

Study Skills and the Physical Therapy Profession Practice Exam (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. Kinesthetic learners prefer to process and learn information through**
 - A. Large and Small Muscle Movements and Hands-On Experiences**
 - B. Visual Images and Diagrams**
 - C. Listening to Information**
 - D. Mathematical and Logical Reasoning**

- 2. Which category addresses delays in achieving motor milestones such as rolling, sitting, and walking?**
 - A. Congenital Disorders**
 - B. Developmental Disorders**
 - C. Neuromuscular Disorders**
 - D. Orthopedic Injury**

- 3. Cerebral palsy is most appropriately classified under which category?**
 - A. Congenital Disorders**
 - B. Developmental Disorders**
 - C. Neuromuscular Disorders**
 - D. Orthopedic Injury**

- 4. The acronym ICF stands for which of the following?**
 - A. International Classification of Functioning, Disability, and Health**
 - B. International Code of Fitness**
 - C. Integrated Classification of Functions and Conditions**
 - D. International Catalog of Facilities and Hospitals**

- 5. Guide 4.0 provides guidelines for which professionals?**
 - A. PTs and PTAs**
 - B. Nurses**
 - C. Physicians**
 - D. Occupational Therapists**

- 6. A Skilled Nursing Facility (SNF) is best described as which of the following?**
- A. Patients need more care & are too ill or fragile to be at home**
 - B. Patients live independently at home**
 - C. It is a place for outpatient services only**
 - D. It is a day-care center for active adults**
- 7. Who is recognized as founder of the APTA and the Profession of Physical Therapy?**
- A. Mary McMillan**
 - B. Mary McConnell**
 - C. Florence Nightingale**
 - D. Elizabeth Blackwell**
- 8. ICF impairments describe what?**
- A. Problems in body function or structure such as a significant deviation or loss**
 - B. Limitations in social participation**
 - C. External barriers to care**
 - D. Positive health behaviors**
- 9. What is the stated objective of PT/PTA collaboration?**
- A. The PT/PTA team works together, within each partner's respective role, to achieve optimal patient/client care and to enhance the overall delivery of physical therapy services.**
 - B. The PT dominates all patient decisions**
 - C. The PTA handles all administrative tasks**
 - D. Collaboration is optional and unstructured**
- 10. Which of the following terms is defined as difficulties an individual may have in executing activities?**
- A. Difficulties an individual may have in executing activities**
 - B. Problems an individual may experience in involvement in life activities**
 - C. The identification of a disease or condition by a doctor**
 - D. The condition for which physical therapy is provided as determined by the PT**

Answers

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

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Explanations

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1. Kinesthetic learners prefer to process and learn information through

A. Large and Small Muscle Movements and Hands-On Experiences

B. Visual Images and Diagrams

C. Listening to Information

D. Mathematical and Logical Reasoning

Kinesthetic learning means processing information through movement and touch, so kinesthetic learners gain understanding best by doing. This item targets that preference, and the best match is engaging large and small muscle movements and hands-on experiences. When you actively practice a skill, repeat movement patterns, or manipulate objects, you reinforce what you're learning through physical involvement. In physical therapy education, this translates to hands-on practice of examination techniques, manual therapy, gait training, and simulated patient care, all of which solidify understanding through action. Visual learners benefit from images and diagrams; auditory learners learn well by listening; and mathematical/logical reasoning supports analytical problem solving—areas that don't center on physical engagement. So the preferred approach for kinesthetic learners is movement-based, hands-on learning.

2. Which category addresses delays in achieving motor milestones such as rolling, sitting, and walking?

A. Congenital Disorders

B. Developmental Disorders

C. Neuromuscular Disorders

D. Orthopedic Injury

Delays in achieving motor milestones reflect developmental disorders, which describe slower or atypical progress across domains of development, including motor skills like rolling, sitting, and walking. Children typically roll early in infancy, then sit with support and without support, and eventually walk within expected age ranges. When these milestones are missed or delayed, it signals a pattern of development that may require evaluation for broader neurodevelopmental issues. While specific neuromuscular conditions or orthopedic injuries can impair motor function, they point to a particular underlying problem rather than the general timing of developmental progress. Congenital disorders are present at birth and may affect development in various ways, but the idea captured here is the overall postponement of milestone attainment, which sits squarely with developmental disorders.

3. Cerebral palsy is most appropriately classified under which category?

- A. Congenital Disorders**
- B. Developmental Disorders**
- C. Neuromuscular Disorders**
- D. Orthopedic Injury**

The main idea is that cerebral palsy is a brain-based motor disorder that alters the way nerves control muscles, leading to abnormal movement and posture. Because the core issue is the nervous system's control over the musculoskeletal system, it fits best under neuromuscular disorders. While CP is present from early life and affects development, the defining feature is the neurological disruption of muscle function, not a primary problem with bones or joints, so it isn't best categorized as an orthopedic injury. It's also not simply a generic congenital or developmental disorder—the key is the neuromuscular impairment caused by brain pathology that governs movement.

4. The acronym ICF stands for which of the following?

- A. International Classification of Functioning, Disability, and Health**
- B. International Code of Fitness**
- C. Integrated Classification of Functions and Conditions**
- D. International Catalog of Facilities and Hospitals**

The main idea tested is knowing what ICF stands for and its role in health care. ICF stands for International Classification of Functioning, Disability, and Health, a World Health Organization framework that provides a common language to describe how health conditions affect a person's functioning in daily life. It organizes information into body functions and structures, activities and participation, and environmental factors, highlighting how these parts interact rather than focusing only on a medical diagnosis. This perspective helps clinicians plan rehabilitation, set meaningful goals, and track outcomes across different conditions. The other options aren't correct because they don't reflect this established framework: it isn't a Code of Fitness, an Integrated Classification of Functions and Conditions, or a Catalog of Facilities and Hospitals.

5. Guide 4.0 provides guidelines for which professionals?

- A. PTs and PTAs**
- B. Nurses**
- C. Physicians**
- D. Occupational Therapists**

Guide 4.0 outlines guidelines for professionals who provide physical therapy services, specifically physical therapists and physical therapy assistants. It defines the scope of practice, roles, supervision, and the core competencies needed to deliver PT care across settings. Nurses, physicians, and occupational therapists have their own separate practice standards, so this guide is tailored to the PT team and not those professions. The emphasis on PT and PTA roles, supervision relationships, and the patient management process is why this option is the best fit.

6. A Skilled Nursing Facility (SNF) is best described as which of the following?

- A. Patients need more care & are too ill or fragile to be at home**
- B. Patients live independently at home**
- C. It is a place for outpatient services only**
- D. It is a day-care center for active adults**

A Skilled Nursing Facility is a setting that provides 24-hour skilled nursing care and rehabilitation for people who are too ill or fragile to stay at home. In physical therapy terms, residents receive ongoing medical supervision plus therapy to improve function and safety, with the goal of returning home or moving to a less intensive setting when possible. This is different from home health, where services occur at a patient's residence but without around-the-clock supervision; or outpatient therapy, which requires traveling to a clinic and does not provide continuous nursing care; and from day-care centers for active adults, which serve people who live at home and are able to manage daily activities independently.

7. Who is recognized as founder of the APTA and the Profession of Physical Therapy?

- A. Mary McMillan**
- B. Mary McConnell**
- C. Florence Nightingale**
- D. Elizabeth Blackwell**

Mary McMillan is recognized as the founder of the American Physical Therapy Association and a driving force in establishing physical therapy as a distinct profession in the United States. She helped organize the profession in 1921, with the formation of the American Women's Physical Therapeutic Association, and served as its first president, helping to set early standards for education and practice. The other names are famous for contributions in nursing or medicine, not for founding the PT profession or the APTA.

8. ICF impairments describe what?

- A. Problems in body function or structure such as a significant deviation or loss**
- B. Limitations in social participation**
- C. External barriers to care**
- D. Positive health behaviors**

In the ICF framework, impairments describe problems in body function or body structure. These are deviations or losses at the level of anatomy or physiology—such as reduced range of motion, muscle weakness, sensory loss, or structural abnormalities. They are neutral descriptors of the body's state, not guesses about what a person can or cannot do in daily life. Activity limitations and participation restrictions capture difficulties performing tasks or participating in life situations, and are distinct from impairments. External barriers to care refer to environmental factors that hinder functioning, and positive health behaviors are personal factors that influence health; neither of these are impairments.

9. What is the stated objective of PT/PTA collaboration?

- A. The PT/PTA team works together, within each partner's respective role, to achieve optimal patient/client care and to enhance the overall delivery of physical therapy services.**
- B. The PT dominates all patient decisions**
- C. The PTA handles all administrative tasks**
- D. Collaboration is optional and unstructured**

Working as a team with clearly defined roles is the core idea here. The goal of PT/PTA collaboration is to combine the PT's overall clinical leadership with the PTA's skilled, patient-facing contributions so that patient care is optimal and the delivery of physical therapy services is as effective and efficient as possible. This means decisions about patient care are made through joint communication and planning, with each professional contributing within their approved scope of practice. Why this option fits best: it emphasizes both teamwork and role clarity, targeting the outcome of high-quality patient care and improved service delivery. It reflects the professional standard that PTs supervise and collaborate with PTAs rather than a single clinician making all decisions, and that care isn't left to administrative tasks or optional, unstructured collaboration. Why the other ideas aren't correct: the notion that the PT dictates every patient decision ignores the collaborative structure and shared decision-making that guides safe, effective care. Assigning all admin tasks to the PTA misrepresents the PTA's role, which centers on direct patient care under appropriate supervision. And stating collaboration is optional and unstructured contradicts professional guidelines that require structured, ongoing teamwork to ensure quality care.

10. Which of the following terms is defined as difficulties an individual may have in executing activities?

- A. Difficulties an individual may have in executing activities**
- B. Problems an individual may experience in involvement in life activities**
- C. The identification of a disease or condition by a doctor**
- D. The condition for which physical therapy is provided as determined by the PT**

Difficulties in executing activities are described as activity limitations. This term captures challenges a person has in performing tasks or actions, such as walking, dressing, or eating. It's distinct from participation restrictions, which concern involvement in life situations; from impairment, which are problems with body functions or structures; and from the diagnosis or condition that leads to therapy. Since the prompt's wording matches the definition of activity limitations exactly, this is the best choice.

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://studyskillsphysicaltherapy.examzify.com>

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

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