

# Teaching and Learning (T+L) and Fundamentals of Physical Therapy (PT) 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. Which type of regulation describes behaviors aimed at gaining some reward or avoiding some negative consequence?**
  - A. External regulation**
  - B. Introjected regulation**
  - C. Identified regulation**
  - D. Integrated regulation**
  
- 2. The Neuromuscular system review is best described as including which elements?**
  - A. Gross coordinated movements and nerve sensation**
  - B. Joint swelling and skin lesions**
  - C. Cardiac rhythm analysis**
  - D. Visual acuity testing**
  
- 3. What does 'Bio' primarily refer to in the Biopsychosocial Model?**
  - A. Physical well-being**
  - B. Thoughts, feelings, and mental wellbeing**
  - C. Everyday tasks and social interactions**
  - D. Environment and culture**
  
- 4. Outpatient PT typically focuses on which of the following?**
  - A. Restoration or rehabilitation of musculoskeletal and/or neuromuscular problems; suitable for all ages; treatment can be short or long term.**
  - B. Inpatient hospitalization exclusively.**
  - C. Only administrative tasks.**
  - D. No travel required.**
  
- 5. An example of secondary prevention is**
  - A. Health promotion campaigns.**
  - B. Inflammation management.**
  - C. Using adaptive equipment.**
  - D. Long-term rehabilitation after recovery.**

- 6. What is the Review of Systems?**
- A. A subjective questionnaire used to screen for symptoms across multiple body systems that may reveal undiagnosed medical conditions.**
  - B. A physical examination of joints and muscle strength.**
  - C. A laboratory screen for metabolic disorders.**
  - D. A tool for assessing patient satisfaction with care.**
- 7. Which statement best describes Team and Teamwork?**
- A. The dual identity of professionals and collaborative care; working together to provide holistic care**
  - B. Working in isolation**
  - C. Competing with team members**
  - D. Only communicating with patients**
- 8. Adult learning is typically characterized by which of the following?**
- A. Self-directed and problem-centered, with adults bringing prior experiences and practical applications**
  - B. Primarily instructor-led and theory-focused**
  - C. Learning occurs only in formal settings**
  - D. Adults learn best through avoidance of real-world tasks**
- 9. Which of the following statements best describes the aim of primary prevention?**
- A. Prevent disease before it occurs.**
  - B. Prevent worsening after disease onset.**
  - C. Manage an ongoing condition.**
  - D. Restore function after injury.**
- 10. Competence refers to:**
- A. Belonging to a group**
  - B. Knowing you are able to do something**
  - C. Being autonomous**
  - D. Feeling amotivated**

## Answers

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

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## **Explanations**

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**1. Which type of regulation describes behaviors aimed at gaining some reward or avoiding some negative consequence?**

- A. External regulation**
- B. Introjected regulation**
- C. Identified regulation**
- D. Integrated regulation**

External regulation is when actions are driven by external outcomes like rewards or avoiding punishment. The behavior is controlled by what happens as a consequence rather than by personal interest or internal values. For example, studying to earn praise or a good grade, or exercising to avoid criticism, illustrates this drive toward a reward or away from a negative outcome. Other forms involve internalized motives—doing something to meet internal pressures or to align with valued beliefs—but those depend less on external consequences. Here, the emphasis on gaining a reward or avoiding a negative consequence makes external regulation the best fit.

**2. The Neuromuscular system review is best described as including which elements?**

- A. Gross coordinated movements and nerve sensation**
- B. Joint swelling and skin lesions**
- C. Cardiac rhythm analysis**
- D. Visual acuity testing**

Neuromuscular function is assessed by looking at how well the body moves and how sensory information travels through nerves. Gross coordinated movements reflect motor control—how the brain plans and executes movement, and how muscles, nerves, and the spinal cord work together to produce smooth, balanced actions like walking, reaching, and coordinating both sides of the body. Nerve sensation tests probe sensory pathways—proprioception, light touch, vibration, pain, and temperature—which provide essential feedback that shapes and adjusts movement. Together, these motor and sensory evaluations reveal the integrity of the neuromuscular system. Options that focus on joint swelling and skin changes deal with the musculoskeletal or integumentary systems rather than neuromuscular function; cardiac rhythm analysis is cardiovascular; visual acuity testing assesses the visual system.

### 3. What does 'Bio' primarily refer to in the Biopsychosocial Model?

- A. Physical well-being**
- B. Thoughts, feelings, and mental wellbeing**
- C. Everyday tasks and social interactions**
- D. Environment and culture**

Bio in this framework points to the body's biological factors that shape health, including physiology, genetics, disease processes, and physical functioning. That's why physical well-being is the best answer: it directly reflects the biological level—how the body works, its systems, and any medical conditions that affect how a person feels and moves. The other domains map to different aspects: thoughts, feelings, and mental processes belong to the psychological domain; everyday tasks and social interactions align with social functioning; and environment and culture relate to external and cultural influences that shape behavior and health. So, the biological prefix is most closely tied to the body's physical state and functioning.

### 4. Outpatient PT typically focuses on which of the following?

- A. Restoration or rehabilitation of musculoskeletal and/or neuromuscular problems; suitable for all ages; treatment can be short or long term.**
- B. Inpatient hospitalization exclusively.**
- C. Only administrative tasks.**
- D. No travel required.**

Outpatient physical therapy centers on restoring or rehabilitating musculoskeletal and/or neuromuscular problems through active, function-focused interventions delivered in a clinic or similar setting outside of an inpatient hospital stay. This approach is suitable for people of all ages, from kids to older adults, and the duration of treatment can be short or long depending on the diagnosis, severity, goals, and how progress unfolds. The emphasis is on returning to daily activities, work, school, or sport and preventing future problems, rather than performing administrative tasks or staying in the hospital. While many patients do travel to a clinic, travel requirements aren't the defining feature of outpatient PT.

### 5. An example of secondary prevention is

- A. Health promotion campaigns.**
- B. Inflammation management.**
- C. Using adaptive equipment.**
- D. Long-term rehabilitation after recovery.**

Secondary prevention involves acting after a disease process or injury has begun, with the goal of stopping its progression and preventing complications through early detection and prompt management. Managing inflammation after an injury fits this because it targets the early inflammatory response to prevent longer-term tissue damage, persistent pain, or stiffness that could lead to chronic problems or longer rehab. The other options align more with prevention before problems start (health promotion), ongoing compensatory strategies to function despite disability (adaptive equipment use), or rehabilitation aimed at restoring function after recovery has begun (tertiary prevention), rather than preventing progression once an issue has already appeared.

## 6. What is the Review of Systems?

- A. A subjective questionnaire used to screen for symptoms across multiple body systems that may reveal undiagnosed medical conditions.**
- B. A physical examination of joints and muscle strength.**
- C. A laboratory screen for metabolic disorders.**
- D. A tool for assessing patient satisfaction with care.**

The Review of Systems is a subjective screening process in which the clinician asks about symptoms across multiple body systems to uncover issues the patient may not have mentioned or may not yet recognize as related to their health. This conversation helps identify red flags or undiagnosed medical conditions that could affect physical therapy decisions, safety, or the need for medical referral. It relies on the patient's self-reported symptoms gathered through questions or a questionnaire, rather than a hands-on physical examination or lab tests. It's not about assessing joints or muscle strength, not a metabolic lab screen, and not a measure of satisfaction with care, but rather a broad safety check to ensure the planned PT approach is appropriate and safe.

## 7. Which statement best describes Team and Teamwork?

- A. The dual identity of professionals and collaborative care; working together to provide holistic care**
- B. Working in isolation**
- C. Competing with team members**
- D. Only communicating with patients**

Teamwork in healthcare means professionals from different disciplines bringing their own expertise together while maintaining their professional identities, all aimed at coordinating care to meet the patient's needs. The best statement captures both aspects: that professionals collaborate and share responsibility to provide holistic, patient-centered care. It emphasizes working together, pooling skills, and aligning around common goals for the patient. Think of it as a dynamic, shared effort rather than a series of isolated tasks. Effective teamwork requires clear communication, mutual respect, and coordinated planning so every part of the patient's needs—physical, emotional, social—gets addressed. The other options describe behaviors that undermine teamwork: working in isolation, competing with teammates, or limiting communication to patients alone, none of which support the integrated, collaborative approach that drives high-quality care.

**8. Adult learning is typically characterized by which of the following?**

- A. Self-directed and problem-centered, with adults bringing prior experiences and practical applications**
- B. Primarily instructor-led and theory-focused**
- C. Learning occurs only in formal settings**
- D. Adults learn best through avoidance of real-world tasks**

Adult learning (andragogy) centers on learners who are self-directed, bring rich prior experiences, and want learning to be directly relevant to real-life tasks. They tend to approach learning as a problem they want to solve, rather than as a set of abstract theories to be absorbed. Because adults balance work, family, and other responsibilities, they prefer practical applications, immediate use, and learning that respects their existing knowledge. Internal motivation—seeing the value and usefulness of the material—drives engagement, and the learning environment should acknowledge autonomy and provide opportunities to apply new skills in real-world contexts. The other descriptions don't fit how adults learn. Learning that is mostly instructor-led and theory-focused reflects a more traditional child-centered approach. Limiting learning to formal settings ignores the substantial value of experiential and informal learning adults often use. And suggesting that adults learn best by avoiding real-world tasks runs counter to the emphasis on applying knowledge to actual problems.

**9. Which of the following statements best describes the aim of primary prevention?**

- A. Prevent disease before it occurs.**
- B. Prevent worsening after disease onset.**
- C. Manage an ongoing condition.**
- D. Restore function after injury.**

Primary prevention focuses on stopping disease from starting in the first place by removing risk factors and promoting protective health behaviors. That's why the statement about preventing disease before it occurs fits best: it targets preventing the incidence of disease rather than responding after it has appeared. The other ideas describe actions once disease or injury is already present—preventing things from getting worse after illness begins, managing an ongoing condition, or restoring function after injury. Those are about dealing with disease or damage that has already occurred rather than preventing it in the first place.

**10. Competence refers to:**

- A. Belonging to a group**
- B. Knowing you are able to do something**
- C. Being autonomous**
- D. Feeling amotivated**

Competence is about feeling capable and effective in what you're doing. It's the sense that you have the skills to perform tasks well, master challenges, and achieve goals. When you believe you can successfully apply a technique or solve a clinical problem, you're more motivated to put in effort, practice, and persist through difficulties. In physical therapy practice, this translates to confidence in delivering interventions, adapting plans as needed, and learning new skills to help patients. This is the best fit because it directly refers to that internal sense of capability. The other ideas involve belonging to a group (social connection), being autonomous (self-direction), or a lack of motivation (amotivation), none of which directly describe feeling capable in performing tasks.

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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://tlfundofpt.examzify.com>**

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

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