

TECHNOLOGY IN SPORT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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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. What is the function of cryotherapy in sports recovery?**
 - A. To cool the body to lower metabolic rate during rest
 - B. To reduce swelling, remove lactate faster, and reduce DOMS
 - C. To improve endurance through temperature training
 - D. To enhance muscle growth through cryogenic exposure
- 2. Which outcome is associated with the use of lightweight, specialist wheelchairs in sports?**
 - A. Increased weight and reduced mobility
 - B. Standard wheelchairs are used
 - C. Lightweight and specialist wheelchairs enable participation in multiple sports
 - D. They are only for track cycling
- 3. Which statement best describes a potential benefit of sport technology for player longevity?**
 - A. It can shorten careers by increasing training load.
 - B. It can increase ticket sales.
 - C. It can prolong careers by aiding in injury management.
 - D. It guarantees teams win championships.
- 4. What is the significance of the data from a Metabolic Cart?**
 - A. It measures heart rate and blood pressure data during exercise
 - B. It helps determine an athlete's energy requirements and aerobic endurance
 - C. It tracks GPS-based distance
 - D. It predicts injury risk based on lactate thresholds
- 5. What is the purpose of match analysis programmes like Prozone?**
 - A. To collect accurate, quantitative data on team and individual performance
 - B. To replace coaches entirely
 - C. To broadcast live match statistics to fans
 - D. To manage player contracts

6. Which option best represents using performance data to inform tactics?

- A. Predicting weather during games
- B. Managing payroll
- C. Analyzing performance data to inform tactics
- D. Scheduling off-season events

7. One way new technologies can increase injury risk is by:

- A. Reducing training load.
- B. Improving protective gear.
- C. Using equipment like bladed boots.
- D. Limiting practice sessions.

8. Which of the following best characterizes sit skis used in cross-country skiing for disabled athletes?

- A. They allow sitting and pushing themselves around a set course
- B. They require standing balance training only
- C. They are designed for downhill speeds
- D. They replace all conventional skis

9. What is the role of video replays in officiating decisions?

- A. They slow the game down with no benefit.
- B. They help officials make fair and accurate decisions.
- C. They replace on-field officials entirely.
- D. They are used only for entertainment.

10. What advantages does carbon fibre provide for amputee athletes?

- A. Lightweight
- B. Lightweight, high tensile strength, and provides spring for propulsion
- C. Expands energy consumption
- D. It is cheaper than other materials

Answers

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

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Explanations

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1. What is the function of cryotherapy in sports recovery?

- A. To cool the body to lower metabolic rate during rest
- B. To reduce swelling, remove lactate faster, and reduce DOMS**
- C. To improve endurance through temperature training
- D. To enhance muscle growth through cryogenic exposure

Cryotherapy in sports recovery is about moderating the body's inflammatory and soreness response after training or competition. By applying cold, blood vessels constrict and tissue temperature drops, which reduces inflammation and secondary muscle damage. This directly helps cut swelling and lessen delayed onset muscle soreness, making recovery more comfortable and potentially quicker. The idea that it also helps remove lactate faster is sometimes mentioned, since cooling can influence metabolic processes, but lactate clearance is complex and evidence is varied. Overall, the most reliable and commonly described benefits are reducing swelling and reducing DOMS, which is why this option fits best. The other ideas—cooling to lower metabolic rate during rest as the main goal, using it for endurance-temperature training, or driving muscle growth through cryogenic exposure—do not reflect how cryotherapy is typically used in practice.

2. Which outcome is associated with the use of lightweight, specialist wheelchairs in sports?

- A. Increased weight and reduced mobility
- B. Standard wheelchairs are used
- C. Lightweight and specialist wheelchairs enable participation in multiple sports**
- D. They are only for track cycling

Lightweight, specialist wheelchairs are designed to maximize efficiency and adaptability in sport. By reducing weight and tailoring the chair's geometry and features to the demands of different activities, athletes expend less energy, accelerate more quickly, and maneuver more precisely. This enables participation across multiple sports because the chair can be configured for each sport's unique needs—fast, aerodynamic setups for racing; stable, upright seating for basketball; quick, responsive lateral movement for tennis, and so on. The outcome is improved performance and greater ability to compete in a range of sports, not just one. The notion that weight would increase or mobility would be reduced conflicts with the purpose of using these chairs. Standard wheelchairs overlook sport-specific demands, and limiting use to a single sport (like track cycling) misses the broader applicability and benefits of specialized designs.

3. Which statement best describes a potential benefit of sport technology for player longevity?

- A. It can shorten careers by increasing training load.
- B. It can increase ticket sales.
- C. It can prolong careers by aiding in injury management.**
- D. It guarantees teams win championships.

Sport technology helps players stay in the game longer by supporting injury prevention, load management, and informed return-to-play decisions. Wearables and sensors track both external workload (distance, accelerations, impacts) and internal load (heart rate, recovery markers, sleep, readiness). When these signals are monitored, coaches and medical staff can tailor training, adjust pacing, and guide rehab so stress on the body stays within safe limits. This ongoing monitoring reduces overuse injuries and speeds safe returns after injury, which can extend a player's career. The other options miss this longevity focus: increasing training load can harm longevity, while higher ticket sales or a guaranteed championship do not directly explain how technology prolongs a career.

4. What is the significance of the data from a Metabolic Cart?

- A. It measures heart rate and blood pressure data during exercise
- B. It helps determine an athlete's energy requirements and aerobic endurance**
- C. It tracks GPS-based distance
- D. It predicts injury risk based on lactate thresholds

Data from a metabolic cart quantify metabolic rate and fuel use during exercise by measuring oxygen consumed and carbon dioxide produced. This lets you calculate real-time energy expenditure and determine which fuel—carbs or fats—the body is using, via the respiratory exchange ratio. From these measures you can estimate an athlete's energy requirements for training and daily activity and assess aerobic endurance, often through metrics like VO2 max. That combination—how much energy is being spent and how efficiently the body uses fuel during sustained effort—is exactly what you need to tailor endurance training and nutrition. The other options aren't what the metabolic cart provides. Heart rate and blood pressure are tracked with separate devices, not gas-exchange measurements. GPS-based distance is unrelated to metabolic gas data. Predicting injury risk from lactate thresholds involves different testing (often blood lactate measurements) and risk assessment beyond the gas-exchange data the metabolic cart supplies.

5. What is the purpose of match analysis programmes like Prozone?

- A. To collect accurate, quantitative data on team and individual performance**
- B. To replace coaches entirely
- C. To broadcast live match statistics to fans
- D. To manage player contracts

Match analysis programmes like Prozone are designed to systematically collect accurate, quantitative data on how a team and its players perform during a match. They tag events such as passes, shots, tackles, interceptions, and dribbles, and often track physical metrics like distance covered and sprinting. This creates objective statistics and searchable video clips that coaches and analysts can study to understand strengths, weaknesses, and patterns in both their own team and opponents. The data helps guide tactical decisions, such as where to press, how to adjust formations, who to substitute, and what to emphasize in training. It also supports scouting and monitoring player development and workload over a season. It's not meant to replace coaches, though it informs their decisions; it's not primarily about broadcasting live statistics to fans, nor is it used to manage player contracts.

6. Which option best represents using performance data to inform tactics?

- A. Predicting weather during games
- B. Managing payroll
- C. Analyzing performance data to inform tactics**
- D. Scheduling off-season events

Using performance data to inform tactics means turning measurements of how players and the team perform into concrete decisions about how to play. By analyzing metrics such as shot quality, possession patterns, defensive pressure, and opponent tendencies, coaches can shape tactics—like where to attack, how to press, which formations to use, and when to substitute—so decisions are guided by real data rather than guesswork. This direct link between data and on-field strategy is what makes it the best choice. Predicting weather, handling payroll, or scheduling off-season events are administrative or external factors and don't involve using performance data to drive tactical decisions.

7. One way new technologies can increase injury risk is by:

- A. Reducing training load.
- B. Improving protective gear.
- C. Using equipment like bladed boots.**
- D. Limiting practice sessions.

New technologies in equipment can change how forces are transmitted through the body during movement. Bladed boots provide very aggressive traction, which increases the torques generated when a player twists, accelerates, or decelerates. If the foot stays planted while the rest of the body continues, higher loads are placed on the ankle, knee, and hip, elevating the risk of sprains, strains, and ligament injuries. The blades can also create contact hazards or alter balance on varying surfaces, making risky movements more likely. In contrast, options like reducing training load, improving protective gear, or limiting practice sessions tend to lower injury risk, not raise it, so they aren't examples of technologies increasing risk.

8. Which of the following best characterizes sit skis used in cross-country skiing for disabled athletes?

- A. They allow sitting and pushing themselves around a set course**
- B. They require standing balance training only
- C. They are designed for downhill speeds
- D. They replace all conventional skis

Sit skis are an adaptive piece of equipment for cross-country skiing that lets a rider remain seated while moving on snow. They typically feature a seat mounted on a ski, with the athlete propelling themselves forward using upper-body strength and ski poles, steering as needed. This seated propulsion around a course is what defines their use in para cross-country competition. The other options don't fit: the emphasis isn't on standing balance training, downhill speeds aren't the focus in cross-country sit-ski racing, and these devices don't replace all conventional skis but serve as a specialized aid for athletes with mobility impairments.

9. What is the role of video replays in officiating decisions?

- A. They slow the game down with no benefit.
- B. They help officials make fair and accurate decisions.**
- C. They replace on-field officials entirely.
- D. They are used only for entertainment.

Video replays are used to improve officiating decisions by giving a clear second look at plays that happen in real time. Officials can review footage from multiple angles to verify details like ball location, contact, out-of-bounds status, or goal-line calls. This review helps them confirm the on-field call or overturn it if the evidence shows a different outcome, which increases fairness and consistency across games. It's a tool that supports referees, not a replacement for them, and while reviews can cause brief stoppages, the payoff is more accurate decisions and the integrity of the competition.

10. What advantages does carbon fibre provide for amputee athletes?

- A. Lightweight
- B. Lightweight, high tensile strength, and provides spring for propulsion**
- C. Expands energy consumption
- D. It is cheaper than other materials

Carbon fibre gives amputee athletes a combination of lightness, high strength, and spring-like energy return that's ideal for running blades. Being lightweight lowers the energy needed to move the limb each step, helping reduce fatigue. Its high tensile strength means the blade can withstand repeated, high-load stresses without deforming or breaking, giving durability during training and competition. The spring-like behavior stores energy when the foot lands and releases it during push-off, providing an extra propulsion boost that can improve speed and running efficiency. While the other factors matter, they don't capture this powerful energy-return benefit, and carbon fibre isn't the cheapest option, though the performance gains often justify the cost.

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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.

Or visit your dedicated course page for more study tools and resources:

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

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