

PIMA JTED SPORTS MEDICINE 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. What type of joint allows for a wide range of motion and includes rotation, such as in the shoulder and hip?**
 - A. Hinge joint
 - B. Ball and socket joint
 - C. Pivot joint
 - D. Gliding joint
- 2. What term describes a squeaky, grinding sensation caused by friction between bone and cartilage?**
 - A. Tinnitus
 - B. Crepitus
 - C. Stenosis
 - D. Arthritis
- 3. Which of the following terms best describes the cause of an injury or disease?**
 - A. Pathology
 - B. Etiology
 - C. Diagnosis
 - D. Symptomatology
- 4. What condition is referred to as tendinitis?**
 - A. Swelling of a joint
 - B. Inflammation of a tendon
 - C. Rupture of a muscle
 - D. Pain in a muscle
- 5. What does the term 'duration' indicate in a medical context?**
 - A. The quality of a treatment
 - B. The length of time a treatment lasts
 - C. The strength of a medication
 - D. The frequency of medication administration

- 6. What technique involves kneading or pinching body tissue between the hands?**
- A. Manipulation
 - B. Petrissage
 - C. Aromatherapy
 - D. Compression therapy
- 7. What is the primary function of mitochondria in cells?**
- A. Protein synthesis
 - B. Energy production and cellular respiration
 - C. DNA replication
 - D. Cell signaling
- 8. Which term is a common reference for a pain reliever?**
- A. Analgesic
 - B. Antipyretic
 - C. Antidepressant
 - D. Antihistamine
- 9. What is the focus of sports psychology?**
- A. The physical training of athletes
 - B. Endurance testing in sports
 - C. The study of activity and mental factors influencing performance
 - D. Nutrition for athletes
- 10. What does HIPAA stand for?**
- A. Health Information Patient Access Act
 - B. Health Insurance Portability and Accountability Act
 - C. Health Institute for Patient Affairs Act
 - D. Health Information Privacy and Accountability Act

Answers

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

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Explanations

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1. What type of joint allows for a wide range of motion and includes rotation, such as in the shoulder and hip?

- A. Hinge joint
- B. Ball and socket joint**
- C. Pivot joint
- D. Gliding joint

The ball and socket joint is characterized by its structure that enables a wide range of motion, including rotation. This type of joint consists of a spherical head of one bone fitting into a cup-like socket of another bone, allowing movement in multiple directions. In the human body, prominent examples of ball and socket joints are found in the shoulders and hips. These joints not only permit movement along the three axes—flexion/extension, abduction/adduction, and internal/external rotation—but also allow for the greatest freedom of movement compared to other joint types. Other joint types, such as hinge joints, are limited to motion in one plane (like opening and closing a door), while pivot joints allow for rotational movement around a single axis (like the neck). Gliding joints permit limited movement and play a role in the sliding motion between flat bone surfaces. None of these joint types provide the same level of motion as ball and socket joints, making them less versatile in terms of movement capabilities. Thus, the ball and socket joint's unique design is what enables its extensive range of motion, including the ability to rotate, which is crucial for activities involving the limbs.

2. What term describes a squeaky, grinding sensation caused by friction between bone and cartilage?

- A. Tinnitus
- B. Crepitus**
- C. Stenosis
- D. Arthritis

The term that describes a squeaky, grinding sensation caused by friction between bone and cartilage is crepitus. This phenomenon occurs when there is a loss of smooth cartilage that normally allows for frictionless movement of joints. When cartilage wears down, bones may rub against each other, leading to audible sounds and sensations that can be described as grinding or crunching. This is commonly associated with various joint conditions, particularly osteoarthritis, where cartilage degeneration occurs. Understanding crepitus is important in diagnosing and treating joint issues, as the presence of this noise can indicate underlying problems such as joint degeneration or injury. This distinction is vital for healthcare professionals assessing joint health and determining appropriate treatment plans for patients experiencing these sensations.

3. Which of the following terms best describes the cause of an injury or disease?

- A. Pathology
- B. Etiology**
- C. Diagnosis
- D. Symptomatology

The term that best describes the cause of an injury or disease is etiology. Etiology specifically refers to the study of causation or origination, particularly regarding factors that lead to different health conditions. This includes identifying biological, environmental, genetic, and lifestyle factors that may contribute to the development of disease. In contrast, pathology focuses more broadly on the study of disease processes, including their effects on tissues and organs. Diagnosis refers to the identification of a disease through examination and evaluation of symptoms and medical history, while symptomatology entails the study of symptoms associated with a particular disease or condition. Each of these terms plays a crucial role in understanding health, but etiology is focused on identifying the underlying causes.

4. What condition is referred to as tendinitis?

- A. Swelling of a joint
- B. Inflammation of a tendon**
- C. Rupture of a muscle
- D. Pain in a muscle

Tendinitis specifically refers to the inflammation of a tendon, which is a fibrous connective tissue that attaches muscle to bone. This condition often arises due to repetitive motion, overuse, or injury, leading to pain, swelling, and general discomfort in the affected area. Understanding tendinitis is important for those in sports medicine because it informs both preventative strategies and treatment approaches, allowing for appropriate rehabilitation and recovery protocols to be established. The other options, while related to musculoskeletal issues, do not define tendinitis; they describe different conditions or symptoms that do not specifically pertain to tendon inflammation.

5. What does the term 'duration' indicate in a medical context?

- A. The quality of a treatment
- B. The length of time a treatment lasts**
- C. The strength of a medication
- D. The frequency of medication administration

In a medical context, the term 'duration' specifically refers to the length of time a treatment lasts. This could apply to various types of treatments, including medication, therapy sessions, or the time period for a particular intervention. Understanding duration is crucial because it impacts the effectiveness of a treatment plan; certain medications need to be administered for a specific duration to achieve the desired therapeutic effect or to adequately address a patient's condition. Duration can also influence side effects, with longer treatments potentially leading to different outcomes as opposed to shorter ones. In contrast, the quality of a treatment pertains to how well it meets the needs of a patient or achieves its intended results, not simply the time it is given. The strength of a medication refers to the potency of the active ingredient, which is unrelated to how long it is administered. Lastly, frequency of medication administration relates to how often a medication is taken rather than the total time it is taken, which is why 'duration' is distinctively focused on the length of the treatment.

6. What technique involves kneading or pinching body tissue between the hands?

- A. Manipulation
- B. Petrissage**
- C. Aromatherapy
- D. Compression therapy

Petrissage is a massage technique specifically characterized by the kneading or pinching of body tissue between the hands. This method helps to increase blood circulation, decrease muscle tension, and promote relaxation. During petrissage, the therapist uses their fingers, palms, or thumbs to knead areas of the body, effectively lifting and squeezing the muscles. This action can aid in the removal of toxins from the muscles and improve flexibility and mobility. Other techniques mentioned, such as manipulation, typically refer to joint movements used in physical therapy or chiropractic care to improve joint function, rather than focusing on soft tissue. Aromatherapy involves the use of essential oils for therapeutic purposes, while compression therapy primarily targets the application of pressure to reduce swelling or improve circulation, but does not involve the specific kneading technique that petrissage does. Consequently, petrissage stands out as the correct choice for describing the action of kneading or pinching body tissue.

7. What is the primary function of mitochondria in cells?

- A. Protein synthesis
- B. Energy production and cellular respiration**
- C. DNA replication
- D. Cell signaling

The primary function of mitochondria in cells is energy production and cellular respiration. Mitochondria are often referred to as the "powerhouses" of the cell because they convert the energy stored in food molecules into adenosine triphosphate (ATP), which is the energy currency of the cell. This process involves a series of biochemical reactions known as the citric acid cycle and oxidative phosphorylation, where organic compounds are broken down, and energy is released. Additionally, mitochondria play a crucial role in cellular respiration by utilizing oxygen to help convert nutrients into usable energy. This function is vital for maintaining the energy supply necessary for various cellular processes, including muscle contraction, nerve impulse conduction, and biosynthesis of essential biomolecules. The health and efficiency of mitochondria are critical for overall cellular function and metabolism, making their role in energy production essential to life.

8. Which term is a common reference for a pain reliever?

- A. Analgesic**
- B. Antipyretic
- C. Antidepressant
- D. Antihistamine

The term "analgesic" refers specifically to a class of medications that are designed to relieve pain without causing the loss of consciousness. Common examples of analgesics include over-the-counter medications such as acetaminophen and ibuprofen, as well as prescription medications like opioids. They work by blocking pain receptors in the brain or affecting the way the brain interprets pain signals. This makes "analgesic" the most accurate term when seeking a common reference for a pain reliever. In contrast, "antipyretic" denotes a substance that reduces fever, but it is not specifically aimed at relieving pain. "Antidepressant" refers to medications intended to treat depression and other mood disorders, which is unrelated to pain management. "Antihistamine" is used primarily to treat allergic reactions and symptoms by blocking histamine, and therefore, does not serve the purpose of pain relief.

9. What is the focus of sports psychology?

- A. The physical training of athletes
- B. Endurance testing in sports
- C. The study of activity and mental factors influencing performance**
- D. Nutrition for athletes

The focus of sports psychology is primarily on understanding the mental factors that affect athletic performance and how these factors can be influenced to enhance an athlete's performance. This field examines aspects such as motivation, confidence, mental resilience, anxiety management, and concentration, which are crucial for success in sports. By studying how mental processes play a role in an athlete's performance, sports psychologists aim to develop strategies and interventions that can help athletes perform at their best under a variety of circumstances, such as during competitions or while facing pressure. They also explore how an athlete's mental state can impact their training, recovery, and overall well-being. The other options, while important in the context of sports, do not capture the essence of sports psychology. The physical training of athletes relates more to physical conditioning and performance enhancement techniques. Endurance testing focuses on measuring stamina and capabilities rather than the mental aspects of performance. Nutrition for athletes is vital for physical health and performance but is outside the scope of psychological influences on sports performance.

10. What does HIPAA stand for?

- A. Health Information Patient Access Act
- B. Health Insurance Portability and Accountability Act**
- C. Health Institute for Patient Affairs Act
- D. Health Information Privacy and Accountability Act

HIPAA stands for the Health Insurance Portability and Accountability Act. This federal law was enacted in 1996 and is designed to protect sensitive patient health information from being disclosed without the patient's consent or knowledge. One of its key provisions is the requirement for healthcare providers and other entities to ensure that individual health information is kept private and secure. The act also promotes the portability of health insurance coverage for workers and their families when they change or lose their jobs, which is an essential aspect of health care reform. This dual focus on privacy and insurance portability makes HIPAA a cornerstone of healthcare regulations in the United States, establishing standards for the protection of health information while allowing for the necessary flow of health data in a way that maintains confidentiality. Understanding the full name and purpose of HIPAA is crucial for those in the healthcare field, as compliance with these regulations is mandatory for protecting patient rights and maintaining trust in healthcare systems.

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:

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

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