

# RSM EXAM 1 PRACTICE (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. Which type of hearing loss involves both conductive and sensorineural components?**
  - A. Sensorineural hearing loss
  - B. Auditory neuropathy spectrum disorder
  - C. Mixed hearing loss
  - D. Conductive hearing loss
- 2. Which statement describes negative punishment?**
  - A. Adding something bad to decrease unwanted behavior.
  - B. Giving extra playtime after rule violation.
  - C. Taking something good away to decrease unwanted behavior.
  - D. Providing coping skills.
- 3. Not a benefit of sensory integration?**
  - A. Increased focus and attention
  - B. Teaches self-regulation
  - C. Improved motor planning and coordination
  - D. Cures sensory impairments completely
- 4. Intellectual Disability concerns deficits in adaptive functioning and intellectual functioning in which domains?**
  - A. Social, emotional, and physical
  - B. Conceptual, social, and practical
  - C. Academic, behavioral, and physical
  - D. Conceptual, emotional, and cultural
- 5. In the classroom, which groups should be educated on laws applicable to students with disabilities?**
  - A. Only general education teachers
  - B. Only special education teachers
  - C. Both general and special education teachers
  - D. School administrators only

**6. Which statement best describes thinking traps?**

- A. Solving problems quickly
- B. Focusing on long-term benefits
- C. Ignoring emotions
- D. Overly rigid patterns in thinking that can cause us to miss critical info about a situation or individual

**7. What does a CTRS do?**

- A. Usually part of interdisciplinary treatment team
- B. Works in isolation
- C. Replaces therapists
- D. Focuses only on individual interventions

**8. Visual field describes which of the following?**

- A. Color vision
- B. How well a person can see side to side and up and down
- C. Depth perception
- D. Acuity at distance

**9. Which statement best describes CTRS involvement in care?**

- A. They implement therapy plans without input
- B. They exclusively perform administrative tasks
- C. They typically participate in interdisciplinary teams and implement activity-based interventions
- D. They do not collaborate with other professionals

**10. Service-learning benefits ....**

- A. Students
- B. Community partners
- C. Both parties
- D. No benefits

## **Answers**

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

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## **Explanations**

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**1. Which type of hearing loss involves both conductive and sensorineural components?**

- A. Sensorineural hearing loss
- B. Auditory neuropathy spectrum disorder
- C. Mixed hearing loss**
- D. Conductive hearing loss

*Mixed hearing loss occurs when both the conductive pathway (outer or middle ear) and the sensorineural pathway (inner ear or auditory nerve) are affected. On an audiogram, you'd see elevated air-conduction thresholds and also elevated bone-conduction thresholds, often with an air-bone gap indicating a conductive contribution plus additional sensorineural involvement. This combination distinguishes it from a purely conductive loss (normal bone conduction with reduced air conduction) and a purely sensorineural loss (reduced bone conduction with little or no air-bone gap). Auditory neuropathy spectrum disorder involves neural timing issues rather than a clear conductive problem, so it doesn't represent a mix of conductive and sensorineural components.*

**2. Which statement describes negative punishment?**

- A. Adding something bad to decrease unwanted behavior.
- B. Giving extra playtime after rule violation.
- C. Taking something good away to decrease unwanted behavior.**
- D. Providing coping skills.

*Negative punishment reduces a behavior by removing something valued after the behavior occurs. By taking away something good, the person is less likely to repeat the unwanted behavior because the consequence makes the situation less rewarding. This is exactly what the statement describes: taking away a desirable thing to decrease the behavior. For example, if someone loses access to a favorite game after breaking a rule, that removal of a reinforcer makes the rule-violating behavior less likely in the future. In contrast, adding something bad would be positive punishment, giving extra playtime after a rule violation would act as reinforcement (potentially increasing the behavior), and providing coping skills addresses skills development rather than serving as a punitive consequence.*

**3. Not a benefit of sensory integration?**

- A. Increased focus and attention
- B. Teaches self-regulation
- C. Improved motor planning and coordination
- D. Cures sensory impairments completely**

*Sensory integration therapy aims to help a person better register, interpret, and respond to sensory information, so functioning improves in daily tasks. That's why you often see increased focus and attention as sensitivity to stimuli is managed, self-regulation improves as the nervous system becomes more organized, and motor planning and coordination get smoother through activities that integrate senses with movement. The one option that isn't a benefit is curing sensory impairments completely—this therapy can enhance function, but it doesn't eradicate the underlying impairment or guarantee a full cure.*

**4. Intellectual Disability concerns deficits in adaptive functioning and intellectual functioning in which domains?**

- A. Social, emotional, and physical
- B. Conceptual, social, and practical**
- C. Academic, behavioral, and physical
- D. Conceptual, emotional, and cultural

*Adaptive functioning in intellectual disability is assessed across three domains: conceptual, social, and practical. Conceptual includes language, literacy, numeracy, and reasoning; social covers interpersonal communication, social judgment, and the ability to follow rules; practical involves daily living skills like personal care, money management, transportation, and safety. This framework is why the best choice lists conceptual, social, and practical. Other options mix elements that aren't part of the standard adaptive-functioning domains (for example, academic, emotional, physical, or cultural) and don't capture the three-domain structure used in this context.*

**5. In the classroom, which groups should be educated on laws applicable to students with disabilities?**

- A. Only general education teachers
- B. Only special education teachers
- C. Both general and special education teachers**
- D. School administrators only

*Educators who work with students with disabilities must know the laws that protect their rights, because these rules guide access to education, accommodations, and services in the classroom. General education teachers often teach students with disabilities in inclusive settings and must implement accommodations and modifications and follow IEP or 504 Plan requirements. Special education teachers design and deliver individualized instruction, coordinate related services, monitor progress toward IEP goals, and guide other staff in applying those requirements. If only one group is educated on these laws, crucial aspects of implementation and monitoring can fall through the cracks, leaving students without the supports they're entitled to. Training for both groups ensures daily teaching aligns with legal protections and the student's rights.*

**6. Which statement best describes thinking traps?**

- A. Solving problems quickly
- B. Focusing on long-term benefits
- C. Ignoring emotions
- D. Overly rigid patterns in thinking that can cause us to miss critical info about a situation or individual**

*Overly rigid patterns in thinking that cause us to miss critical information about a situation or individual explain thinking traps. When we fall into these traps, our minds cling to a fixed view and filter out important details, which can lead to misunderstandings or faulty judgments about people and events. That makes this description the best fit because it captures both the rigidity and the consequence of missing key information. The other statements describe behaviors that aren't about biased, inflexible thinking: solving problems quickly can be efficient or impulsive, focusing on long-term benefits is generally positive, and ignoring emotions reflects a separate issue in emotional processing rather than a systematic thinking bias.*

## 7. What does a CTRS do?

- A. Usually part of interdisciplinary treatment team
- B. Works in isolation
- C. Replaces therapists
- D. Focuses only on individual interventions

A CTRS works as part of an interdisciplinary treatment team, coordinating recreation-based interventions with other professionals to support a patient's overall rehabilitation. They help design and implement activities that target physical, cognitive, emotional, and social goals, often through both group and individual sessions, and they tailor programs to fit the broader treatment plan and discharge aims. This collaborative approach is central because leisure and recreation are used as therapeutic tools to promote functioning and quality of life within the medical or rehabilitation context. Working in isolation isn't typical for a CTRS, and they don't replace therapists. Their role centers on collaboration with therapists, nurses, social workers, psychologists, and others to ensure activities align with medical goals and address multiple needs. They also don't focus solely on individual interventions—many programs involve group activities and community reintegration, helping people build social skills and participate meaningfully in everyday life.

## 8. Visual field describes which of the following?

- A. Color vision
- B. How well a person can see side to side and up and down
- C. Depth perception
- D. Acuity at distance

Visual field is the area you can see with your eyes fixed, including how far you can see to the sides as well as up and down. This describes the breadth of vision, not how sharp or colorful things appear. That's why describing vision in terms of side-to-side and up-and-down extent best matches the concept. Color vision is about distinguishing colors, depth perception relates to judging distance in three dimensions, and distance acuity refers to how clearly distant details are seen.

## 9. Which statement best describes CTRS involvement in care?

- A. They implement therapy plans without input
- B. They exclusively perform administrative tasks
- C. They typically participate in interdisciplinary teams and implement activity-based interventions
- D. They do not collaborate with other professionals

CTRSs are part of the care team and bring recreation therapy into the plan of care by working collaboratively on activity-based interventions. They don't just handle administrative tasks or operate in isolation; instead, they partner with other professionals to set goals, choose meaningful activities, and tailor interventions to the individual's needs. The core of their role is delivering purposeful activities that support physical, cognitive, emotional, and social functioning, helping clients participate in daily life and progress toward recovery. They assess preferences, implement programs across settings, and monitor outcomes with the team to adjust the plan as needed. Because of this team-based, hands-on approach, the other descriptions—working without input, doing only administrative tasks, or not collaborating—don't fit CTRS practice.

## 10. Service-learning benefits ....

- A. Students
- B. Community partners
- C. Both parties
- D. No benefits

*Service-learning blends classroom study with community work in a structured way that creates value on both sides. Students gain hands-on experience, see how theory translates into practice, build collaboration and communication skills, and develop a sense of civic responsibility. Community partners benefit from additional resources, new ideas, and help advancing their missions, along with opportunities to build capacity and strengthen programs. Because the design intentionally links learning goals to community needs, the benefits are reciprocal—students learn more effectively, and partners achieve outcomes they care about. So the best answer recognizes that both parties experience benefits, not just one side or none.*

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## 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://rsm1.examzify.com>

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

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