

Pima JTED Sports Medicine Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is meant by the term "insertion" in relation to muscles?**
 - A. The point where muscle attaches, usually distally, and where movement occurs**
 - B. The location where muscle fibers originate from**
 - C. A technique used in physical therapy**
 - D. The area where two muscles intersect**
- 2. How would you define "transitory"?**
 - A. Something that is permanent and unchanging**
 - B. Not lasting, temporary**
 - C. Something that is complex and lengthy**
 - D. Indicative of long-term commitment**
- 3. In what context is palpation typically used?**
 - A. In surgical procedures**
 - B. To examine through touch**
 - C. For physical therapy**
 - D. In mental health assessments**
- 4. Which pathogen is commonly treated with antibiotics?**
 - A. Virus**
 - B. Protozoa**
 - C. Bacteria**
 - D. Fungi**
- 5. What is the purpose of triage in medical situations?**
 - A. To provide psychological counseling to patients**
 - B. To determine the order to treat patients**
 - C. To prescribe medications to patients**
 - D. To collect patient histories**

- 6. What is the name of the soft brace that fits around an athlete's neck?**
- A. Cervical collar**
 - B. Neck brace**
 - C. Shoulder strap**
 - D. Spinal support**
- 7. Which of the following terms describes an absence or lack of something?**
- A. Infusion**
 - B. Abbreviation**
 - C. Absence**
 - D. Association**
- 8. Which type of exercise involves speed, agility, and power, focusing on conditioning for explosiveness?**
- A. Plyometric exercise**
 - B. Resistance training**
 - C. Isometric exercise**
 - D. Cardio training**
- 9. What is a common method used to evaluate soft tissue injuries in athletes?**
- A. Physical examination**
 - B. Imaging techniques**
 - C. Functional testing**
 - D. All of the above**
- 10. Which of the following is a benefit of vibration massage?**
- A. Increased muscle strain**
 - B. Improved circulation**
 - C. Reduced tissue elasticity**
 - D. Heightened pain sensitivity**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. What is meant by the term "insertion" in relation to muscles?

A. The point where muscle attaches, usually distally, and where movement occurs

B. The location where muscle fibers originate from

C. A technique used in physical therapy

D. The area where two muscles intersect

The term "insertion" in relation to muscles refers to the point where a muscle attaches to a bone, typically distally, and is the site where movement occurs during muscle contraction. This attachment allows the muscle to exert force on the bone it is connected to, facilitating movement at a joint. Understanding the concept of insertion is crucial for comprehending how muscles function in a biomechanical context. It contrasts with "origin," which is the site where muscle fibers begin, usually closer to the center of the body (proximal), and is more stable during contraction. The insertion point is where the muscle moves the bone when it contracts, making it essential for the mechanics of movement. In addition to the anatomical definition, the insertion also plays a significant role in rehabilitation and exercise, as it helps clinicians and trainers design effective programs that target specific muscle groups for strength or flexibility. Recognizing the importance of insertion can enhance the understanding of how movements are performed and how to treat injuries related to muscle function.

2. How would you define "transitory"?

A. Something that is permanent and unchanging

B. Not lasting, temporary

C. Something that is complex and lengthy

D. Indicative of long-term commitment

The term "transitory" refers to something that is not lasting or is temporary in nature. It typically describes conditions, situations, or states that are fleeting, indicating they will change or pass with time. For example, transitory symptoms in a medical context might refer to those that resolve quickly and do not indicate a chronic disease. This understanding aligns with the essence of the word, showcasing its significance in various fields, including medical practice where recognizing temporary conditions can inform treatment plans and patient communication effectively. The other definitions do not encompass the essence of transitory. For instance, stating something is permanent and unchanging directly contradicts the meaning of transitory. Similarly, describing it as complex or indicative of long-term commitment also fails to align with its defining characteristic of temporariness.

3. In what context is palpation typically used?

- A. In surgical procedures
- B. To examine through touch**
- C. For physical therapy
- D. In mental health assessments

Palpation is a clinical skill that involves examining the body through the sense of touch to assess various structures, such as muscles, bones, organs, and tissues. This technique is essential in diagnosing conditions, identifying abnormalities, and guiding treatment decisions. For instance, a healthcare provider may use palpation to check for tenderness, swelling, or temperature changes in a specific area, which can provide valuable information about a patient's health status. In contrast, while other options may involve touch or assessment, they do not specifically emphasize the role of palpation. Surgical procedures focus more on invasive techniques and maneuvers rather than tactile examination. Physical therapy certainly involves a variety of assessments and treatments, but palpation is particularly significant in the initial evaluation and treatment planning stages. Mental health assessments, on the other hand, are primarily based on verbal communication and psychological evaluation, rather than physical examination through touch. Therefore, the context where palpation is typically used is clearly centered around examining through touch.

4. Which pathogen is commonly treated with antibiotics?

- A. Virus
- B. Protozoa
- C. Bacteria**
- D. Fungi

Bacteria are commonly treated with antibiotics because antibiotics are specifically designed to target the cellular mechanisms of bacteria. These medications can inhibit bacterial growth or kill bacteria by interfering with their ability to reproduce or synthesize their cell walls, which is crucial for their survival. This is why bacterial infections, such as strep throat or urinary tract infections, are often effectively treated with antibiotics. In contrast, viruses are not affected by antibiotics because they have a different structure and reproduction method. Treatments for viral infections instead focus on antiviral medications. Protozoa, which are single-celled organisms, can require different forms of treatment, such as antiprotozoal medications, and fungi are treated with antifungal drugs. Therefore, among the options provided, bacteria are the only pathogens commonly treated with antibiotics.

5. What is the purpose of triage in medical situations?

- A. To provide psychological counseling to patients**
- B. To determine the order to treat patients**
- C. To prescribe medications to patients**
- D. To collect patient histories**

The purpose of triage in medical situations is to determine the order in which patients should be treated based on the severity of their conditions and the urgency of their needs. In emergency situations, healthcare providers may encounter multiple patients requiring attention at the same time, and not all conditions are equal in terms of urgency. Triage allows medical personnel to prioritize treatment, ensuring that those who are the most critically ill receive care first. This systematic approach helps to maximize the effectiveness of healthcare resources and improve overall patient outcomes during emergencies. The other options do not reflect the core function of triage. Providing psychological counseling addresses mental health needs rather than the prioritization of physical injuries or medical conditions. Prescribing medications is a task that occurs after a patient has been assessed and does not align with the initial assessment stage characteristic of triage. Collecting patient histories is important, but similarly to medication prescription, this process happens after the initial determination of treatment order is established through triage.

6. What is the name of the soft brace that fits around an athlete's neck?

- A. Cervical collar**
- B. Neck brace**
- C. Shoulder strap**
- D. Spinal support**

The soft brace that fits around an athlete's neck is commonly known as a cervical collar. This device is designed to support the neck and restrict movement in order to help stabilize injuries, especially those involving potential spinal trauma. It is made from soft materials, making it comfortable for the wearer while still providing necessary support. Cervical collars are especially important in sports medicine, as they can prevent further injury during transport or while medical professionals assess and treat the athlete. For instance, if an athlete suffers a neck injury during play, a cervical collar can keep the neck stable and prevent excessive movement that could exacerbate the injury. While terms like neck brace might be used interchangeably in casual conversation, a cervical collar specifically refers to a type of brace that is designed for medical use, particularly in situations involving trauma. This distinction is crucial in a sports medicine context, as proper terminology ensures accurate communication among healthcare providers and helps delineate between different types of support devices. Other options such as shoulder strap and spinal support do not specifically refer to a device designed for the neck and therefore do not fit the description as precisely as a cervical collar does.

7. Which of the following terms describes an absence or lack of something?

- A. Infusion**
- B. Abbreviation**
- C. Absence**
- D. Association**

The term that describes an absence or lack of something is "absence." This word directly conveys the idea of not having or being without something. In various contexts, such as medical terminology or general language, the absence indicates that a particular element or condition is missing. Understanding this term is important, especially in fields like sports medicine, where identifying the absence of symptoms, conditions, or elements can be crucial for diagnosis and treatment. Other options such as infusion, abbreviation, and association do not align with the idea of lack or absence. Infusion refers to the process of introducing a substance into the body, abbreviation signifies a shortened form of a word or phrase, and association relates to a connection or relationship between two or more entities. None of these terms reflect the concept of lacking something.

8. Which type of exercise involves speed, agility, and power, focusing on conditioning for explosiveness?

- A. Plyometric exercise**
- B. Resistance training**
- C. Isometric exercise**
- D. Cardio training**

Plyometric exercise is specifically designed to improve speed, agility, and power by focusing on explosive movements. This form of exercise involves rapid and repeated stretching and contracting of the muscles, which helps develop the fast-twitch muscle fibers responsible for high-intensity, explosive actions. Plyometrics typically includes activities like jump squats, box jumps, and bounding, all of which enhance athletic performance by training the body to produce maximum force in the shortest amount of time. In contrast, resistance training primarily focuses on building muscle strength and endurance through the use of weights or resistance bands, which does not necessarily target explosiveness specifically. Isometric exercise involves static muscle contractions without movement, providing strength benefits but lacking the dynamic aspects necessary for speed and agility. Cardio training, while beneficial for cardiovascular fitness and endurance, does not usually emphasize the rapid, powerful movements that plyometric exercises utilize. Therefore, plyometric exercise is the optimal choice when conditioning for explosiveness.

9. What is a common method used to evaluate soft tissue injuries in athletes?

- A. Physical examination**
- B. Imaging techniques**
- C. Functional testing**
- D. All of the above**

A common method to evaluate soft tissue injuries in athletes involves the comprehensive use of multiple approaches, making the selection of all the options a valid consideration. Physical examination is fundamental as it allows healthcare providers to assess the injured area through direct observation, palpation, and movement to identify symptoms such as swelling, tenderness, and limited range of motion. This hands-on approach helps in forming an initial diagnosis based on clinical signs. Imaging techniques play a crucial role, especially in complex cases where further analysis is necessary. Technologies like MRI, ultrasound, and X-rays provide detailed visualizations of soft tissue structures, helping to determine the extent and nature of the injury, and to rule out any associated damages to bones or other tissues. Functional testing evaluates an athlete's performance post-injury to assess strength, flexibility, and overall functional stability. This approach is essential for determining readiness to return to play, ensuring that the athlete can safely resume their activities without risking re-injury. Combining these methods ensures a comprehensive evaluation, allowing for accurate diagnosis and effective treatment planning. Since all approaches contribute valuable information for assessing soft tissue injuries, it's appropriate to conclude that employing all of these methods provides a well-rounded evaluation strategy.

10. Which of the following is a benefit of vibration massage?

- A. Increased muscle strain**
- B. Improved circulation**
- C. Reduced tissue elasticity**
- D. Heightened pain sensitivity**

Vibration massage offers multiple benefits, and one of the most significant is improved circulation. This technique stimulates blood flow to the muscles and surrounding tissues, which enhances the delivery of oxygen and nutrients while aiding in the removal of metabolic waste products. Improved circulation can lead to better overall muscle recovery, decreased muscle soreness, and a greater range of motion. The increase in blood flow can also contribute to the body's natural healing processes, making it especially valuable for athletes or individuals recovering from injuries. Through the gentle or vigorous application of vibratory techniques, tissues are activated, which helps facilitate these improvements in circulation and overall tissue health. In contrast, the other options reflect negative effects or outcomes that do not align with the benefits provided by vibration massage. Increased muscle strain, reduced tissue elasticity, and heightened pain sensitivity are undesirable effects that generally do not relate to the intended outcome of using vibration massage techniques.