

TSA SPORTS MEDICINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. If a coach requests not to have CPR performed on them, how should the athletic trainer respond?**
 - A. Ignore the request
 - B. Seek consent from the coach's family
 - C. Inform the athletic director and turn the matter to the school board
 - D. Refuse to provide care

- 2. What does 'biomechanics' study?**
 - A. The nutritional needs of athletes
 - B. The forces and mechanics of human movement
 - C. The psychological factors impacting sports performance
 - D. The process of muscle recovery during rest

- 3. When an athletic trainer identifies a hip dislocation, what is the immediate appropriate action?**
 - A. Apply ice
 - B. Call 911
 - C. Adjust the joint back into place
 - D. Monitor the athlete

- 4. Which of the following is a symptom of a knee injury?**
 - A. Increased flexibility
 - B. Joint stiffness after rest
 - C. Enhanced muscle strength
 - D. Heightened mobility range

- 5. Which of the following is NOT a component of a typical rehabilitation program?**
 - A. Conditioning exercises
 - B. Rest and recovery
 - C. Strength testing
 - D. Immobility strategies

- 6. DOMS is an acronym that best describes what condition?**
- A. Delayed Onset Muscle Soreness
 - B. Disease Of Muscle Soreness
 - C. Delayed Overuse Muscle Strain
 - D. Dynamic Overload Muscle Stress
- 7. What is an effective strategy for mental preparation in sports?**
- A. Listening to motivational podcasts
 - B. Visualization techniques
 - C. Excessive focus on competition
 - D. Engaging in group discussions
- 8. What is the purpose of incorporating resistance training in a workout routine?**
- A. To improve flexibility
 - B. To enhance cardiovascular endurance
 - C. To increase muscle strength
 - D. To boost agility
- 9. Which injury is most likely to lead to Achilles tendinitis?**
- A. Ankle sprain
 - B. Turf toe
 - C. Plantar fasciitis
 - D. Shin splints
- 10. What is the primary purpose of a cooldown after exercise?**
- A. To abruptly stop physical activity
 - B. To gradually increase heart rate
 - C. To gradually lower heart rate and stretch muscles to prevent stiffness
 - D. To enhance overall performance

Answers

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

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Explanations

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1. If a coach requests not to have CPR performed on them, how should the athletic trainer respond?

- A. Ignore the request
- B. Seek consent from the coach's family
- C. Inform the athletic director and turn the matter to the school board**
- D. Refuse to provide care

The appropriate response in this scenario is to inform the athletic director and turn the matter to the school board. This is because the request not to have CPR performed raises significant ethical and legal concerns. Individuals have the right to refuse medical treatment; however, in cases where someone's life is at immediate risk, especially in a professional environment, it becomes critical to ensure that proper protocols are followed. By involving the athletic director and the school board, the athletic trainer ensures that the request is evaluated by higher authority figures who understand both the legal ramifications and the ethical responsibilities of the athletic department. This ensures that the coach's wishes are documented and considered within the context of the school's policies, legal obligations, and best practices for emergency care. It helps safeguard the interests of the coach while ensuring that the situation is handled appropriately and professionally. Simply ignoring the request could lead to serious consequences if an emergency arises, while seeking consent from the coach's family might not be feasible in life-threatening situations. Refusing care outright could also have legal implications, especially if the trainer is in a position where a duty to rescue exists. Therefore, the response involving the athletic director and school board is the most responsible course of action.

2. What does 'biomechanics' study?

- A. The nutritional needs of athletes
- B. The forces and mechanics of human movement**
- C. The psychological factors impacting sports performance
- D. The process of muscle recovery during rest

Biomechanics is the study of the forces and mechanics involved in human movement. This field integrates principles of physics and engineering with biological sciences to analyze how individuals move, the types of forces exerted by and upon the body, and how these forces influence performance and injury risk. It encompasses aspects such as motion analysis, the function of muscles and joints, and the effects of different types of movements on the body. Understanding biomechanics is crucial for improving athletic performance, designing effective training programs, and developing rehabilitation strategies for injuries. By analyzing how movements are performed, professionals can determine the most efficient techniques, prevent injuries, and enhance overall physical capabilities. While the other options touch on important elements of sports science, they do not encompass the mechanical aspects of movement that biomechanics specifically investigates.

3. When an athletic trainer identifies a hip dislocation, what is the immediate appropriate action?

- A. Apply ice
- B. Call 911**
- C. Adjust the joint back into place
- D. Monitor the athlete

In cases of a hip dislocation, the immediate appropriate action is to call for emergency medical assistance. This response is critical because a hip dislocation can be associated with severe injury to the surrounding tissues, blood vessels, and nerves, which may pose significant risks to the athlete's health if not addressed promptly and appropriately. Attempting to adjust the joint back into place without medical training can lead to further injury, including additional damage to the hip joint or surrounding structures. Additionally, while applying ice might be beneficial later to manage swelling or pain, it does not address the urgency of a dislocated hip. Monitoring the athlete is an important part of care, but it should not take precedence over calling for emergency services in this scenario where immediate professional intervention is necessary. Therefore, activating emergency response is the crucial first step.

4. Which of the following is a symptom of a knee injury?

- A. Increased flexibility
- B. Joint stiffness after rest**
- C. Enhanced muscle strength
- D. Heightened mobility range

Joint stiffness after rest is a common symptom of a knee injury. This stiffness typically occurs when the knee is held in a position for an extended period, such as during sleep or after sitting for a long time, and it can be accompanied by difficulty moving the joint upon resuming activity. This symptom reflects inflammation or damage within the joint, which may result from an injury such as a sprain, strain, meniscus tear, or ligament damage. In contrast, increased flexibility, enhanced muscle strength, and heightened mobility range are generally not associated with knee injuries. These characteristics may indicate normal or improved function without injury, making them less relevant in the context of a knee injury diagnosis. Therefore, the presence of joint stiffness can be a significant indicator for clinicians assessing knee injuries, making it important for athletes and practitioners to recognize this symptom.

5. Which of the following is NOT a component of a typical rehabilitation program?

- A. Conditioning exercises
- B. Rest and recovery
- C. Strength testing
- D. Immobility strategies**

A typical rehabilitation program aims to restore functionality and aid recovery from injury, including injury prevention strategies. Conditioning exercises are a core component, as they help improve endurance and overall physical fitness, enabling the patient to return to their pre-injury activities and prevent further injuries. Rest and recovery are also crucial as they allow the body to heal and adapt, playing an essential role in the rehabilitation process. Strength testing is vital to assess the patient's current strength levels, monitor progress, and determine the effectiveness of the rehabilitation protocols being employed. This helps ensure that relevant strength gains are made throughout the program, contributing to returning the individual to optimal performance levels. Immobility strategies, while relevant in certain acute care contexts for preventing movement in the early phases of injury, do not align with the goals of a rehabilitation program. Instead, rehabilitation focuses on gradually increasing activity and mobilization as healing progresses. Thus, while immobilization may be necessary initially, it is not a fundamental component of rehabilitation as the focus shifts to movement and restoring function.

6. DOMS is an acronym that best describes what condition?

- A. Delayed Onset Muscle Soreness**
- B. Disease Of Muscle Soreness
- C. Delayed Overuse Muscle Strain
- D. Dynamic Overload Muscle Stress

Delayed Onset Muscle Soreness (DOMS) refers to the muscle pain and stiffness that typically occurs after engaging in unfamiliar or intense physical activity. This condition is commonly experienced a day or two after the exercise session and is associated with microscopic damage to muscle fibers. The terminology "delayed onset" is crucial as it indicates that the soreness is not immediate; instead, it develops over time following the activity. This is a normal physiological response to exertion, especially when the muscles are subjected to activities they are not accustomed to, such as eccentric exercises, heavy lifting, or prolonged physical efforts. Understanding DOMS is essential for athletes and trainers, as it helps in recognizing when the body is recovering and when further training or adjustments in exercise intensity may be necessary to prevent injury. Recognizing this condition as Delayed Onset Muscle Soreness allows professionals in the field to better educate individuals about safe training practices and recovery strategies.

7. What is an effective strategy for mental preparation in sports?

- A. Listening to motivational podcasts
- B. Visualization techniques**
- C. Excessive focus on competition
- D. Engaging in group discussions

Visualization techniques are a powerful strategy for mental preparation in sports because they involve mentally rehearsing the specific actions and scenarios an athlete may face during competition. This technique helps athletes create a mental image of successfully executing their skills, ideal performance, and overcoming challenges. By vividly imagining themselves winning, completing a specific play, or maintaining focus amid distractions, athletes can enhance their self-efficacy and readiness for competition. Research shows that visualization can improve motor performance, reduce anxiety, and increase confidence levels. It helps in reinforcing neural pathways associated with the physical execution of skills, ultimately translating to better performance when the athlete executes these skills in a real-world setting. While listening to motivational podcasts can certainly inspire and boost morale, it lacks the personalized, mental rehearsal aspect of visualization. Excessive focus on competition can lead to heightened anxiety and pressure, which may hinder performance instead of enhancing it. Engaging in group discussions can provide support and varied perspectives, but it does not replace the individual mental conditioning provided by visualization techniques. Therefore, visualization is recognized as a foundational mental preparation technique in sports psychology.

8. What is the purpose of incorporating resistance training in a workout routine?

- A. To improve flexibility
- B. To enhance cardiovascular endurance
- C. To increase muscle strength**
- D. To boost agility

Incorporating resistance training into a workout routine is primarily aimed at increasing muscle strength. This form of training involves exercises that make muscles work against a weight or force, leading to adaptations such as muscle hypertrophy (growth), increased strength, and enhanced overall physical performance. When resistance is applied to the muscles, it creates micro-tears in the muscle fibers, which the body repairs, leading to stronger and larger muscles. Over time, this process helps individuals to lift heavier weights, perform daily activities with greater ease, and improve their overall fitness levels. While flexibility, cardiovascular endurance, and agility are important components of a comprehensive fitness program, they are not the primary goals of resistance training. Flexibility is often improved through different modalities such as stretching, cardiovascular endurance is enhanced through aerobic activities, and agility typically involves exercises that emphasize quick and precise movements. Therefore, the correct choice of increasing muscle strength reflects the fundamental purpose of resistance training in fitness routines.

9. Which injury is most likely to lead to Achilles tendinitis?

- A. Ankle sprain
- B. Turf toe**
- C. Plantar fasciitis
- D. Shin splints

Achilles tendinitis is an overuse injury characterized by inflammation of the Achilles tendon, which connects the calf muscles to the heel bone. It often develops due to repetitive stress and strain on the tendon, particularly from activities that put significant tension on the calf muscles during movement. The choice identifying turf toe as the injury most likely to lead to Achilles tendinitis highlights a connection; both conditions arise from stress on the foot and ankle. Turf toe, which is a sprain of the big toe joint, can lead to changes in gait and compensatory mechanisms during walking or running. When an athlete alters their normal biomechanics to accommodate pain or injury, this can place additional stress on the Achilles tendon, potentially leading to an overuse injury like Achilles tendinitis. In contrast, while ankle sprains, plantar fasciitis, and shin splints are certainly painful conditions that affect the lower extremities, they do not share the same biomechanical implications that directly contribute to Achilles tendinitis. Ankle sprains focus on the lateral structures of the ankle, while plantar fasciitis mainly affects the heel and arch of the foot, and shin splints are related to stress in the lower leg muscles. Thus, among the options, turf toe is the choice that best illustrates

10. What is the primary purpose of a cooldown after exercise?

- A. To abruptly stop physical activity
- B. To gradually increase heart rate
- C. To gradually lower heart rate and stretch muscles to prevent stiffness**
- D. To enhance overall performance

The primary purpose of a cooldown after exercise is to gradually lower heart rate and stretch muscles to prevent stiffness. During intense physical activity, the heart rate is elevated, and blood flow is directed to the working muscles. Abruptly stopping this activity can lead to negative effects such as dizziness or fainting due to blood pooling in the extremities. A cooldown allows the heart rate to decrease more gradually, promoting better blood circulation and facilitating the removal of metabolic waste products like lactic acid from the muscles. Additionally, using the cooldown period to stretch helps maintain flexibility and can reduce muscle tightness or soreness that may occur after exercise. This practice is essential for aiding recovery and ensuring that the body transitions smoothly from an active state to a resting state. The cooldown is therefore a critical aspect of a well-rounded fitness program.

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://tsasportsmedicine.examzify.com>

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

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