

Pima JTED Sports Medicine Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. What is the diameter size of a vesicle?**
 - A. Less than 1 cm**
 - B. 1 to 2 cm**
 - C. 2 to 3 cm**
 - D. More than 3 cm**

- 2. Why is proprioception important for athletes?**
 - A. It helps in improving nutritional habits**
 - B. It enhances coordination and balance during athletic performance**
 - C. It is essential for strength training**
 - D. It prevents psychological burnout**

- 3. Which factor is considered when designing ergonomic tools?**
 - A. Strength of the tool**
 - B. Comfort and ease of use**
 - C. Cost-effectiveness**
 - D. Durability**

- 4. What eating disorder is characterized by cycles of overeating and purging?**
 - A. Anorexia Nervosa**
 - B. Binge Eating Disorder**
 - C. Bulimia Nervosa**
 - D. Orthorexia**

- 5. What term describes an injury that occurs suddenly due to a specific event?**
 - A. Acute**
 - B. Chronic**
 - C. Recurrent**
 - D. Progressive**

6. What is the role of the anterior cruciate ligament in the knee?

- A. To connect the femur to the pelvis**
- B. To stabilize the knee and control movement**
- C. To allow for flexibility in the knee joint**
- D. To support the weight of the body**

7. What term describes the mental needs of an individual in a healthcare context?

- A. Physical needs**
- B. Psychological needs**
- C. Cognitive needs**
- D. Emotional needs**

8. What does psychology study in the context of sports medicine?

- A. The effects of physical exercise on the body**
- B. The behavior and mental processes of individuals**
- C. The nutritional needs of athletes**
- D. The mechanics of injury recovery**

9. Which best describes the state of the heart during ventricular tachycardia?

- A. Normal rhythm and function**
- B. Slow and ineffective contractions**
- C. Very rapid contractions**
- D. Consistent heart rate**

10. According to the theory of specificity, what plays a critical role in training?

- A. The relevance of training exercises to desired results**
- B. The duration of the training sessions**
- C. The equipment used during training**
- D. The nutrition consumed while training**

Answers

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

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Explanations

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1. What is the diameter size of a vesicle?

- A. Less than 1 cm**
- B. 1 to 2 cm**
- C. 2 to 3 cm**
- D. More than 3 cm**

A vesicle is defined as a small, fluid-filled sac in the body, often found in cell biology or medical terminology. The diameter of a vesicle is characterized by being less than 1 cm. This size is significant because it allows vesicles to effectively transport materials within cells and facilitate cellular processes such as secretion and endocytosis. Understanding this size distinction helps in differentiating vesicles from other structures, like cysts or tumors, which may have larger diameters. This clarity in definitions is crucial for anyone studying or working in the medical or scientific fields, as it aids in accurate communication and diagnosis.

2. Why is proprioception important for athletes?

- A. It helps in improving nutritional habits**
- B. It enhances coordination and balance during athletic performance**
- C. It is essential for strength training**
- D. It prevents psychological burnout**

Proprioception refers to the body's ability to sense its position, movement, and orientation in space. This sensory feedback is crucial for athletes as it significantly enhances coordination and balance during athletic performance. When an athlete has a well-developed sense of proprioception, they can better control their body movements, respond to changing environments, and maintain stability, especially during complex maneuvers or high-intensity activities. Effective proprioception allows athletes to quickly adjust their posture and movements in reaction to external stimuli, such as an opponent's movements in sports like soccer or basketball. This can lead to improved agility, precision, and overall performance, as athletes are more adept at executing complex movements smoothly and effectively while minimizing the risk of injury.

3. Which factor is considered when designing ergonomic tools?

- A. Strength of the tool**
- B. Comfort and ease of use**
- C. Cost-effectiveness**
- D. Durability**

When designing ergonomic tools, comfort and ease of use are crucial factors. Ergonomics focuses on creating tools and environments that fit the user's needs, thereby enhancing efficiency and reducing the risk of discomfort or injury. An ergonomic tool is designed to accommodate the natural posture and movement of the human body, minimizing strain during use. This consideration leads to improved user satisfaction and productivity, as individuals can perform tasks more comfortably and with greater efficacy. The other factors, though important in different contexts, do not prioritize the ergonomic principles of comfort and ease of use. While strength ensures a tool can effectively withstand the tasks it needs to perform, and durability ensures that it lasts over time, these qualities do not directly address how the user interacts with the tool. Cost-effectiveness is essential from a budgeting perspective but does not necessarily reflect how ergonomic a tool is or how well it suits the user's physical characteristics and needs. Hence, comfort and ease of use remain the primary considerations in ergonomic design.

4. What eating disorder is characterized by cycles of overeating and purging?

- A. Anorexia Nervosa**
- B. Binge Eating Disorder**
- C. Bulimia Nervosa**
- D. Orthorexia**

The eating disorder characterized by cycles of overeating and purging is Bulimia Nervosa. Individuals with this condition often experience episodes of binge eating, where they consume large quantities of food in a short period, followed by behaviors to prevent weight gain, such as self-induced vomiting, excessive exercise, or using laxatives. This cycle can create a profound sense of loss of control over eating, coupled with feelings of guilt and shame afterward. Understanding Bulimia Nervosa is crucial as it highlights the complex relationship between food, body image, and emotional health. The condition often arises from a combination of psychological, environmental, and genetic factors, making it essential for those affected to seek professional treatment. In contrast to other disorders, such as Anorexia Nervosa, which primarily involves restriction of food intake, or Binge Eating Disorder, which involves episodes of bingeing without the purging behavior, Bulimia's defining feature is indeed the purging that follows binge eating. This highlights the disorder's unique and challenging aspects.

5. What term describes an injury that occurs suddenly due to a specific event?

- A. Acute**
- B. Chronic**
- C. Recurrent**
- D. Progressive**

An injury that occurs suddenly due to a specific event is referred to as acute. This term is used to characterize conditions that arise quickly, often as a result of a single, identifiable incident, such as a fall, collision, or other trauma. Acute injuries are typically associated with immediate symptoms, like pain, swelling, or loss of function, which can lead to a prompt diagnosis and treatment. In contrast, the other terms describe different types of injuries or conditions. Chronic injuries develop gradually over time, often due to repetitive stress or overuse, and typically present with ongoing, persistent symptoms. Recurrent injuries are those that happen multiple times, often after an initial incident, while progressive conditions worsen over time and may also be associated with chronic issues. Understanding these distinctions is important for proper diagnosis and management of injuries in sports medicine.

6. What is the role of the anterior cruciate ligament in the knee?

- A. To connect the femur to the pelvis**
- B. To stabilize the knee and control movement**
- C. To allow for flexibility in the knee joint**
- D. To support the weight of the body**

The anterior cruciate ligament (ACL) plays a crucial role in the stabilization of the knee joint and in controlling movement. It is located in the center of the knee and connects the femur (thigh bone) to the tibia (shin bone). The primary function of the ACL is to prevent excessive forward movement of the tibia relative to the femur and to provide rotational stability during activities that involve cutting, jumping, or pivoting. When the knee is subjected to stress or impact, the ACL helps to maintain the integrity of the joint by ensuring the proper alignment and function of the bones involved. This stabilization is important for athletes and individuals engaged in sports, as the ACL helps to prevent injuries that can occur during rapid changes of direction or awkward landings. Without a properly functioning ACL, individuals are at an increased risk of knee instability and potential joint injuries.

7. What term describes the mental needs of an individual in a healthcare context?

- A. Physical needs**
- B. Psychological needs**
- C. Cognitive needs**
- D. Emotional needs**

The term that best describes the mental needs of an individual in a healthcare context is "psychological needs." This term encompasses a variety of aspects related to a person's mental health, including their emotional well-being, coping mechanisms, and overall psychological state. It refers to the necessary conditions that must be met for a person to maintain mental health and emotional stability, which is crucial in a healthcare setting. While cognitive needs do relate to mental processes such as thinking and reasoning, they are more specifically focused on the intellectual capabilities of the individual rather than their overall mental health. Emotional needs pertain to feelings and emotional expression, but they fall under the broader category of psychological needs. Physical needs refer to the tangible requirements for bodily health, such as nutrition and exercise, which do not encompass the mental or psychological aspects. Understanding psychological needs is essential for healthcare professionals, as addressing these needs contributes significantly to patient care and recovery.

8. What does psychology study in the context of sports medicine?

- A. The effects of physical exercise on the body**
- B. The behavior and mental processes of individuals**
- C. The nutritional needs of athletes**
- D. The mechanics of injury recovery**

In the context of sports medicine, psychology focuses on the behavior and mental processes of individuals, including athletes. This field examines how psychological factors can influence athletic performance, motivation, emotional well-being, and the overall mental state of an athlete. Understanding these elements is crucial for optimizing performance and managing the psychological impacts of injury, competition, and training. Moreover, sports psychology plays a significant role in helping athletes develop coping strategies, enhance mental resilience, and improve focus and concentration during competitions. By studying athletes' thoughts, feelings, and behaviors, sports psychologists work to foster a mindset that can lead to better performance and improved quality of life in the context of sports and physical activity.

9. Which best describes the state of the heart during ventricular tachycardia?

- A. Normal rhythm and function**
- B. Slow and ineffective contractions**
- C. Very rapid contractions**
- D. Consistent heart rate**

Ventricular tachycardia is characterized by very rapid contractions of the heart. During this condition, the heart's ventricles begin to beat more quickly than normal, often exceeding 100 beats per minute, and sometimes reaching rates of 200 beats per minute or more. This rapid heart rhythm can significantly impact the heart's ability to effectively pump blood to the body, which can lead to decreased cardiac output and potential hemodynamic instability. In this state, the electrical signals that trigger heartbeats originate in the ventricles rather than the usual conduction system starting in the sinoatrial (SA) node. The result is a fast, but sometimes organized rhythm that may still allow for some effective contractions. However, because the contractions are so rapid, there isn't sufficient time for the heart to fill up with blood between beats, which can lead to inadequate blood flow to the body's organs and tissues. This is starkly different from normal rhythm and function, where the heart beats at a regular rate and maintains effective blood flow. It also contrasts with slow contractions, where the heart's pumping capability is reduced due to inadequate stimulation, and a consistent heart rate suggests a regular rhythm that does not involve the erratic behavior seen in tachycardia.

Therefore,

10. According to the theory of specificity, what plays a critical role in training?

- A. The relevance of training exercises to desired results**
- B. The duration of the training sessions**
- C. The equipment used during training**
- D. The nutrition consumed while training**

The theory of specificity emphasizes that training should be closely aligned with the specific goals and skills that an athlete aims to develop. This means that the exercises and drills chosen for training must directly relate to the performance outcomes desired in a particular sport or activity. For example, a sprinter would benefit most from practice that simulates sprinting conditions rather than focusing on endurance running, which has different physiological and skill requirements. When training is tailored to the specific movements, energy systems, and muscle groups that are used in competition, athletes are more likely to enhance their performance and achieve their targeted results. Thus, the relevance of training exercises to the desired outcomes is fundamental to the effectiveness of any training program. While the duration of training sessions, the equipment used, and nutrition are all important factors in a comprehensive training regimen, they do not take precedence over the importance of specificity. Long training sessions might not be effective if they do not relate to the athlete's specific needs, and the best equipment can be rendered useless without appropriate training that targets the intended skills. Similarly, nutrition supports performance and recovery but does not dictate the specific adaptations that occur from specific training exercises. In summary, the principle of specificity clearly outlines the necessity of aligning training practices with the desired outcomes

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://pimajtedsportsmedicine.examzify.com>

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

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