

NATA POSITION STATEMENTS PRACTICE TEST (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. Which statement about a cervical third root fracture is accurate?**
 - A. It does not involve any bleeding
 - B. It always presents with clear rotational mobility
 - C. It heals without any medical intervention
 - D. The athlete should be referred to a trauma-ready dentist or ER for management within 24 hours
- 2. Impetigo is diagnosed primarily by:**
 - A. Blood tests
 - B. Imaging studies
 - C. History and characteristic appearance of the lesion
 - D. Urine analysis
- 3. Heat exhaustion occurs most frequently in which environmental condition?**
 - A. Cold and dry
 - B. Hot and humid
 - C. Moderate wind
 - D. High altitude
- 4. Athletic departments should contract with which specialist for skin health?**
 - A. An orthopedic surgeon
 - B. A sports psychologist
 - C. A team dermatologist
 - D. A nutritionist
- 5. Syndesmotric ankle sprains involve symptoms proximal to which joint?**
 - A. Distal to the talocrural joint
 - B. Subtalar joint
 - C. Proximal to the talocrural joint
 - D. Ankle joint capsule only
- 6. Tendinopathies are among the health effects associated with AAS abuse.**
 - A. True
 - B. False
 - C. Only in women
 - D. Only with certain compounds

- 7. How often should hands be cleaned when working with patients?**
- A. Only when hands feel dirty
 - B. After removing gloves
 - C. Before and after touching exposed skin
 - D. Only after finishing the procedure
- 8. Chilblains (pernio) are most commonly associated with which scenario?**
- A. Direct exposure to heat
 - B. Infrequent cold exposure
 - C. Exposure to dry air
 - D. Extended exposure to cold (1-5 hours) and wet conditions
- 9. For pitchers aged 15-18, what are the recommended maximum pitches per game and games per week?**
- A. 70 pitches per game and 3 games per week
 - B. 60 pitches per game and 2 games per week
 - C. 100 pitches per game and 1 game per week
 - D. 90 pitches per game and no more than 2 games per week
- 10. What is the role of the athletic trainer in managing eating disorders among athletes?**
- A. They should avoid involvement
 - B. They should advocate for unrestricted training
 - C. They should become informed patient advocates and enforce limits on physical workouts
 - D. They should replace physicians in care

Answers

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

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Explanations

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1. Which statement about a cervical third root fracture is accurate?

- A. It does not involve any bleeding
- B. It always presents with clear rotational mobility
- C. It heals without any medical intervention
- D. The athlete should be referred to a trauma-ready dentist or ER for management within 24 hours**

When a cervical third root fracture occurs, prompt professional assessment is essential because the fracture is near the gum line and can affect both the pulp and the supporting structures around the tooth. The best answer emphasizes that an athlete with this injury should be referred to a trauma-ready dentist or emergency department for management within 24 hours. Early evaluation allows imaging to determine the exact fracture location and displacement, testing pulp vitality, and deciding the appropriate stabilization plan, which may include splinting and subsequent endodontic treatment if the pulp becomes necrotic. Delaying care increases the risk of infection, progression of damage, and potential tooth loss, so timely management is critical in preserving the tooth and function. The other statements don't fit because bleeding can accompany dental trauma, mobility is not always clearly evident or consistent, and fractures of this type do not heal reliably without professional intervention.

2. Impetigo is diagnosed primarily by:

- A. Blood tests
- B. Imaging studies
- C. History and characteristic appearance of the lesion**
- D. Urine analysis

Impetigo is diagnosed primarily by history and the characteristic appearance of the lesion. It's a superficial bacterial skin infection that typically shows vesicles or pustules that rupture and form honey-colored crusts, commonly on the face or exposed areas in children. That clinical picture, along with the rapid onset and contagious nature, is usually enough to confirm the diagnosis, so blood tests or imaging aren't needed in typical cases. Urine analysis isn't relevant to diagnosing a skin infection. If the presentation is unusual or the infection doesn't respond to standard treatment, a culture or Gram stain may be used to identify the organism and guide therapy, but it isn't the primary method of diagnosis.

3. Heat exhaustion occurs most frequently in which environmental condition?

- A. Cold and dry
- B. Hot and humid**
- C. Moderate wind
- D. High altitude

Heat exhaustion happens most often when the environment is hot and humid because the body's main cooling method—sweat evaporation—is hindered. In high humidity, sweat doesn't evaporate quickly, so cooling is less effective and dehydration from sweating reduces blood volume needed to regulate temperature. This combination raises the risk of overheating and symptoms like weakness and dizziness. A cold and dry environment won't drive heat stress as strongly, wind can actually help by increasing heat loss, and high altitude is typically cooler, reducing heat strain. So, hot and humid is the condition that best explains why heat exhaustion occurs most frequently.

4. Athletic departments should contract with which specialist for skin health?

- A. An orthopedic surgeon
- B. A sports psychologist
- C. A team dermatologist**
- D. A nutritionist

Skin health in athletes is best managed by someone who specializes in diagnosing and treating skin conditions and understands how they impact performance and training. A team dermatologist can identify and treat a wide range of issues athletes frequently encounter, from fungal infections like athlete's foot and ringworm to bacterial infections such as impetigo and folliculitis, as well as contact dermatitis from equipment, heat rashes, sun exposure, and common skin conditions like acne or eczema. They also set up preventive strategies: routine skin checks before participation, protocols to prevent and control contagious skin diseases in close-contact sports, guidance on shaving practices and protective gear, wound care procedures, and sunscreen recommendations for outdoor play. By coordinating with athletic trainers, physicians, and coaches, a dermatologist helps ensure treatments fit within training schedules and supports a rapid, safe return to sport when skin injuries occur. Other specialists focus on different areas—orthopedic surgeons on bones and joints, sports psychologists on mental aspects, and nutritionists on diet—so while those roles are important, they don't specialize in managing skin health comprehensively. Having a team dermatologist ensures consistent, expert skin care for the entire athletic program.

5. Syndesmotric ankle sprains involve symptoms proximal to which joint?

- A. Distal to the talocrural joint
- B. Subtalar joint
- C. Proximal to the talocrural joint**
- D. Ankle joint capsule only

High ankle sprains involve tearing the ligaments that connect the tibia and fibula at the distal tibiofibular syndesmosis, which sits above the ankle joint. So the symptoms are described as proximal to the talocrural joint (the true ankle joint formed by the tibia, fibula, and talus). Distal to the talocrural joint would be below the ankle mortise, which isn't where this injury occurs. The subtalar joint is a separate articulation beneath the ankle joint, not the site of the syndesmosis. And limiting it to the ankle joint capsule ignores that the syndesmotric ligaments lie above the joint capsule.

6. Tendinopathies are among the health effects associated with AAS abuse.

- A. True**
- B. False
- C. Only in women
- D. Only with certain compounds

Tendinopathies arise with AAS abuse because the muscle–tendon system responds differently to exogenous steroids: muscles gain strength and size quickly, while tendons adapt more slowly. That mismatch loads tendons more heavily during training and daily activities, increasing the risk of microtrauma and progression to tendinopathy. Additionally, AAS can affect tendon biology by altering collagen turnover, potentially reducing repair capacity and making tendons stiffer or more brittle. These factors together explain why tendinopathy is a health effect associated with AAS use, and it isn't limited to women or to certain compounds.

7. How often should hands be cleaned when working with patients?

- A. Only when hands feel dirty
- B. After removing gloves
- C. Before and after touching exposed skin**
- D. Only after finishing the procedure

Hand hygiene is about stopping the spread of germs at key moments of patient care. Cleaning your hands before you touch a patient helps prevent passing organisms to them, and cleaning again after you've touched the patient or their skin removes any organisms you may have picked up, protecting you and others from transmission. Why not the other ideas? Waiting until hands feel dirty isn't reliable because many pathogens aren't visible or detectable by touch. Glove use doesn't replace the need for hand hygiene—hands should be cleaned before donning gloves and after removing them, as gloves can have micro-tears or become contaminated. And cleaning only after finishing the procedure misses opportunities to prevent contamination during the interaction.

8. Chilblains (pernio) are most commonly associated with which scenario?

- A. Direct exposure to heat
- B. Infrequent cold exposure
- C. Exposure to dry air
- D. Extended exposure to cold (1-5 hours) and wet conditions**

Chilblains occur when skin is exposed to cold that lasts for a considerable period in a damp environment. The combination of cold and moisture drives a vascular response: small blood vessels constrict and then become inflamed, leading to redness, swelling, itching, and pain in exposed areas like the fingers and toes. The duration matters—prolonged exposure in damp, nonfreezing cold is the classic setup that leads to this injury. That's why the scenario with extended exposure to cold (1–5 hours) in wet conditions best fits. Shorter or dry cold isn't enough to provoke the same vascular and inflammatory reaction, and exposure to heat would cause a different set of skin injuries (burns). Infrequent cold exposure lacks the sustained stimulus needed to develop chilblains, and dry air doesn't provide the moisture component that exacerbates cold injury.

9. For pitchers aged 15-18, what are the recommended maximum pitches per game and games per week?

- A. 70 pitches per game and 3 games per week
- B. 60 pitches per game and 2 games per week
- C. 100 pitches per game and 1 game per week
- D. 90 pitches per game and no more than 2 games per week**

Managing workload is essential for protecting a pitcher's arm. For players aged 15–18, the goal is to cap both how many pitches you throw in a single outing and how often you appear on the mound each week, so fatigue and stress on the elbow and shoulder don't accumulate to risky levels. The recommended approach is about 90 pitches in a game and no more than two pitching appearances in a week. This pairing supports solid performance while allowing sufficient recovery time between outings, reducing the chance of overuse injuries and mechanical breakdown from fatigue. Choosing a plan that allows three games in a week would raise the overall workload and fatigue risk, while a lower per-game cap might not reflect how competitive schedules operate. Conversely, a one-game-per-week schedule with a high pitch count still concentrates heavy stress into a single outing with little weekly rest, which isn't ideal for long-term arm health.

10. What is the role of the athletic trainer in managing eating disorders among athletes?

- A. They should avoid involvement
- B. They should advocate for unrestricted training
- C. They should become informed patient advocates and enforce limits on physical workouts**
- D. They should replace physicians in care

The main idea is that athletic trainers have a duty to protect athlete health by combining knowledge with proactive advocacy and sensible activity management. In the case of eating disorders, this means becoming informed about the signs, risks, and appropriate care, and then acting as a patient advocate who helps the athlete navigate treatment and safety. It also involves setting and enforcing limits on physical workouts when medical status or recovery needs dictate reduced or modified training. This balance supports medical treatment and safe return to activity, rather than ignoring the issue or pushing athletes to train harder. Athletic trainers collaborate with physicians, dietitians, and mental health professionals to ensure the athlete receives comprehensive care and that training plans align with their health and recovery goals.

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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://natapositionstatements.examzify.com>

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

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