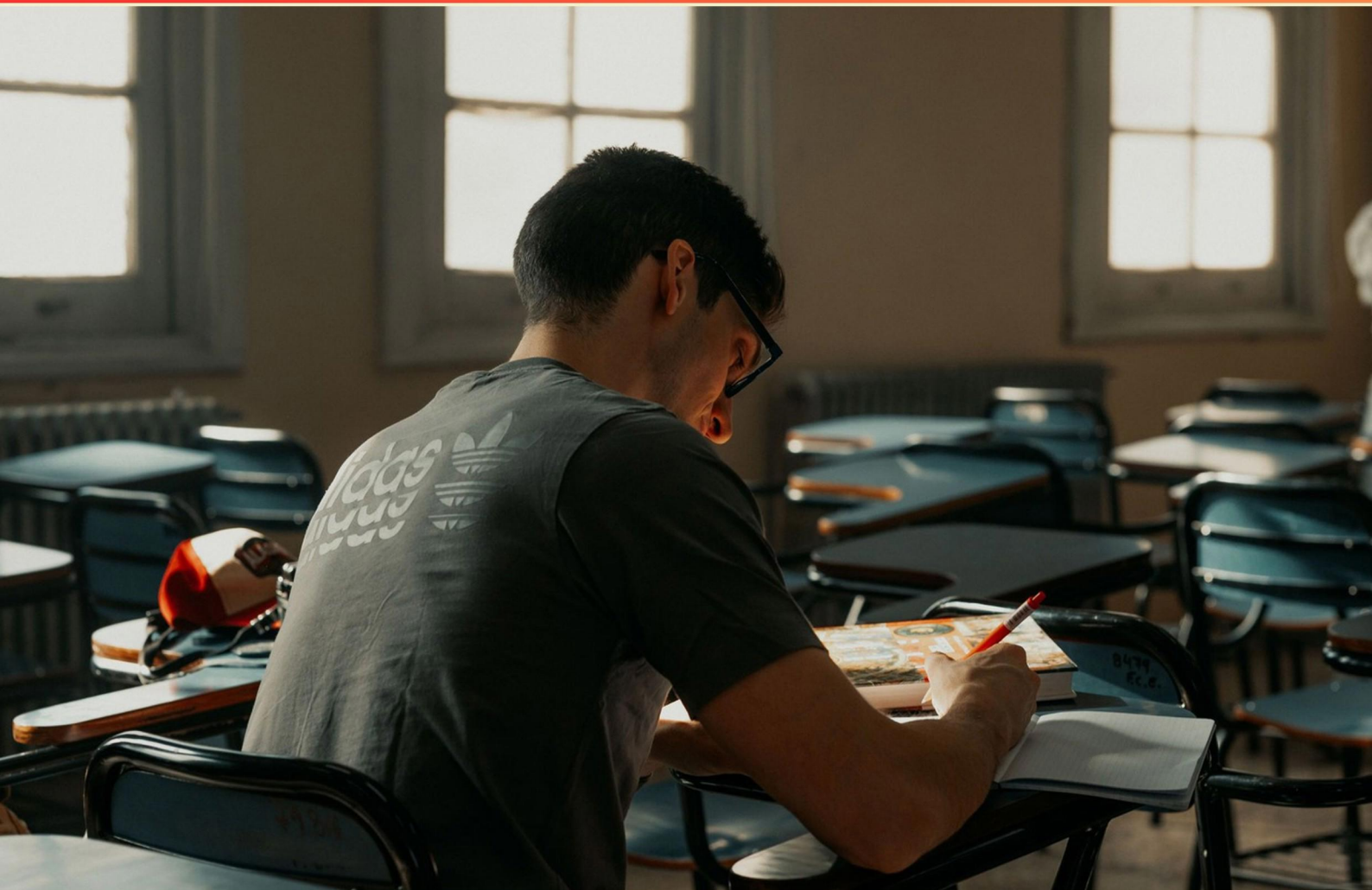


T3 PROFESSION AND PRACTICES EXAM PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://t3professionpractices.examzify.com>



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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 practice demonstrates data minimization under data protection principles?**
 - A. Retain all client data indefinitely to ensure future use.
 - B. Share client data with third parties to maximize utility.
 - C. Collect as much data as possible and keep it only as needed.
 - D. Collect only the data necessary for the specified purpose and retain only as long as needed.
- 2. How should professionals handle intellectual property created during client engagement?**
 - A. Clarify ownership in contracts, respect copyrights and licenses, provide proper attribution, and protect confidential information.
 - B. Claim all ideas as private property of the professional.
 - C. Share all materials freely without permission.
 - D. Ignore copyrights and licenses.
- 3. Which early OT founder promoted occupation in education and helped establish professional standards?**
 - A. Susan Tracy
 - B. Mary Reilly
 - C. Susan Cox Johnson
 - D. Eleanor Clarke Slagle
- 4. A fall-prevention program is provided to older adults who are at risk but have not fallen. The primary goal is to**
 - A. Treat
 - B. Restore
 - C. Prevent
 - D. Evaluate
- 5. How can a practice ensure inclusivity and equity in service delivery?**
 - A. Use diverse intake processes, accessible services, anti-discrimination policies, and cultural competence training.
 - B. Provide the same service to everyone regardless.
 - C. Limit access to certain groups.
 - D. Ignore cultural differences.

- 6. Which feature is required to successfully complete an occupation?**
- A. Performance skills
 - B. Occupational demands
 - C. Motor skills
 - D. Routines
- 7. Which term describes the use of strengthening to regain an ability needed for transfers?**
- A. Establish/restore
 - B. Preserve
 - C. Maintain
 - D. Prevent
- 8. Which data protection practices are essential for cyber security resilience?**
- A. Backups are unnecessary.
 - B. Regular backups, tested recovery procedures, and off-site storage.
 - C. Deleting old data after every transaction.
 - D. Relying only on live data.
- 9. Reaching, gripping, lifting, and walking are examples of which skill type?**
- A. Process skills
 - B. Social interaction skills
 - C. Performance patterns
 - D. Motor skills
- 10. Which MOHO component is most closely tied to daily routines, habits, and roles?**
- A. Volition
 - B. Habituation
 - C. Performance capacity
 - D. Personal causation

Answers

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

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Explanations

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1. Which practice demonstrates data minimization under data protection principles?

- A. Retain all client data indefinitely to ensure future use.
- B. Share client data with third parties to maximize utility.
- C. Collect as much data as possible and keep it only as needed.
- D. Collect only the data necessary for the specified purpose and retain only as long as needed.**

Data minimization means collecting only what is strictly necessary for a defined purpose and keeping it only for as long as it is needed. The option that says you collect only the data necessary for the specified purpose and retain it only as long as needed directly implements this idea: it limits both the amount of data gathered and the time it's stored, which reduces privacy risk and helps meet retention controls. The other statements miss the mark: keeping data indefinitely increases risk and ignores the "only as long as needed" aspect; sharing data with third parties isn't about minimizing collection or retention by itself; collecting as much as possible directly contradicts minimization.

2. How should professionals handle intellectual property created during client engagement?

- A. Clarify ownership in contracts, respect copyrights and licenses, provide proper attribution, and protect confidential information.**
- B. Claim all ideas as private property of the professional.
- C. Share all materials freely without permission.
- D. Ignore copyrights and licenses.

Handling intellectual property created during client work hinges on clear ownership terms, respect for copyrights and licenses, proper attribution, and protecting confidential information. The best practice is to spell out, in the engagement contract or agreement, who owns the work product and what rights each party has to use, modify, or distribute it. If the contract designates the client as the owner or requires assignment, those rights should be clearly granted. The professional can retain ownership of their own preexisting tools or methods, but should license their use to the client as defined in the agreement, and provide attribution when using materials created by others or reused with permission. Throughout, confidentiality remains essential, so sensitive client data isn't disclosed or misused. This approach protects both parties, upholds ethical standards, and complies with legal obligations. Avoiding this approach would lead to problems: claiming all ideas as private property ignores negotiated client rights; sharing materials freely without permission breaches confidentiality and IP rights; and ignoring copyrights and licenses violates law and licensing terms.

3. Which early OT founder promoted occupation in education and helped establish professional standards?

- A. Susan Tracy
- B. Mary Reilly
- C. Susan Cox Johnson**
- D. Eleanor Clarke Slagle

In the early days of occupational therapy, establishing education that centers on meaningful occupation and creating formal standards for training and practice were crucial steps in professionalizing the field. Susan Cox Johnson championed education built around occupation and actively contributed to the development of formal training standards for OTs. Her work helped set curricular expectations and professional guidelines that shaped how therapists were educated and how the profession operated. While other founders advanced practice or organization in different ways, her emphasis on occupation-based education paired with clear standards makes her the best fit.

4. A fall-prevention program is provided to older adults who are at risk but have not fallen. The primary goal is to

- A. Treat
- B. Restore
- C. Prevent**
- D. Evaluate

This question tests primary prevention: taking action to stop a problem before it occurs. The scenario describes older adults who are at risk for falls but have not fallen yet, so the goal of the program is to reduce the likelihood of a fall happening in the first place. That's why preventing falls is the focus, rather than treating injuries after a fall or restoring function after an injury. A fall-prevention program might include balance and strength training, home safety modifications, vision checks, review of medications, and education on safe mobility. While evaluating risk can be part of planning, the core aim here is to prevent the event from occurring in the first place.

5. How can a practice ensure inclusivity and equity in service delivery?

- A. Use diverse intake processes, accessible services, anti-discrimination policies, and cultural competence training.**
- B. Provide the same service to everyone regardless.
- C. Limit access to certain groups.
- D. Ignore cultural differences.

Ensuring inclusivity and equity in service delivery means actively addressing barriers and tailoring access to diverse needs. Using diverse intake processes helps capture language preferences, cultural backgrounds, disability considerations, and other factors early, so services can be arranged in ways that fit each person rather than forcing everyone into a single mold. Making services accessible—whether that's physical access, digital accessibility, or flexible scheduling and transportation support—removes practical obstacles that keep people from genuinely receiving help. Anti-discrimination policies create a clear, enforceable commitment to fair treatment, reducing bias and ensuring all individuals can access services without fear of unfair barriers. Cultural competence training equips staff with the awareness, skills, and sensitivity to interact respectfully, interpret needs accurately, and adapt approaches to align with different cultural contexts. Together, these elements foster trust, improve engagement, and lead to better outcomes for everyone, especially those who might otherwise be underserved. Choosing to provide the same service to everyone regardless of context ignores differing needs and barriers, limiting effectiveness. Limiting access to certain groups or ignoring cultural differences further undermines trust and equity, making services less usable and less effective for those communities.

6. Which feature is required to successfully complete an occupation?

- A. Performance skills
- B. Occupational demands**
- C. Motor skills
- D. Routines

To successfully complete an occupation, you must meet the demands the activity places on the person and the environment. These occupational demands define what the task requires—physical setup, cognitive load, social expectations, timing, and environmental conditions. If those demands aren't met, completion isn't possible, regardless of how skilled the person is. Performance skills and motor skills describe how someone carries out actions, and routines are the usual sequences used, but they're aspects of performance rather than the defining requirement that determines whether an occupation can be completed. Understanding the demands helps in determining what supports or adaptations are needed to enable successful completion.

7. Which term describes the use of strengthening to regain an ability needed for transfers?

- A. Establish/restore**
- B. Preserve
- C. Maintain
- D. Prevent

Restoring a lost or impaired function through strengthening is described as establishing/restoring. When the goal is to re-create an ability needed for transfers, the focus is on rebuilding the skill by increasing muscle strength and control so the person can perform the transfer independently again. This is different from aiming to preserve or maintain current abilities, or to prevent deterioration, which focus on keeping what is already present rather than bringing back something that was lost. For example, after immobilization, strengthening the leg and core helps re-enable the bed-to-chair transfer, illustrating the establishment/restoration of that transfer capability.

8. Which data protection practices are essential for cyber security resilience?

- A. Backups are unnecessary.
- B. Regular backups, tested recovery procedures, and off-site storage.**
- C. Deleting old data after every transaction.
- D. Relying only on live data.

Data protection practices that support cyber security resilience rely on having dependable backups, verified recovery processes, and safeguards like off-site storage. Regular backups create a recoverable copy of data, so you can restore operations after incidents such as ransomware, hardware failure, or corruption. Recovery procedures must be tested to prove you can actually bring systems back online and data back to a usable state, reducing downtime and data loss. Off-site storage adds another layer of protection by ensuring backups remain available even if the primary site is compromised or destroyed, supporting continuity. Other approaches fall short because claiming backups are unnecessary removes the essential safety net; deleting old data after every transaction erodes data availability and can violate regulations or impede audits; and relying only on live data means there's no preserved copy to recover from when data is damaged or lost.

9. Reaching, gripping, lifting, and walking are examples of which skill type?

- A. Process skills
- B. Social interaction skills
- C. Performance patterns
- D. Motor skills**

Movement-based actions like reaching, gripping, lifting, and walking are movement or neuromuscular activities that involve muscle control and coordination. These are motor skills, the observable actions used to perform tasks. They fall under performance skills, which describe how we execute daily activities. The other options refer to different aspects: process skills are the cognitive steps and organizational actions during a task, social interaction skills cover communication and social behavior, and performance patterns are habits, routines, and roles. So, the best fit for these examples is motor skills because they are about actual movement and control of the body to carry out tasks.

10. Which MOHO component is most closely tied to daily routines, habits, and roles?

- A. Volition
- B. Habituation**
- C. Performance capacity
- D. Personal causation

Habituation is the MOHO component that organizes daily life through the development of habits and the adoption of roles. Habits are automatic behavior patterns learned through repetition, like a morning routine or a commute sequence, while role sets are the social positions we occupy (such as student, parent, or worker) that come with expected patterns of activity. Together, they create the predictable structure of how a person spends each day and engages in work, self-care, and leisure. Volition concerns motivation, interests, and values that drive engagement, not the automatic organization of activities. Performance capacity is about the actual abilities that enable performance, and personal causation relates to one's sense of control and efficacy. So the daily routines, habits, and roles align most closely with habituation.

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://t3professionpractices.examzify.com>

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

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