

# Teaching and Learning (T+L) and Fundamentals of Physical Therapy (PT) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

SAMPLE

# 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

SAMPLE

- 1. What is the primary purpose of the ICF?**
  - A. Provide a universal framework for describing and understanding health and disability.**
  - B. Classify diseases**
  - C. Assess clinical outcomes**
  - D. Determine health insurance coverage**
  
- 2. SECONDARY PREVENTION refers to**
  - A. Prevention before the condition arises.**
  - B. Prevention efforts occurring at the onset of the condition to prevent worsening.**
  - C. Management of an ongoing condition.**
  - D. Cure of a disease.**
  
- 3. Reflection in action occurs during which phase?**
  - A. During the activity**
  - B. After the activity**
  - C. Before the activity**
  - D. At the end of the course**
  
- 4. The Balanced Budget Act of 1997 affected PT services how?**
  - A. Increased Medicare reimbursements for PT**
  - B. Imposed a \$1,500 cap on PT and SLP services**
  - C. Created the APTA**
  - D. Eliminated state licensing for PT**
  
- 5. Which is one of the basic needs described in Self-Determination Theory?**
  - A. Autonomy**
  - B. Wealth**
  - C. Power**
  - D. Status**

- 6. Which component focuses on systemic symptoms and constitutional signs?**
- A. Review of Systems & Constitutional Signs**
  - B. Initial Inspection**
  - C. Chart Review**
  - D. History**
- 7. Which component emphasizes daily tasks and social interactions?**
- A. Social**
  - B. Biological**
  - C. Psychological**
  - D. Personal**
- 8. When documenting or discussing patient conditions, what practice is encouraged?**
- A. Explain in simple terms, avoid abbreviations, but colleagues' medical terms can be used if clear.**
  - B. Replace all medical terms with acronyms.**
  - C. Use only phrases that are ambiguous.**
  - D. Avoid any description of patient conditions.**
- 9. Social Cognitive Theory emphasizes learning through which primary processes in a social context?**
- A. Observation and imitation**
  - B. Internal cognitive processing only**
  - C. Random trial and error**
  - D. Inborn talent**
- 10. Which category is primarily used to assess nerve function?**
- A. Coordination/nerve function**
  - B. Structural inspection**
  - C. Range of motion**
  - D. Nerves**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

## 1. What is the primary purpose of the ICF?

- A. Provide a universal framework for describing and understanding health and disability.**
- B. Classify diseases**
- C. Assess clinical outcomes**
- D. Determine health insurance coverage**

The main idea behind the ICF is to provide a universal framework for describing and understanding health and disability. It does this by organizing a person's functioning into interacting parts: the body's structures and functions, the activities a person can do, and the participation they have in life situations, all influenced by environmental factors and personal context. This approach lets clinicians, researchers, and policymakers describe health in a holistic, standardized way that goes beyond a diagnosis alone, enabling clearer communication, comparison across settings and cultures, and more informed planning of interventions. It isn't a system for classifying diseases, so it isn't used to label or categorize illnesses by type. Nor is it a tool dedicated to measuring clinical outcomes by itself, though its framework can support outcomes research. It also doesn't determine health insurance coverage. For example, two people with the same diagnosis might have very different levels of functioning depending on their environment, and the ICF helps describe that reality so plans can address barriers and facilitators in real life.

## 2. SECONDARY PREVENTION refers to

- A. Prevention before the condition arises.**
- B. Prevention efforts occurring at the onset of the condition to prevent worsening.**
- C. Management of an ongoing condition.**
- D. Cure of a disease.**

Secondary prevention targets disease after it has begun but before it causes major problems. It relies on early detection and timely intervention to halt progression, reduce complications, and preserve function. Examples include screenings (like mammography or colonoscopy) that find disease early and allow prompt treatment, or starting treatment soon after a diagnosis to prevent worsening. Prevention before a condition arises is primary prevention, aiming to stop the disease from developing in the first place. Management of an ongoing condition to minimize damage and disability is tertiary prevention. Cure of a disease is not a prevention strategy.

### 3. Reflection in action occurs during which phase?

- A. During the activity**
- B. After the activity**
- C. Before the activity**
- D. At the end of the course**

Reflection in action happens during the activity itself. It's the ability to think about what you're doing while you're doing it and to adjust your approach in real time based on what you observe. In physical therapy, this means noticing how a patient responds to a movement or manual technique and changing your technique, pace, or manual contact on the spot to keep the treatment safe and effective. This is distinct from reflection-on-action, which is thinking back after the session to analyze what happened and what could be improved, or reflection-for-action, which is planning and preparing before the activity. So, the best choice is the moment when you are actively performing the task and thinking through it at the same time.

### 4. The Balanced Budget Act of 1997 affected PT services how?

- A. Increased Medicare reimbursements for PT**
- B. Imposed a \$1,500 cap on PT and SLP services**
- C. Created the APTA**
- D. Eliminated state licensing for PT**

The main idea here is how a policy change limited Medicare-funded outpatient therapy. The Balanced Budget Act of 1997 introduced a yearly cap on outpatient therapy benefits, specifically setting a \$1,500 limit for physical therapy and speech-language pathology services combined. This was a cost-containment move, so it reduced the amount Medicare would reimburse for ongoing PT and SLP in a single year. It did not increase reimbursements, it did not create the APTA, and it did not eliminate state licensing for physical therapy. In practice, therapists could pursue exceptions for medical necessity to continue services beyond the cap, but the cap itself was the defining change.

### 5. Which is one of the basic needs described in Self-Determination Theory?

- A. Autonomy**
- B. Wealth**
- C. Power**
- D. Status**

Self-Determination Theory identifies three basic psychological needs that support intrinsic motivation: autonomy, competence, and relatedness. One of these needs is autonomy, the sense that you are in control of your own actions and choosing behaviors freely rather than feeling pressured. Satisfying autonomy boosts engagement, persistence, and well-being, and it helps patients participate in therapy plans more willingly when they have a say in goals and approaches. Wealth, power, and status are not fundamental needs in this theory; they're external outcomes or rewards and don't by themselves satisfy the basic need for self-endorsed action. In practice, supporting autonomy—through choice, rationale, and volition—helps motivation and uptake in therapeutic activities.

**6. Which component focuses on systemic symptoms and constitutional signs?**

- A. Review of Systems & Constitutional Signs**
- B. Initial Inspection**
- C. Chart Review**
- D. History**

Systemic symptoms and constitutional signs are gathered through the Review of Systems (ROS). The ROS is a structured interview that asks about symptoms across multiple organ systems and includes general constitutional signs like fever, weight loss, fatigue, and night sweats. This helps identify illness or red flags that could affect the safety and planning of physical therapy. This focus is distinct from initial inspection, which is about observing appearance and movement patterns; chart review, which looks at prior medical records; and history, which captures the patient's narrative of past events and current symptoms. The ROS specifically targets systemic, generalized symptoms rather than just what's visible, historical, or previously documented.

**7. Which component emphasizes daily tasks and social interactions?**

- A. Social**
- B. Biological**
- C. Psychological**
- D. Personal**

The social component focuses on how people participate in daily life and interact with others. It covers everyday activities, communication, relationships, and community involvement—all the ways we engage with others and function in social settings. The other domains target different areas: biological is about physical health and body systems, psychological about thoughts, emotions, and mental processes, and personal about individual values and motivations. Because daily tasks and social interactions hinge on social participation and functioning within communities, this is the best fit.

**8. When documenting or discussing patient conditions, what practice is encouraged?**

- A. Explain in simple terms, avoid abbreviations, but colleagues' medical terms can be used if clear.**
- B. Replace all medical terms with acronyms.**
- C. Use only phrases that are ambiguous.**
- D. Avoid any description of patient conditions.**

Clear and accurate patient documentation communicates conditions in language that patients and families can understand, while still providing precise clinical detail for the care team. Explaining conditions in simple terms helps patients participate in their plan and adhere to recommendations. Avoiding abbreviations reduces the risk of misreading or misinterpreting notes, since many abbreviations can be unclear or carry different meanings in different settings. For notes intended for clinicians, you can use medical terms if they're clear to that audience, but define any abbreviations on first use and keep terminology consistent. This approach balances patient comprehension with clinical precision, supporting safe and collaborative care. Using all acronyms, relying on ambiguous phrases, or omitting descriptions would hinder understanding and safety.

**9. Social Cognitive Theory emphasizes learning through which primary processes in a social context?**

- A. Observation and imitation**
- B. Internal cognitive processing only**
- C. Random trial and error**
- D. Inborn talent**

Learning in Social Cognitive Theory happens when people observe others and imitate their behavior within a social setting. The focus is on observational learning—watching a model, processing what is seen, and deciding whether to reproduce the action based on expected outcomes and one’s own efficacy. Important steps include paying attention to the model, retaining the observed behavior, reproducing the behavior, and being motivated to imitate it. This explains why observing a peer or role model and then mimicking their approach leads to new skills or behaviors in a social context. While internal cognitive processing plays a role, it isn’t the sole mechanism, and learning driven by random trial and error or by inborn talent isn’t what Social Cognitive Theory emphasizes.

**10. Which category is primarily used to assess nerve function?**

- A. Coordination/nerve function**
- B. Structural inspection**
- C. Range of motion**
- D. Nerves**

Assessing nerve function is about how the nervous system supports movement and sensation in practical tasks. The category that best captures this is coordination/nerve function, because it ties neurological status directly to motor control and functional performance. In practice, you look at how well someone can perform movements that require precise timing and control, while also checking motor strength, reflexes, and sensory patterns. This combination reveals how effectively nerves are guiding muscles and coordinating actions, which is the heart of nerve function assessment. Structural inspection focuses on appearance and alignment, not how nerves are functioning. Range of motion assesses joint movement limits, which can be influenced by stiffness or pain independent of nerve integrity. Simply labeling something as nerves doesn’t specify how to evaluate its functional contribution in real tasks.

## 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!**

SAMPLE