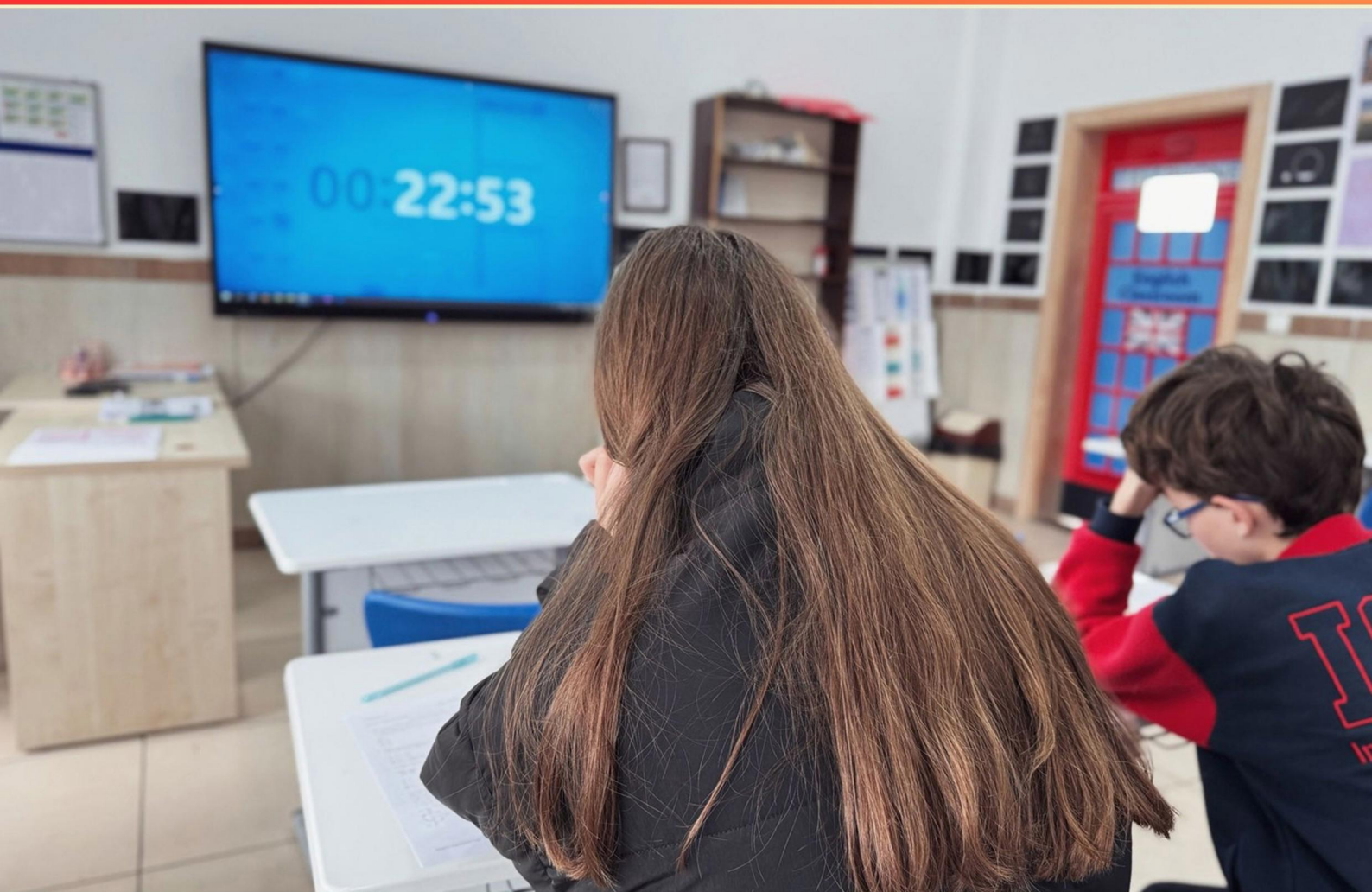


# NCS ADVANTAGE PRACTICE EXAM (SAMPLE)

## 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 is the mean of the numbers 10, 20, 30, 40?
  - A. 20
  - B. 30
  - C. 35
  - D. 25
2. If a trapezoid has bases 6 and 10 with height 4, what is its area?
  - A. 24
  - B. 32
  - C. 40
  - D. 28
3. Convert 150 minutes to hours.
  - A. 2.5 hours
  - B. 1.5 hours
  - C. 3 hours
  - D. 2 hours
4. Which of the following is the SI unit of force?
  - A. Joule (J)
  - B. Newton (N)
  - C. Pascal (Pa)
  - D. Watt (W)
5. A disc herniation at the L4-5 level may affect which nerve distributions?
  - A. L4
  - B. L5
  - C. S1
  - D. All of the above
6. Where does the spinal cord end in adults?
  - A. L3-L4
  - B. L4-L5
  - C. L1-L2
  - D. C8-T1

- 7. A forefoot initial contact increases the energy demand of gait by interfering with which rocker?**
- A. Heel
  - B. All of the above
  - C. Forefoot
  - D. Ankle
- 8. Convert 0.25 to a fraction.**
- A.  $\frac{1}{5}$
  - B.  $\frac{1}{3}$
  - C.  $\frac{3}{4}$
  - D.  $\frac{1}{4}$
- 9. Functional electrical stimulation is often applied at which muscle to prevent foot drop?**
- A. Gastrocnemius
  - B. Soleus
  - C. Peroneus Longus
  - D. Tibialis Anterior
- 10. The Freezing of Gait Questionnaire should be administered during which state to assess severity?**
- A. OFF State
  - B. After Taking Medication
  - C. ON State
  - D. Before Waking Up

## **Answers**

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

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## **Explanations**

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1. What is the mean of the numbers 10, 20, 30, 40?

- A. 20
- B. 30
- C. 35
- D. 25**

The mean (average) is found by adding all the numbers and dividing by how many numbers there are. For 10, 20, 30, and 40, the total is 100, and there are 4 numbers.  $100 \div 4 = 25$ , so the mean is 25. The other values wouldn't be the average of all four numbers, since they would require a different total or a different count.

2. If a trapezoid has bases 6 and 10 with height 4, what is its area?

- A. 24
- B. 32**
- C. 40
- D. 28

The area of a trapezoid is found by multiplying the height by the average of the two bases. Here, the bases are 6 and 10, so their average is  $(6 + 10) / 2 = 8$ . Multiply by the height 4:  $8 \times 4 = 32$ . So the area is 32 square units. You can also see this by splitting the trapezoid into a rectangle (width 6, height 4) with area 24 and a triangle on the side (base 4, height 4) with area 8;  $24 + 8 = 32$ .

3. Convert 150 minutes to hours.

- A. 2.5 hours**
- B. 1.5 hours
- C. 3 hours
- D. 2 hours

Converting minutes to hours uses the fact that 60 minutes equal one hour. So you divide the minutes by 60:  $150 \div 60 = 2.5$ . That means 150 minutes is 2.5 hours, or 2 hours and 30 minutes. Thinking of it as 2 hours plus half an hour helps visualize the result. The other options correspond to different total minutes: 2 hours is 120 minutes, 1.5 hours is 90 minutes, and 3 hours is 180 minutes, which don't match 150.

4. Which of the following is the SI unit of force?

- A. Joule (J)
- B. Newton (N)**
- C. Pascal (Pa)
- D. Watt (W)

The SI unit of force is the Newton, defined as the force that gives a mass of 1 kilogram an acceleration of 1 meter per second squared. In symbols,  $1 \text{ N} = 1 \text{ kg} \cdot \text{m/s}^2$ . This follows from Newton's second law,  $F = m \cdot a$ , so the unit of force naturally comes from multiplying the units of mass (kg) and acceleration ( $\text{m/s}^2$ ). Think of a quick example: a 2 kg object accelerated at  $3 \text{ m/s}^2$  requires a force of  $F = m \cdot a = 2 \times 3 = 6$  newtons. To see how the other common units fit in: a joule is a unit of energy and equals a newton-meter ( $\text{N} \cdot \text{m}$ ); a pascal is a unit of pressure and equals  $\text{N/m}^2$ ; a watt is a unit of power and equals  $\text{J/s}$ .

## 5. A disc herniation at the L4-5 level may affect which nerve distributions?

- A. L4
- B. L5
- C. S1
- D. All of the above**

Discs in the lumbar region sit right where several nerve roots travel to their targets, so a herniation can impinge more than one root depending on its size and exact location. At the L4-5 level, the disc lies where the traversing nerves pass by on their way to the lower foramen, and the roots contributing to the leg's movement and sensation are all nearby. A typical, smaller lateral herniation may press the exiting or traversing L5 root, but a larger or more central herniation can affect adjacent roots as well, and in the core region can even impinge the cauda equina. That means you can see involvement of the L4 distribution (knee extension, patellar reflex), the L5 distribution (great toe dorsiflexion, dorsum of the foot sensation), and the S1 distribution (plantar flexion, lateral foot/sensation) from the same herniation. So, depending on the extent and location, all of these nerve distributions can be affected.

## 6. Where does the spinal cord end in adults?

- A. L3-L4
- B. L4-L5
- C. L1-L2**
- D. C8-T1

The main idea here is where the spinal cord stops in adults. The cord ends around the level of the first and second lumbar bones, forming the conus medullaris. Below that point, the nerve roots continue downward as the cauda equina inside the spinal canal. This arrangement explains why the cord doesn't extend to the very bottom of the spine and also why medical procedures like lumbar puncture access the space below the end of the cord. That level—around the first and second lumbar vertebrae—is the correct one. The other levels would place the end of the cord either too high (in the upper back or neck) or too low (below the actual end point).

## 7. A forefoot initial contact increases the energy demand of gait by interfering with which rocker?

- A. Heel
- B. All of the above**
- C. Forefoot
- D. Ankle

The three rockers of gait work together to smooth and economize forward progression: the heel rocker at initial contact, the ankle rocker as the tibia advances over the ankle, and the forefoot rocker as the tibia moves over the forefoot during late stance. Landing on the forefoot bypasses the heel rocker, so the tibia cannot smoothly roll over the heel during loading, which raises the muscular effort needed to control this part of the cycle. At the same time, it disrupts the normal timing and function of the ankle rocker, making the tibia's forward progression over the ankle less efficient and increasing energy expenditure. Since the forefoot is engaged early and the forefoot rocker's typical contribution is altered, the body loses one of its primary outlet for energy storage and release in late stance. Taken together, forefoot initial contact interferes with all of the rockers, leading to higher energy demand.

**8. Convert 0.25 to a fraction.**

- A. 1/5
- B. 1/3
- C. 3/4
- D. 1/4**

Converting a terminating decimal to a fraction involves expressing the decimal as a fraction with a power of ten in the denominator. 0.25 is the same as 25/100. Simplifying 25/100 by dividing numerator and denominator by 25 gives 1/4. This fraction equals 0.25 exactly, since 1 divided by 4 is 0.25. The other options don't match: 0.2 is 1/5, about 0.333... is 1/3, and 0.75 is 3/4. So the fraction that represents 0.25 is 1/4.

**9. Functional electrical stimulation is often applied at which muscle to prevent foot drop?**

- A. Gastrocnemius
- B. Soleus
- C. Peroneus Longus
- D. Tibialis Anterior**

Foot drop is caused by weakness of the ankle dorsiflexors, so the aim is to lift the front of the foot during swing to clear the toes. The tibialis anterior does this most effectively, making it the muscle that functional electrical stimulation targets. By stimulating this muscle (often via the common peroneal nerve), the ankle dorsiflexes at the right time in the gait cycle to prevent toe dragging. The other muscles listed do not serve this purpose: gastrocnemius and soleus are plantarflexors, which push the foot downward, not upward; peroneus longus helps with eversion and some plantarflexion but not dorsiflexion. Therefore, stimulating the tibialis anterior best prevents foot drop.

**10. The Freezing of Gait Questionnaire should be administered during which state to assess severity?**

- A. OFF State
- B. After Taking Medication
- C. ON State**
- D. Before Waking Up

The key idea is that freezing of gait fluctuates with Parkinson's medication. The questionnaire is meant to capture how freezing affects daily walking when the patient is in a reliable, medicated state, i.e., during the ON period when the medication has taken effect and motor function is most stable. Administering it in the ON state shows the residual freezing that limits function despite treatment, which is most relevant for assessing severity and guiding management. If you tested during OFF, you'd see the worst possible performance that may not reflect typical daily function, and the other options don't align with how this assessment is used.

## 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://ncsadvantage.examzify.com>

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

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