

FPT COMPREHENSIVE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://fptcomp.examzify.com>



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

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

1. What is the aim of a PT diagnosis?

- A. Diagnose movement system impairments to guide intervention for health optimization such that a disability can be minimized
- B. Identify disease etiology
- C. Prescribe medications
- D. Determine surgical options

2. Internal environmental factors (ICF) include which of the following?

- A. Attitude of patient
- B. Environmental factors and personal factors
- C. Ramp and stairs
- D. Products and technology

3. Which model emphasizes biological, social, and psychological factors to provide a holistic view of care?

- A. Biopsychosocial Model
- B. Medical Model
- C. Administrative Model
- D. Social Model

4. Which item is included in the integumentary systems review?

- A. Pliability
- B. Bone density
- C. Gait
- D. Edema

5. The term "layperson" refers to:

- A. A professional
- B. A person with extensive knowledge
- C. A person without knowledge in specific subjects
- D. A subject matter expert

- 6. What is the purpose of ICF coding?**
- A. Record billing codes
 - B. Assess only physical impairment
 - C. Identify disease name only
 - D. Establish a common language between professions, understand how it impacts the person's life
- 7. Which of the following is NOT part of the cardiopulmonary systems review?**
- A. Temperature
 - B. Heart rate
 - C. Blood pressure
 - D. Respiratory rate
- 8. Which term describes preconceived judgments not based on logic or evidence?**
- A. Prejudice
 - B. Discrimination
 - C. Micro aggression
 - D. Macro aggression
- 9. In what decade were PTAs recognized as a professional organization?**
- A. 1970s
 - B. 1950s
 - C. 1980s
 - D. 1990s
- 10. Which term means recognizing differences without judgement and being aware of varied customs, communication styles, and health beliefs without filtering them with our personal biases?**
- A. Cultural sensitivity
 - B. Cultural competency
 - C. Diversity
 - D. Inclusion

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the aim of a PT diagnosis?

- A. Diagnose movement system impairments to guide intervention for health optimization such that a disability can be minimized**
- B. Identify disease etiology
- C. Prescribe medications
- D. Determine surgical options

The aim is to diagnose movement system impairments to guide intervention designed to optimize health and minimize disability. In physical therapy, the focus is on how a person moves and functions, so the diagnosis groups specific movement-related impairments (like weakness, limited range of motion, poor coordination, or compensatory patterns) and activity limitations. This guides a targeted plan of care—such as targeted exercises, manual therapy, education, and functional training—to improve function, reduce pain, and help the person participate in daily life. It's not about identifying the disease cause, prescribing medications, or choosing surgical options, which are roles more aligned with medical or surgical care.

2. Internal environmental factors (ICF) include which of the following?

- A. Attitude of patient**
- B. Environmental factors and personal factors
- C. Ramp and stairs
- D. Products and technology

Personal factors are internal characteristics that influence how a person functions. Attitude of the patient is a clear example of a personal factor, a mental or motivational attribute that exists inside the person and can affect engagement, coping, and response to disability. In contrast, ramp and stairs and products and technology describe external environmental factors—things in the surroundings that can enable or hinder function. The option mentioning environmental factors and personal factors combines two categories rather than identifying a single internal attribute, so it doesn't describe an internal factor.

3. Which model emphasizes biological, social, and psychological factors to provide a holistic view of care?

- A. Biopsychosocial Model**
- B. Medical Model
- C. Administrative Model
- D. Social Model

This question tests recognizing a model that combines biological, psychological, and social factors to view care as a whole. The Biopsychosocial Model does exactly that—it expands beyond treating only the biological disease to include mental processes and the social environment surrounding the patient. This approach was proposed to address the limitations of the traditional biomedical model, which focuses primarily on biological pathology, and to promote more comprehensive, patient-centered care. By considering biology, we look at the physical health and disease mechanisms; by considering psychology, we account for thoughts, emotions, behaviors, coping skills, and mental health; by considering social factors, we include relationships, culture, socioeconomic status, and access to resources. Together, these elements provide a fuller picture of a patient's health and guide more effective interventions—for example, managing a chronic illness with medical treatment, addressing mood or anxiety issues, and leveraging social support to improve adherence and outcomes. The other models don't cover all three domains together: the Medical Model centers on biological disease processes; the Administrative Model focuses on the organization and delivery of care; and the Social Model emphasizes social determinants but often doesn't integrate the biological and psychological aspects. So the model that encompasses biology, psychology, and social factors for a holistic view is the Biopsychosocial Model.

4. Which item is included in the integumentary systems review?

A. Pliability

B. Bone density

C. Gait

D. Edema

Pliability measures how easily the skin deforms and how quickly it springs back, which is a direct property of the integumentary system. In a systems review, you assess skin-related characteristics—texture, color, moisture, turgor, and pliability—to gauge tissue health and hydration. Testing pliability, typically by gently pinching or stretching the skin and observing its resilience, provides immediate, practical information about the skin's condition. Bone density and gait belong to the skeletal and neuromuscular/musculoskeletal domains, respectively, and edema, while it can appear in the skin, is usually considered a sign of fluid balance linked to cardiovascular or lymphatic systems. Therefore, pliability is the most representative integumentary-focused item.

5. The term "layperson" refers to:

A. A professional

B. A person with extensive knowledge

C. A person without knowledge in specific subjects

D. A subject matter expert

Layperson means someone who isn't a trained or specialized expert in a subject—the general public or a non-expert in that field. It highlights the absence of formal expertise or professional credentials in a given area. That's why describing a layperson as a person without knowledge in specific subjects fits best: they lack the specialized training or qualifications that professionals or subject-matter experts have. The other descriptions point to people with training or deep knowledge, which is the opposite of a layperson.

6. What is the purpose of ICF coding?

A. Record billing codes

B. Assess only physical impairment

C. Identify disease name only

D. Establish a common language between professions, understand how it impacts the person's life

ICF coding establishes a common language for describing how health conditions affect a person's functioning across different professions. It provides a framework to describe body functions and structures, activities and participation, and environmental and personal factors, so teams can plan care and understand real-life impact. This shared perspective helps professionals like physicians, therapists, and social workers communicate clearly and collaborate to support the person's goals. It isn't mainly about recording billing codes, nor is it limited to physical impairments or to identifying a disease name alone.

7. Which of the following is NOT part of the cardiopulmonary systems review?

- A. Temperature**
- B. Heart rate
- C. Blood pressure
- D. Respiratory rate

The cardiopulmonary assessment focuses on signs that directly reflect how the heart and lungs are functioning: heart rate shows how often the heart is beating and supports cardiac output, blood pressure indicates how well the circulation is delivering blood to the body, and the rate of breathing reveals how hard the lungs and airways are working to meet the body's oxygen needs. Temperature, while an important vital sign, signals infection or systemic inflammation rather than cardiopulmonary function itself, so it doesn't measure how well the heart or lungs are performing. It's typically part of the general health overview rather than the specific cardiopulmonary review.

8. Which term describes preconceived judgments not based on logic or evidence?

- A. Prejudice**
- B. Discrimination
- C. Micro aggression
- D. Macro aggression

Prejudice refers to preconceived judgments not grounded in logic or evidence. It's an attitude or belief about a person or group formed without sufficient information, often rooted in stereotypes. This matters because prejudice can shape how we perceive and treat others even before we have any direct experience with them. Discrimination is the behavior that can result from prejudiced attitudes—treating people unfairly based on those biases. Microaggressions are small, often indirect comments or actions that convey bias in everyday interactions, while macro aggression describes overt, large-scale hostility or violence. So the idea of a belief formed without evidence, guiding attitudes rather than actions, is captured by prejudice.

9. In what decade were PTAs recognized as a professional organization?

- A. 1970s**
- B. 1950s
- C. 1980s
- D. 1990s

The main idea is that the PTA role moved from an informal support position to a formally recognized professional group during the 1970s. After the first accredited PTA programs appeared in the late 1960s, the 1970s brought formal recognition through standards, credentialing pathways, and organized representation within the field. This decade marks when PTAs began to be viewed and treated as a distinct professional cadre, rather than just aides. Earlier decades lacked this formal recognition, and the 1980s and 1990s built on the foundation that the 1970s established.

10. Which term means recognizing differences without judgement and being aware of varied customs, communication styles, and health beliefs without filtering them with our personal biases?

- A. Cultural sensitivity**
- B. Cultural competency
- C. Diversity
- D. Inclusion

Recognizing differences without judgment and being aware of varied customs, communication styles, and health beliefs without filtering them through personal biases is cultural sensitivity. This mindset means approaching people from different backgrounds with openness, respect, and a genuine effort to understand where they're coming from. It helps you listen more accurately, avoid letting assumptions shape your interpretations, and respond in ways that honor the person's values and preferences. In practice, cultural sensitivity lays the groundwork for effective communication and trust, which are essential for patient-centered care. Cultural competency builds on this by adding the skills and abilities to apply cultural understanding in real-world interactions. Diversity refers to the presence of differences within a group, not the attitude toward them. Inclusion focuses on ensuring that people from all backgrounds have equal opportunities to participate and belong.

SAMPLE

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://fptcomp.examzify.com>

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

SAMPLE