

TEACHING AND LEARNING (T+L) AND FUNDAMENTALS OF PHYSICAL THERAPY (PT) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://tlfundofpt.examzify.com>



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

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

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. Implicit bias is best described as

- A. Unconscious attitudes and stereotypes that affect our understanding, actions, and decisions.
- B. Conscious prejudice or beliefs about a group.
- C. A formal policy or code of conduct.
- D. A skill that can be easily measured.

2. Cognitivism is associated with which concepts?

- A. Chunking and schema
- B. Conditioning and reinforcement
- C. Self-actualization
- D. Observational learning

3. In the Biopsychosocial model, which component most directly addresses mood and pain beliefs?

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

4. The Movement component emphasizes assessment of movement in relation to what?

- A. An individual's function and performance
- B. Only ankle dorsiflexion
- C. Visual processing speed
- D. Nutritional status

5. Body Structure refers to?

- A. Body Function
- B. Health Condition
- C. Body Structure
- D. Activities

6. Which assessment is used to test muscle strength?

- A. ROM measures joint range
- B. MMT tests muscle strength
- C. Functional tests assess real-world tasks
- D. Gait analysis assesses balance

7. Educational interventions focus on:

- A. Interactions between patients, family, and caregivers that promote self-management and provide the 'why' behind what is happening.
- B. Hands-on manual therapy.
- C. Measuring physiological parameters.
- D. Scheduling appointments.

8. Which statement best describes SMART criteria for patient-centered goals?

- A. Specific, Measurable, Achievable, Relevant, Time-bound
- B. Specific, Measurable, Attainable, Realistic, Timed
- C. Simple, Measurable, Accountable, Realistic, Timed
- D. Systematic, Measurable, Achievable, Rational, Timed

9. Which statement best contrasts Subacute Rehab and SNF in terms of focus?

- A. SNF emphasizes maintenance of current function, while Subacute Rehab emphasizes functional mobility to enable return home.
- B. SNF focuses on acute surgical recovery.
- C. Subacute Rehab provides 24-hour skilled care similar to SNF.
- D. Discharge planning is not a consideration in Subacute Rehab.

10. What is the importance of documentation quality in PT practice?

- A. Improves billing efficiency
- B. Supports legal defensibility and continuity
- C. Increases exam length
- D. Reduces documentation standards

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Implicit bias is best described as

- A. Unconscious attitudes and stereotypes that affect our understanding, actions, and decisions.**
- B. Conscious prejudice or beliefs about a group.
- C. A formal policy or code of conduct.
- D. A skill that can be easily measured.

Implicit bias involves attitudes or stereotypes that operate outside of conscious awareness but still influence how we perceive, interpret, and respond to people and situations. Because these beliefs are automatic, they can shape first impressions, judgments, and decisions even when we don't endorse them. They're learned from cultural norms and personal experiences and can conflict with our stated values or intentions. This differs from conscious prejudice, which we are aware of and can name, and it isn't about policies or a skill that can be easily measured. Recognizing that these hidden influences can steer behavior helps explain why bias can appear even when people strive to be fair, and it underpins strategies that promote awareness and structured, reflective decision-making.

2. Cognitivism is associated with which concepts?

- A. Chunking and schema**
- B. Conditioning and reinforcement
- C. Self-actualization
- D. Observational learning

Cognitivism focuses on how information is processed, stored, and retrieved in the mind. Chunking and schema illustrate this by showing how we organize data into meaningful units and into mental frameworks that guide interpretation and memory. Chunking increases working-memory efficiency by reducing cognitive load, while schemas provide a scaffold that shapes how new information is encoded and recalled. The other concepts belong to different learning theories: conditioning and reinforcement come from behaviorism; self-actualization comes from humanistic psychology; observational learning is tied to social learning theory and emphasizes learning by watching others, which involves cognitive processes but is categorized differently. So, chunking and schema are the concepts most directly associated with cognitivism.

3. In the Biopsychosocial model, which component most directly addresses mood and pain beliefs?

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

Mood and pain beliefs are mental and emotional processes that shape how a person experiences pain. In the Biopsychosocial model, the psychological domain encompasses mood, affect, thoughts about pain, and coping strategies. These factors directly influence pain perception, interpretation, and behavior. For example, feeling depressed or anxious can heighten attention to pain and amplify its perceived intensity, while beliefs such as catastrophizing or fearing movement can lead to avoidance and greater disability. Interventions that target this domain—like cognitive-behavioral strategies, coping skills training, or reframing pain beliefs—often produce meaningful improvements in both pain and function. The biological domain would cover the physiological mechanisms of pain, and the social domain covers relationships and environmental context, which is why mood and beliefs align most directly with the psychological component.

4. The Movement component emphasizes assessment of movement in relation to what?

- A. An individual's function and performance**
- B. Only ankle dorsiflexion
- C. Visual processing speed
- D. Nutritional status

Movement assessment focuses on how movement supports what a person can do in daily life. It's about how well motor actions, coordination, and movement patterns translate into functional tasks and overall performance. This is why the best answer links movement to an individual's function and performance—assessing whether impairments in strength, range, balance, and control actually impact activities like walking, transferring, reaching, and completing ADLs. Focusing on a single joint action, like ankle dorsiflexion, misses the bigger picture of how movement works across the whole body to enable activity. Visual processing speed is a cognitive function, not a movement execution measure, and nutritional status reflects overall health rather than movement capability.

5. Body Structure refers to?

- A. Body Function
- B. Health Condition
- C. Body Structure**
- D. Activities

In the ICF framework, Body Structure refers to the anatomical parts of the body—the bones, joints, muscles, organs, and their components. It describes what the body is made of and how these parts are organized, not how the body functions or what tasks a person can perform. For example, a fracture, a torn ligament, or a missing limb are issues of body structure because they pertain to the physical makeup of the body. This differs from body function (physiological operations like movement, sensation, or digestion), health condition (a diagnosed disease or disability), and activities (the tasks a person can perform). So, the term that fits this description is Body Structure.

6. Which assessment is used to test muscle strength?

- A. ROM measures joint range
- B. MMT tests muscle strength**
- C. Functional tests assess real-world tasks
- D. Gait analysis assesses balance

Muscle strength is assessed by measuring the force a muscle can generate against resistance. Manual muscle testing does this by having you contract a specific muscle while the tester applies graded resistance in a chosen direction. The amount of resistance you can overcome helps assign a strength grade, typically from zero (no contraction) to five (normal strength). This focuses on isolated force production, which is different from other assessments: range of motion measures how far a joint can move, not how hard a muscle can contract; functional tasks evaluate real-world performance and may involve multiple muscles and systems; gait analysis examines walking patterns and balance rather than isolated strength. Manual muscle testing is a practical, quick way to gauge strength, though its accuracy can be influenced by effort, pain, and examiner technique.

7. Educational interventions focus on:

- A. Interactions between patients, family, and caregivers that promote self-management and provide the 'why' behind what is happening.
- B. Hands-on manual therapy.
- C. Measuring physiological parameters.
- D. Scheduling appointments.

Educational interventions in physical therapy are about actively engaging the patient, family, and caregivers to understand the condition, the plan, and the reasons behind the chosen strategies. When education is effective, people know what to do, why it's needed, and how to do it safely at home, which promotes self-management and improves adherence. Explaining the rationale behind what is happening helps motivation and gives patients ownership of their care. While hands-on techniques, objective measurements, and scheduling are valuable parts of PT, their primary focus isn't on teaching and empowering patients to manage their care at home.

8. Which statement best describes SMART criteria for patient-centered goals?

- A. Specific, Measurable, Achievable, Relevant, Time-bound
- B. Specific, Measurable, Attainable, Realistic, Timed
- C. Simple, Measurable, Accountable, Realistic, Timed
- D. Systematic, Measurable, Achievable, Rational, Timed

Using SMART goals in physical therapy helps ensure goals are clear, trackable, feasible, meaningful to the patient, and time-limited. Specific means the goal states precisely what will be achieved and under what conditions, leaving no ambiguity about what success looks like. Measurable provides a way to quantify progress, such as a distance, a number of repetitions, or an independence level, so you can demonstrate improvement over time. Achievable keeps the goal within the patient's current abilities and resources, making it realistic to reach with the planned interventions. Relevant ensures the goal matters to the patient and aligns with their functional priorities and daily life. Time-bound sets a deadline, which motivates progress and allows periodic reassessment. The best choice reflects these elements exactly: Specific, Measurable, Achievable, Relevant, Time-bound. Other options replace or omit key terms—Simple narrows focus too much, Accountable or Rational don't capture feasibility or value, and Timed is a less standard way to express a deadline. Example: by four weeks, the patient will climb stairs with a handrail independently for two consecutive days, which is specific, measurable, achievable, relevant to functional mobility, and time-bound.

9. Which statement best contrasts Subacute Rehab and SNF in terms of focus?

- A. SNF emphasizes maintenance of current function, while Subacute Rehab emphasizes functional mobility to enable return home.
- B. SNF focuses on acute surgical recovery.
- C. Subacute Rehab provides 24-hour skilled care similar to SNF.
- D. Discharge planning is not a consideration in Subacute Rehab.

Subacute rehab is built around restoring function with a clear goal of returning the person home or to a less restrictive setting. The therapy plan is focused on improving mobility, balance, strength, self-care, and safety so the patient can manage daily activities independently or with minimal assistance. In contrast, a skilled nursing facility centers on ongoing medical supervision and maintenance of function for individuals who need longer-term support. The emphasis here is stabilizing health and preserving current abilities rather than driving rapid gains toward discharge home. This is why the statement describing SNF as maintaining current function while subacute rehab pushes for functional mobility to enable return home is the best fit. The other options mix up the focus—for example, SNFs aren't defined primarily by acute surgical recovery, subacute rehab does involve substantial skilled therapy but not the same level of 24/7 nursing care as a SNF, and discharge planning is indeed a consideration in subacute rehab.

10. What is the importance of documentation quality in PT practice?

- A. Improves billing efficiency
- B. Supports legal defensibility and continuity
- C. Increases exam length
- D. Reduces documentation standards

Clear, comprehensive documentation creates a reliable record of the patient's assessment, plan, and progress. This record serves as a legal document that can support defense if questions arise about why certain decisions were made, the justification for treatment, and adherence to professional standards. It also enables seamless continuity of care, so any clinician who takes over can understand the patient's history, rationale for interventions, and how the patient has responded to therapy. Good documentation also captures safety, informed consent, and communication with other providers, which is essential for coordinated care and regulatory compliance. While better documentation can incidentally help with billing accuracy, that's not the primary purpose. The option about increasing exam length isn't a goal, and reducing standards would undermine safety and quality of care.

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://tlfundofpt.examzify.com>

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

SAMPLE