but do not relate specifically to an individual's personal risk assessment. Government policies may establish health guidelines but do not directly reflect an individual's beliefs or perceptions. Social support systems can impact health behavior but are not the primary focus of the Health Belief Model, which centers more on the individual's thought processes and perceptions regarding their health risks.

8. Which phase is NOT part of the Transtheoretical Model of change?

- A. Contemplation
- B. Maintenance
- C. Determination**
- D. Action

In the Transtheoretical Model of change, commonly referred to as the Stages of Change model, individual behavior change is understood to occur in five distinct stages: precontemplation, contemplation, preparation, action, and maintenance. Each of these phases corresponds to a different level of readiness to change. The phases of contemplation and maintenance are critical components of this model. During the contemplation phase, individuals recognize the need for change and begin to consider the implications of their current behaviors, weighing the pros and cons. In the maintenance phase, individuals work to sustain the changes they have made and to prevent relapse after successfully adopting new behaviors. While "determination" might seem like a relevant concept, it is not a recognized stage within the Transtheoretical Model. Instead, the preparation stage often serves the purpose of leading into the action stage where individuals actively modify their behavior. Therefore, recognizing that determination is not formally included in the model helps to clarify the framework designed for understanding behavior change.

9. What is the primary physiological role of preload?

- A. To measure the resistance during blood ejection
- B. To indicate blood flow to the heart muscle
- C. To determine the blood volume entering the heart**
- D. To assess the contractility of the heart

The primary physiological role of preload is to determine the blood volume entering the heart. Preload refers to the initial stretching of the cardiac muscle fibers prior to contraction, which is influenced by the volume of blood returning to the heart (venous return). This volume is crucial because it affects the degree of stretch on the ventricular walls before the heart pumps, ultimately influencing stroke volume and cardiac output based on the Frank-Starling law of the heart. The greater the preload, the larger the volume of blood that fills the ventricles leads to a more forceful contraction, improving overall cardiac efficiency. Understanding preload is critical in various clinical settings, particularly when assessing conditions related to heart function and fluid status within the body. In contrast, other responses focus on different aspects of cardiovascular physiology. For instance, while resistance during ejection, blood flow to the heart muscle, and contractility of the heart are important considerations in cardiac function, none capture the specific role of preload in regard to the volume of blood entering the heart and how that influences the heart's performance during each cycle.

10. Which ongoing process does the Quality Assurance Program emphasize?

- A. Increasing patient referrals
- B. Ongoing competence and professional development**
- C. Reducing administrative costs
- D. Standardizing service fees

The Quality Assurance Program emphasizes ongoing competence and professional development as a critical component for health care professionals, including kinesiologists. This focus ensures that practitioners are continually updating their knowledge and skills to provide high-quality care to their clients. Ongoing competence involves engaging in activities that enhance one's abilities, understanding current best practices, and integrating new information into their professional practice. This might include attending workshops, participating in more advanced training, pursuing certifications, or reflecting on one's practice through peer review and self-assessment. By prioritizing professional development, the program aims to uphold the standards of practice and ensure that kinesiologists are not only meeting the expectations of their profession but also adapting to the evolving landscape of healthcare. This commitment to lifelong learning helps to improve client outcomes, enhance service delivery, and maintain public trust in the profession. Other options, while potentially relevant in a broader business context, do not align with the core focus of the Quality Assurance Program, which is centered on the continuous improvement of professional skills and knowledge rather than on administrative or financial aspects.

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://cokoregistration.examzify.com>

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

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