

HOSA SPORTS MEDICINE ASSESSMENT PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 does aerobic exercise primarily improve?**
 - A. Muscular strength
 - B. Flexibility
 - C. Aerobic fitness
 - D. Coordination
- 2. What effect do stimulants have on the central nervous system?**
 - A. They slow it down
 - B. They speed it up
 - C. They have no effect
 - D. They cause hallucinations
- 3. What is the primary function of diuretics?**
 - A. To enhance digestion
 - B. To increase muscle mass
 - C. To elevate urine excretion
 - D. To stimulate appetite
- 4. What professional standard must an athletic trainer fulfill when dealing with athletes?**
 - A. Ensuring athletes aren't taught any techniques
 - B. Administering long-term rehab plans without supervision
 - C. Ensuring immediate care and rehabilitation for injuries
 - D. Developing competitive strategies for games
- 5. What characterizes acquired immunodeficiency syndrome (AIDS)?**
 - A. Collection of signs and symptoms associated with nutrient deficiency
 - B. Group of clinical signs and symptoms associated with suppression of the immune system
 - C. Infections limited to only respiratory illnesses
 - D. Absence of any clinical signs or symptoms

- 6. What does a checklist for practices, games, or road trips typically include for an athletic training student?**
- A. Training drills for players
 - B. Files of athlete statistics
 - C. Packing kits and preparation activities
 - D. Game day refreshments
- 7. What is the caloric content of protein?**
- A. 4 kcal/g
 - B. 7 kcal/g
 - C. 9 kcal/g
 - D. 5 kcal/g
- 8. What advantage does thermoplastic provide to an injured athlete?**
- A. Complete immobilization of the injury
 - B. Increased awareness that the injury is protected
 - C. Full range of motion during healing
 - D. Immediate pain relief upon application
- 9. During which stage of depression might an individual bargain for their injuries to heal?**
- A. Denial
 - B. Bargaining
 - C. Anger
 - D. Acceptance
- 10. What might a person feel during the denial stage of depression after injury?**
- A. Acceptance of injury
 - B. Refusal to believe the injury occurred
 - C. Extreme sadness
 - D. Relief

Answers

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

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Explanations

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1. What does aerobic exercise primarily improve?

- A. Muscular strength
- B. Flexibility
- C. Aerobic fitness**
- D. Coordination

Aerobic exercise primarily improves aerobic fitness, which encompasses the body's ability to take in, transport, and utilize oxygen during sustained physical activity. This form of exercise includes activities like running, cycling, swimming, and aerobic classes that elevate heart rate and maintain it over a period of time. Engaging in regular aerobic exercise enhances cardiovascular efficiency, lung capacity, and overall stamina, contributing significantly to improved endurance and reduced fatigue during prolonged activities. In contrast, while muscular strength, flexibility, and coordination are important aspects of overall fitness, they are not the primary focus of aerobic exercise. Muscular strength typically improves through resistance training, flexibility can be enhanced with stretching exercises, and coordination often involves skill-based activities or balance training. Thus, when considering what aerobic exercise is designed to enhance, it is clear that its main goal is to boost aerobic fitness.

2. What effect do stimulants have on the central nervous system?

- A. They slow it down
- B. They speed it up**
- C. They have no effect
- D. They cause hallucinations

Stimulants are substances that, as their name suggests, increase the activity of the central nervous system. This heightened level of activity can lead to increased alertness, energy, and attention. When stimulants are consumed, they facilitate the release of certain neurotransmitters, such as dopamine and norepinephrine, which are critical for mood elevation and the regulation of physical and mental performance. As a result, individuals may experience improved focus and enhanced physical performance. The effects of stimulants can vary depending on the specific type of substance, dosage, and individual response, but the general characteristic of speeding up the central nervous system remains consistent across most stimulant drugs. The other options reflect differing effects not associated with typical stimulants: slowing down the system or causing no effect altogether contradict the known pharmacological actions of stimulants. Hallucinations may occur with certain substances but are not a primary effect of standard stimulants. Thus, the essential defining characteristic of stimulants is their ability to accelerate central nervous system function.

3. What is the primary function of diuretics?

- A. To enhance digestion
- B. To increase muscle mass
- C. To elevate urine excretion**
- D. To stimulate appetite

The primary function of diuretics is to elevate urine excretion. Diuretics work by promoting the kidneys to remove excess sodium and water from the body, which results in increased urine production. This mechanism is particularly useful in managing conditions such as hypertension (high blood pressure) and edema (swelling due to fluid retention). By reducing fluid volume in the bloodstream, diuretics can help decrease blood pressure and the burden on the heart, making them an important part of treatment for certain medical conditions.

4. What professional standard must an athletic trainer fulfill when dealing with athletes?

- A. Ensuring athletes aren't taught any techniques
- B. Administering long-term rehab plans without supervision
- C. Ensuring immediate care and rehabilitation for injuries**
- D. Developing competitive strategies for games

Athletic trainers are responsible for providing immediate care and rehabilitation for injuries sustained by athletes. This professional standard encompasses assessing injuries, providing first aid, and implementing rehabilitation protocols. Ensuring that athletes receive appropriate care not only facilitates recovery but also minimizes the risk of re-injury, enabling a safe return to activity. The other options do not align with the primary responsibilities of an athletic trainer. Avoiding the teaching of techniques could hinder an athlete's development and performance. Administering long-term rehabilitation plans without supervision is contrary to best practices in sports medicine, as it requires careful oversight and collaboration with other healthcare professionals to ensure the athlete's health and well-being. Developing competitive strategies for games falls outside the typical scope of an athletic trainer, as this area is typically the responsibility of coaches. Hence, the correct option highlights the critical role of athletic trainers in managing injuries effectively.

5. What characterizes acquired immunodeficiency syndrome (AIDS)?

- A. Collection of signs and symptoms associated with nutrient deficiency
- B. Group of clinical signs and symptoms associated with suppression of the immune system**
- C. Infections limited to only respiratory illnesses
- D. Absence of any clinical signs or symptoms

Acquired immunodeficiency syndrome (AIDS) is primarily characterized by a group of clinical signs and symptoms that result from the suppression of the immune system, typically caused by the human immunodeficiency virus (HIV). When the immune system is compromised, the body becomes susceptible to a variety of infections and diseases that would otherwise be well-managed by a healthy immune response. Individuals with AIDS may experience a range of opportunistic infections and diseases due to this weakened state, which can include respiratory infections, certain cancers, and other systemic ailments. The clinical manifestations of AIDS are not limited to any single type of infection or symptom but rather present as a broader spectrum of health issues related to the body's inability to effectively defend itself against pathogens. This understanding of AIDS highlights the critical role of the immune system in maintaining health and underscores the importance of early detection and treatment of HIV to prevent the progression to AIDS.

6. What does a checklist for practices, games, or road trips typically include for an athletic training student?

- A. Training drills for players
- B. Files of athlete statistics
- C. Packing kits and preparation activities**
- D. Game day refreshments

A checklist for practices, games, or road trips is essential for ensuring that all necessary items and preparations are accounted for. The correct answer involves packing kits and preparation activities that are critical for the functioning of athletic training. This typically includes ensuring that first aid supplies, injury-related equipment, hydration resources, and any necessary training devices are packed for the event. The checklist helps athletic training students stay organized and ready to support athletes effectively throughout their activities. While other options may seem relevant in some contexts, they do not serve the primary purpose during these events as packing kits and preparing for the specific needs of the athletes and the situation do. For example, training drills for players focus more on skill development than on the logistical and safety preparations needed for an event. Files of athlete statistics are important for performance analysis but are not critical for immediate game-day needs. Game day refreshments might enhance the experience but are not as central to the roles of athletic training focused on athlete care and support. Thus, the emphasis on packing and preparation leads directly to the best answer for what is typically included in a checklist for these scenarios.

7. What is the caloric content of protein?

- A. 4 kcal/g**
- B. 7 kcal/g
- C. 9 kcal/g
- D. 5 kcal/g

The caloric content of protein is 4 kilocalories per gram. This is a fundamental aspect of nutrition that reflects the energy yield from macronutrients in the body. When consumed, proteins are broken down into amino acids, which the body can use for various functions, including building and repairing tissues, making enzymes, and supporting immune function. Understanding the caloric content of macronutrients is vital for anyone involved in sports medicine, dietary planning, or overall health. The figure of 4 kcal/g allows health professionals and athletes to evaluate protein intake in relation to energy expenditure, aiding in the formulation of dietary strategies that align with performance goals and overall wellness. Additionally, it's essential to differentiate protein from fats and carbohydrates, which have different caloric values. Fats provide 9 kcal/g while carbohydrates, similar to proteins, yield 4 kcal/g. This distinction is crucial for creating balanced diets that can effectively support athletic performance and recovery.

8. What advantage does thermoplastic provide to an injured athlete?

- A. Complete immobilization of the injury
- B. Increased awareness that the injury is protected**
- C. Full range of motion during healing
- D. Immediate pain relief upon application

Thermoplastic materials offer a unique advantage for injured athletes by increasing awareness that the injury is protected. These materials can be molded to fit the contours of the injured area, providing a secure and supportive structure around it. This added support not only helps in protecting the injury from further damage but also serves as a visual and physical reminder to the athlete that careful movements are necessary to avoid aggravating the condition. While thermoplastic materials do provide some degree of immobilization, it is not complete, as the ultimate goal in many injuries is to allow for some movement and rehabilitation. They are not designed specifically for immediate pain relief; rather, their primary function is to stabilize the injury. Additionally, the use of thermoplastic does not allow for a full range of motion during healing; instead, it restricts movement to promote proper healing while still reminding the athlete of the need for caution. Thus, the primary benefit is the heightened awareness and confidence in the protection offered during the recovery process.

9. During which stage of depression might an individual bargain for their injuries to heal?

- A. Denial
- B. Bargaining**
- C. Anger
- D. Acceptance

During the bargaining stage of depression, individuals often attempt to make deals in hopes of reversing or mitigating their pain or difficult circumstances, including injuries. This stage is characterized by a desire to regain control, often leading to thoughts such as "If I heal quickly, I promise to change my lifestyle" or "Please let me get better, and I'll be more careful in the future." This reflects an internal negotiation with oneself or a higher power about the fairness of their situation or a plea for relief from suffering. In contrast, the denial stage involves the rejection of the reality of the situation, where individuals may refuse to acknowledge their injuries or the implications. The anger stage represents a response to the distress caused by the condition, often directed at oneself or others. The acceptance stage is when a person comes to terms with the reality of their injuries, understanding that they need to move forward. The bargaining stage specifically highlights the transitional period where individuals are actively seeking a way to cope with their emotions and circumstances through negotiation.

10. What might a person feel during the denial stage of depression after injury?

- A. Acceptance of injury
- B. Refusal to believe the injury occurred**
- C. Extreme sadness
- D. Relief

During the denial stage of depression after an injury, a person might refuse to believe that the injury actually occurred. This reaction is a common psychological defense mechanism where the individual struggles to accept the reality of their situation. Denial serves as a buffer against the initial shock of the injury, allowing the person to cope with their circumstances gradually. In this phase, individuals may minimize the severity of their condition, convince themselves that they will recover quickly, or even dismiss the diagnosis altogether. This response can be protective, keeping intense emotions like sadness or anxiety at bay while they process the situation. Acceptance of the injury, extreme sadness, and relief represent responses that typically occur at different stages of emotional processing rather than denial. Understanding these stages can help in managing emotional responses and support for recovery following an injury.

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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://hosasportsmedicine.examzify.com>

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

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