

Texas Athletic Training License Practice Test (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. In professional terms, what is a commission?**
 - A. Commits an act that is not theirs to complete**
 - B. Omission**
 - C. A minor offense**
 - D. A form of negligence**

- 2. Which set of scenarios requires immediate emergency referral?**
 - A. Mild muscle strain, dehydration, and fatigue**
 - B. Minor ankle sprain with swelling only**
 - C. Heat rash and lightheadedness after exercise**
 - D. Suspected spinal injury, chest pain with exertion, severe head injury, or signs of stroke or anaphylaxis**

- 3. What is a common treatment for Seasonal Affective Disorder?**
 - A. Light therapy**
 - B. Antidepressants only**
 - C. Physical therapy**
 - D. Surgery**

- 4. What is the normal hip extension ROM?**
 - A. 30 degrees**
 - B. 0 degrees**
 - C. 10 degrees**
 - D. 20 degrees**

- 5. Can someone with one testicle compete in sports?**
 - A. Yes**
 - B. No**
 - C. Only with medical clearance**
 - D. Not specified**

- 6. What is the normal inversion ROM of the ankle?**
- A. 40 degrees**
 - B. 20 degrees**
 - C. 60 degrees**
 - D. 10 degrees**
- 7. Nonfeasance is defined as which?**
- A. A individual fails to perform a legal duty**
 - B. A individual commits a crime**
 - C. A individual performs more than required**
 - D. A person completes a legal duty**
- 8. What professional clearance is used in RTP decisions after a knee injury?**
- A. Physician or nurse practitioner clearance based on criteria.**
 - B. Coach clearance**
 - C. Athlete friends' clearance**
 - D. Equipment manager clearance**
- 9. What is the normal elbow extension ROM?**
- A. 0 degrees**
 - B. 5 degrees**
 - C. 10 degrees**
 - D. 15 degrees**
- 10. What is a key factor when selecting protective equipment for athletes?**
- A. Correct fit and appropriate equipment for the activity to maximize protection and comfort.**
 - B. Cost only.**
 - C. Fashion trends.**
 - D. Any equipment works.**

Answers

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

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Explanations

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1. In professional terms, what is a commission?

- A. Commits an act that is not theirs to complete**
- B. Omission**
- C. A minor offense**
- D. A form of negligence**

Commission means actively doing something you're not authorized or qualified to do. In athletic training, this would be performing a treatment, procedure, or even prescribing something that lies outside your scope or training. It's about the action itself—you're taking on a task you shouldn't. This is different from omission, which is simply failing to take a required action when you should. A minor offense is too vague to capture the specific idea, and negligence is a broader fault-in-care concept that can arise from either doing the wrong thing or failing to act when action is needed. So, the description that fits best is committing an act that is not yours to complete.

2. Which set of scenarios requires immediate emergency referral?

- A. Mild muscle strain, dehydration, and fatigue**
- B. Minor ankle sprain with swelling only**
- C. Heat rash and lightheadedness after exercise**
- D. Suspected spinal injury, chest pain with exertion, severe head injury, or signs of stroke or anaphylaxis**

Immediate emergency referral is called for when there could be a life-threatening or rapidly worsening condition. Suspected spinal injury requires urgent evaluation to prevent further nerve or structural damage, since moving someone with a possible spinal injury can cause permanent harm. Chest pain with exertion can indicate heart problems, including a heart attack, which needs immediate medical treatment. A severe head injury risks brain swelling or bleeding, needing rapid assessment. Signs of stroke or anaphylaxis demand swift care to protect the brain, airway, and circulation. These situations are time-critical and should be referred to emergency services right away. The other scenarios are typically managed with standard first aid and monitoring. A mild muscle strain, dehydration, or fatigue can be treated with rest, fluids, and gradual return to activity. A minor ankle sprain with swelling alone is usually non-emergent unless there are red flags like persistent inability to bear weight or numbness. Heat rash and lightheadedness after exercise may require cooling and hydration, but they don't automatically require emergency referral unless symptoms worsen or new warning signs develop.

3. What is a common treatment for Seasonal Affective Disorder?

- A. Light therapy**
- B. Antidepressants only**
- C. Physical therapy**
- D. Surgery**

Seasonal Affective Disorder often stems from reduced sunlight disrupting the body's internal clock and mood-regulating chemicals. Light therapy uses a bright light box to simulate sunlight, helping reset circadian rhythms and boost serotonin while reducing melatonin during the day. This tends to improve energy, mood, and sleep for many people, making it a common and effective first-line treatment. It's typically done daily in the morning for about 20 to 60 minutes, under guidance to ensure proper exposure and safety. Antidepressants can help in some cases or when light therapy isn't enough, and they're sometimes used in combination with light therapy, but they're not the most common first option. Physical therapy and surgery have no established role in treating Seasonal Affective Disorder.

4. What is the normal hip extension ROM?

- A. 30 degrees**
- B. 0 degrees**
- C. 10 degrees**
- D. 20 degrees**

Hip extension ROM is how far the thigh can move backward from a neutral position in the sagittal plane. The commonly cited normal value for adults is about 30 degrees. This is typically measured with the person lying prone and the knee straight, so the hamstrings don't limit the movement; the goniometer's axis sits over the greater trochanter, the stationary arm runs along the pelvis, and the moving arm follows the femur. Reaching roughly 30 degrees indicates a typical length-tension balance allowing normal gait mechanics, including the late stance phase. Values like 0, 10, or 20 degrees are below the standard reference and may reflect tight hip flexors or hamstrings, whereas 30 degrees aligns with the expected normative range.

5. Can someone with one testicle compete in sports?

- A. Yes**
- B. No**
- C. Only with medical clearance**
- D. Not specified**

Having one testicle does not prevent someone from competing in sports. Participation is based on overall health, safety, and the ability to meet the demands of the sport, not on the number of testes. Many athletes compete with a single testicle or after unilateral removal due to injury or medical reasons, and with normal function, they can return to play. Medical clearance is not automatically required simply because there is one testicle; it would be considered if there are other health concerns or after specific medical procedures, but by itself it does not disqualify an athlete.

6. What is the normal inversion ROM of the ankle?

- A. 40 degrees**
- B. 20 degrees**
- C. 60 degrees**
- D. 10 degrees**

Inversion of the ankle is the movement that turns the sole of the foot inward. The normal range for this motion is about 20 degrees. When measuring, you position the patient with the knee bent around 90 degrees, stabilize the tibia, and use a goniometer with the axis over the ankle joint, the stationary arm along the tibia, and the moving arm along the calcaneus. Values near 20 degrees are typical, with some natural variation between individuals. A reading around 40 degrees is greater than normal and could indicate hypermobility or a measurement error, so ensuring proper technique and alignment is important.

7. Nonfeasance is defined as which?

- A. A individual fails to perform a legal duty**
- B. A individual commits a crime**
- C. A individual performs more than required**
- D. A person completes a legal duty**

Nonfeasance means failing to perform a required duty. In athletic care, professionals have a duty of care to athletes, so not acting when action is warranted—such as not assessing an injury or not calling for help—is an omission. That failure to act, if it breaches the standard of care and leads to harm or increased risk, can be negligent. It's not about committing a crime, nor about doing more than required, nor about completing a duty—it's about not acting when there is a duty to act.

8. What professional clearance is used in RTP decisions after a knee injury?

- A. Physician or nurse practitioner clearance based on criteria.**
- B. Coach clearance**
- C. Athlete friends' clearance**
- D. Equipment manager clearance**

Correct return-to-play decisions after a knee injury come from a licensed medical professional—typically a physician or nurse practitioner—who uses objective criteria to determine readiness. This medical clearance ensures the knee has healed enough structurally and functionally to handle sport demands and to minimize the risk of re-injury. The clinician looks at progression through rehab and tests key factors such as range of motion, strength (especially quadriceps and hamstrings), neuromuscular control, and functional performance through sport-specific activities. The athlete should have symmetrical motion, adequate strength, the ability to perform cutting, jumping, and running tasks without pain or swelling, and a stable knee on examination before approval is given. Since these decisions require medical evaluation and evidence-based criteria, non-medical personnel like coaches or equipment managers aren't appropriate sources of clearance. Athletic trainers support rehabilitation and document progress, coordinating with the medical team to obtain the necessary clearance when criteria are met.

9. What is the normal elbow extension ROM?

- A. 0 degrees**
- B. 5 degrees
- C. 10 degrees
- D. 15 degrees

Elbow extension ROM is about how far you can straighten the elbow. When the arm is fully straight, the angle between the upper arm and forearm is considered 0 degrees. In most standard measurements, 0 degrees is the normal endpoint for extension; a tiny bit of hyperextension (beyond straight) can occur in some people, but that is usually recorded as a negative angle rather than a positive extension value. So the normal elbow extension ROM is 0 degrees. If you see numbers like 5, 10, or 15 degrees, that would imply the forearm is still past neutral in a way that isn't counted as normal extension in typical ROM assessments. They would reflect some degree of hyperextension beyond the neutral or measurement variation rather than the standard endpoint of full extension.

10. What is a key factor when selecting protective equipment for athletes?

- A. Correct fit and appropriate equipment for the activity to maximize protection and comfort.**
- B. Cost only.
- C. Fashion trends.
- D. Any equipment works.

Choosing protective equipment hinges on making sure it fits correctly and is designed for the specific activity so it provides the intended protection and maintains comfort during play. When gear fits well, it stays in the right position, protects the key body areas, and allows full movement and ventilation, which helps athletes perform without distraction. The equipment should match the sport's risks, with appropriate padding, coverage, and secure fastenings, because a mismatched or ill-fitting item can shift, leave gaps, cause chafing, or restrict movement, potentially increasing injury risk. Cost or fashion cannot replace proper fit and sport-specific design, and not every piece works for every sport. Regularly inspect equipment, ensure proper sizing as athletes grow or conditions change, and choose items that meet relevant safety standards for the activity.

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://txathletictraining.examzify.com>

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

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