

Pima JTED Sports Medicine Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 the term "overload" imply in a physical training context?**
 - A. Using normal weights**
 - B. Using weights lower than what the body is accustomed to**
 - C. Using weights greater than what body systems are used to**
 - D. Resting the body completely**

- 2. What term refers to the alignment of teeth?**
 - A. Alignment**
 - B. Occlusion**
 - C. Malocclusion**
 - D. Orthodontics**

- 3. What type of medication is known to reduce stomach acid?**
 - A. antacids**
 - B. antibiotics**
 - C. analgesics**
 - D. antidepressants**

- 4. What are items called that cost more than a set amount and can be used over time?**
 - A. operating expenses**
 - B. capital purchases**
 - C. current assets**
 - D. liquid assets**

- 5. What term describes the distal end of the femur?**
 - A. Patella**
 - B. Femoral condyles**
 - C. Pubis**
 - D. Tibia**

- 6. Which type of joint is classified as diarthrosis?**
 - A. A immovable joint**
 - B. A predominantly fixed joint**
 - C. A highly movable joint**
 - D. A partially movable joint**

7. What is the primary purpose of functional training?

- A. To increase muscle mass**
- B. To enhance the body's ability to perform daily activities**
- C. To improve cardiovascular endurance**
- D. To prepare for competitive sports only**

8. What term describes the study of bones and their structure?

- A. Osteology**
- B. Histology**
- C. Myology**
- D. Neurology**

9. Which of the following best describes the term 'rehabilitation'?

- A. Restoring function after injury or illness**
- B. Preventing injuries before they occur**
- C. Improving physical fitness**
- D. Evaluating sports performance**

10. What is the eating disorder characterized by compulsive overeating?

- A. Bulimia**
- B. Fast Food Addiction**
- C. Binge Eating**
- D. Anorexia**

Answers

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

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Explanations

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1. What does the term "overload" imply in a physical training context?

- A. Using normal weights
- B. Using weights lower than what the body is accustomed to
- C. Using weights greater than what body systems are used to**
- D. Resting the body completely

In a physical training context, "overload" refers to the principle that in order to improve strength, endurance, or fitness, one must progressively increase the amount of stress placed on the body during exercise. This means using weights or resistance that are greater than what the body is accustomed to, which prompts physiological adaptations. When the body is exposed to overload, it responds by strengthening itself, increasing muscle size, improving cardiovascular efficiency, or enhancing flexibility, depending on the type of training involved. This principle is essential for progression in physical fitness and is based on the understanding that the body will adapt to the demands placed on it. Options that imply using normal weights or weights lower than what the body is accustomed to do not align with the overload principle, as they do not provide the necessary stimulus for improvement. Additionally, resting the body completely runs counter to the concept of applying overload, as rest does not facilitate physical adaptations but rather allows for recovery. Thus, utilizing weights greater than what the body is used to effectively applies the overload principle and is critical for progression in training.

2. What term refers to the alignment of teeth?

- A. Alignment
- B. Occlusion**
- C. Malocclusion
- D. Orthodontics

The term that refers to the alignment of teeth is "occlusion." This term specifically describes the way the upper and lower teeth come together when the mouth is closed. Proper occlusion is essential for effective chewing and can impact overall dental health, influencing wear patterns on teeth and affecting jaw function. In the context of dental terminology, alignment refers more broadly to how teeth are arranged, which is not specific enough to denote their functional relationship or contact with each other. Malocclusion, on the other hand, refers to a misalignment or incorrect positioning of the teeth when the jaws are closed, which is the result of improper occlusion. Orthodontics encompasses the field of dentistry that addresses the correction of occlusion issues, primarily through the use of braces and other dental devices, but it does not define the term for the direct consequence of teeth alignment itself.

3. What type of medication is known to reduce stomach acid?

- A. antacids**
- B. antibiotics**
- C. analgesics**
- D. antidepressants**

Antacids are medications specifically designed to neutralize stomach acid, providing relief from symptoms associated with conditions such as heartburn, indigestion, or gastroesophageal reflux disease (GERD). They work by increasing the pH balance in the stomach, which alleviates the burning sensation caused by excessive acidity. In contrast, antibiotics are primarily used to treat bacterial infections and have no role in acid reduction. Analgesics are pain relievers that target pain sensations and do not influence stomach acidity directly. Antidepressants are used to manage mood disorders and may have gastrointestinal side effects, but they are not intended for acid reduction. Thus, antacids are the clear choice for reducing stomach acid among the provided options.

4. What are items called that cost more than a set amount and can be used over time?

- A. operating expenses**
- B. capital purchases**
- C. current assets**
- D. liquid assets**

The correct answer is capital purchases. Capital purchases refer to significant items that a business or organization buys, which typically exceed a certain cost threshold and are expected to be used over a long period of time. These assets may include equipment, machinery, vehicles, or buildings that contribute to the operational capabilities of the organization and are not usually consumed within a single accounting period. Capital purchases are crucial for long-term planning and investment, as they represent a commitment of resources toward the growth and sustainability of the organization. In contrast, operating expenses refer to the ongoing costs associated with running an organization, current assets are items expected to be converted to cash within a year, and liquid assets are those that can easily be converted into cash without significantly affecting their value.

5. What term describes the distal end of the femur?

- A. Patella
- B. Femoral condyles**
- C. Pubis
- D. Tibia

The distal end of the femur is referred to as the femoral condyles. This term specifically signifies the rounded prominences that articulate with other bones in the knee joint, namely the tibia. The femoral condyles are essential for weight-bearing activities and allow for the smooth movement of the knee as it flexes and extends. Describing the other options helps clarify why the femoral condyles is the most appropriate answer. The patella, or kneecap, is a separate bone that sits in front of the knee joint, providing protection and support but is not part of the femur itself. The pubis refers to a different bone in the pelvis and is not located at the distal end of the femur. The tibia is the bone located in the lower leg that connects to the femur at the knee, but it is not the distal end of the femur. Thus, the femoral condyles specifically denote the distal features of the femur that articulate with the tibia, making it the correct term for that part of the bone.

6. Which type of joint is classified as diarthrosis?

- A. A immovable joint
- B. A predominantly fixed joint
- C. A highly movable joint**
- D. A partially movable joint

Diarthrosis refers to a type of joint that is characterized by its ability to move freely in various directions. These joints are often referred to as synovial joints, and they include important anatomical features such as a joint capsule filled with synovial fluid, allowing for smooth movement. Diarthrotic joints facilitate a wide range of motion and are involved in several types of movements, including rotation, flexion, extension, and more. Examples of diarthrotic joints include the shoulder (glenohumeral joint), knee, and hip joints. These joints contribute to the mobility necessary in many sports and physical activities, making them integral to sports medicine and rehabilitation. Understanding diarthrosis is crucial for those involved in sports medicine as it helps with assessments of joint injuries and the development of rehabilitation programs. The other types of joints mentioned do not allow for significant movement: immovable joints (like sutures in the skull) do not permit any movement, predominantly fixed joints (such as certain joints in the pelvis) allow limited movement, and partially movable joints (like intervertebral joints) have restricted range of motion. Hence, the classification of diarthrosis is specifically reserved for those joints that offer the highest degree of mobility.

7. What is the primary purpose of functional training?

- A. To increase muscle mass
- B. To enhance the body's ability to perform daily activities**
- C. To improve cardiovascular endurance
- D. To prepare for competitive sports only

Functional training primarily focuses on enhancing the body's ability to perform daily activities effectively and safely. This type of training involves exercises that mimic everyday movements, which can include bending, lifting, pushing, pulling, and walking. The idea is to improve strength, stability, balance, and coordination in a way that translates directly to real-life scenarios. By emphasizing functional movement patterns, individuals can improve their overall physical performance and reduce the risk of injury during routine tasks. This approach is beneficial for a wide range of people, from athletes to seniors, as it helps to maintain functional independence and improve quality of life. The other options highlight different aspects of fitness or training that, while important, do not encapsulate the primary goal of functional training. For instance, increasing muscle mass and improving cardiovascular endurance are specific fitness goals but do not necessarily reflect the broader purpose of enhancing everyday movement abilities. Preparing for competitive sports focuses on the specialized conditioning that may not apply to the general population, neglecting the functional aspect that aims to assist everyone in their day-to-day life.

8. What term describes the study of bones and their structure?

- A. Osteology**
- B. Histology
- C. Myology
- D. Neurology

The study of bones and their structure is known as osteology. This branch of anatomy focuses specifically on the composition, development, and pathologies of bones, providing insights into how they support and protect the body, as well as their role in movement and mineral storage. Osteologists examine both the macroscopic and microscopic aspects of bones, which helps in understanding not only human anatomy but also the evolution and structure of skeletal systems in various organisms. The other terms refer to different fields: histology is the study of tissues at a microscopic level, myology focuses on the study of muscles, and neurology pertains to the nervous system and its disorders. Each of these disciplines is crucial to the broader field of biology and medicine, but they address different components of the body and their functions.

9. Which of the following best describes the term 'rehabilitation'?

- A. Restoring function after injury or illness**
- B. Preventing injuries before they occur**
- C. Improving physical fitness**
- D. Evaluating sports performance**

The term "rehabilitation" primarily refers to the process of restoring function after an injury or illness. This can involve a variety of therapeutic techniques aimed at facilitating recovery, reducing pain, and restoring the individual's ability to perform daily activities or return to their previous level of physical activity. Rehabilitation is essential after injuries, surgeries, or illnesses as it focuses on regaining strength, flexibility, and overall functionality. In this context, rehabilitation often includes physical therapy, exercises, and other interventions tailored to the individual's specific needs. By prioritizing the restoration of function, rehabilitation ultimately empowers individuals to return to their normal routines and activities, promoting a holistic recovery.

10. What is the eating disorder characterized by compulsive overeating?

- A. Bulimia**
- B. Fast Food Addiction**
- C. Binge Eating**
- D. Anorexia**

Binge eating is characterized by recurring episodes of consuming large quantities of food, often with a sense of loss of control during the act. Individuals with this eating disorder may eat rapidly and in secret, often feeling distressed about their behavior afterward. Unlike bulimia, which involves compensatory behaviors such as vomiting or excessive exercise, binge eating does not include these purging habits. This condition is recognized as a distinct psychological disorder and can lead to obesity and other health complications if not addressed. Other options, such as bulimia, involve episodes of binge eating followed by purging, anorexia refers to restricting food intake and an intense fear of gaining weight, and fast food addiction isn't recognized as a formal eating disorder in clinical terms. Thus, binge eating is the most accurate answer for the specified condition.

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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