

TSA SPORTS MEDICINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://tsasportsmedicine.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. What does the term 'shin splints' describe?**
 - A. Stress fractures in the foot
 - B. Pain along the shin bone due to stress or inflammation of muscles and tendons
 - C. Inflammation of the knee joint
 - D. General soreness in the calf muscle
- 2. What condition is considered acute?**
 - A. Fracture
 - B. Sprain
 - C. Chronic pain
 - D. Strain
- 3. Which test best determines an athlete's upper body muscular endurance?**
 - A. Plank hold
 - B. Bench press maximum
 - C. Push-ups to failure
 - D. Lat pull-down repetition
- 4. What is the benefit of monitoring an athlete's training loads?**
 - A. To increase injury risk
 - B. To optimize performance and prevent overtraining
 - C. To simplify their training process
 - D. To decrease workout frequency
- 5. If a bandage over a profusely bleeding wound becomes saturated with blood, what should you do next?**
 - A. Remove the saturated bandage immediately
 - B. Place a clean bandage over the saturated bandage
 - C. Apply pressure directly to the wound without a bandage
 - D. Soak the bandage in saline solution

- 6. Define proprioception in the context of sports medicine.**
- A. The ability to sense temperature changes
 - B. The body's ability to sense its position and movement in space
 - C. The skill of adjusting to rapid changes in speed
 - D. The awareness of fatigue and energy levels
- 7. What term describes the motion of rotating the hand so the palm is facing up?**
- A. Pronation
 - B. Supination
 - C. Flexion
 - D. Extension
- 8. What is a common sign of an ACL injury?**
- A. Swelling around the ankle
 - B. Localized hip pain
 - C. Popping sound during movement
 - D. Bruising under the foot
- 9. Which method is the most effective way to determine fluid lost during exercise?**
- A. Measuring sweat rate
 - B. Fluid intake tracking
 - C. Weight before and after the activity
 - D. Urinalysis
- 10. Which victim should receive care first in an emergency situation?**
- A. Victim experiencing severe bleeding
 - B. Victim who is unresponsive
 - C. Victim with a broken bone
 - D. Victim who is conscious and complaining of pain

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What does the term 'shin splints' describe?

- A. Stress fractures in the foot
- B. Pain along the shin bone due to stress or inflammation of muscles and tendons**
- C. Inflammation of the knee joint
- D. General soreness in the calf muscle

The term 'shin splints' specifically refers to pain along the shin bone, known anatomically as the tibia. This condition arises from stress or inflammation of the muscles, tendons, and bone tissue around the tibia, which often occurs due to repetitive physical activity, particularly in athletes who engage in running or jumping. The pain typically manifests along the inner or front part of the lower leg and can result from factors such as improper footwear, running on hard surfaces, or an increase in physical activity without proper conditioning. Understanding this condition is crucial for preventing further injury and managing symptoms effectively through rest, ice, and appropriate exercises to strengthen the affected areas.

2. What condition is considered acute?

- A. Fracture
- B. Sprain**
- C. Chronic pain
- D. Strain

A sprain is considered an acute condition because it typically occurs suddenly and results from a specific injury or trauma, such as twisting or overstretching a ligament. This condition is characterized by immediate symptoms such as pain, swelling, and limited mobility in the affected joint. The onset of these symptoms is often tied directly to a particular event, distinguishing it from chronic conditions that develop over time and persist for months or years. Fractures and strains can also be classified as acute since they can occur from sudden injuries; however, if a sprain were the selected answer, it likely reflects a focus on ligament injuries specifically, which are common in sports and physical activities. Chronic pain, in contrast, is not classified as acute, as it signifies a long-standing condition that often arises from multiple causes and persists beyond the normal healing time.

3. Which test best determines an athlete's upper body muscular endurance?

- A. Plank hold
- B. Bench press maximum
- C. Push-ups to failure**
- D. Lat pull-down repetition

The test that best determines an athlete's upper body muscular endurance is conducting push-ups to failure. This test specifically measures how many repetitions of the push-up the athlete can perform before fatigue sets in. Push-ups require repeated engagement of the muscles in the chest, shoulders, and triceps, which directly assesses muscular endurance, as the athlete must maintain strength over multiple repetitions rather than just performing a single maximum effort. In contrast, while a plank hold is excellent for assessing core stability and endurance, it does not specifically target the upper body in the same way. The bench press maximum primarily gauges an athlete's maximal strength, not endurance, as it focuses on the heaviest load an individual can lift for a single repetition. The lat pull-down repetition test is more oriented toward back and shoulder strength rather than overall upper body endurance, which is less applicable to overall upper body muscular endurance in the same context as push-ups. Therefore, the push-ups to failure provide the most comprehensive measure of upper body muscular endurance due to their emphasis on repetitive motion over a sustained period until fatigue, making it the most effective choice for this purpose.

4. What is the benefit of monitoring an athlete's training loads?

- A. To increase injury risk
- B. To optimize performance and prevent overtraining**
- C. To simplify their training process
- D. To decrease workout frequency

Monitoring an athlete's training loads is crucial for optimizing performance and preventing overtraining. By carefully tracking the intensity, volume, and frequency of workouts, coaches and sports medicine professionals can ensure that the athlete is training effectively while also recovering adequately. This balanced approach helps in maximizing performance gains by allowing for adjustments based on the athlete's responses to training, which can vary widely due to factors such as fitness level, fatigue, and psychological stress. Through monitoring, it's possible to identify signs of overtraining before they lead to injuries or burnout. This proactive management of training loads contributes to improved resilience and sustained athletic development, allowing athletes to reach peak performance without succumbing to detrimental physical or mental states. Given this context, it's clear why monitoring training loads predominantly benefits athletes by focusing on their overall performance and wellness, making it foundational to effective sports medicine practices.

5. If a bandage over a profusely bleeding wound becomes saturated with blood, what should you do next?

- A. Remove the saturated bandage immediately
- B. Place a clean bandage over the saturated bandage**
- C. Apply pressure directly to the wound without a bandage
- D. Soak the bandage in saline solution

Placing a clean bandage over the saturated bandage is the appropriate action in this scenario because it helps to maintain pressure on the wound and control the bleeding. When a bandage becomes saturated, removing it risks disrupting any clotting that may be occurring and can lead to further blood loss. By covering the saturated bandage with a clean one, you continue to apply necessary pressure while also creating a barrier to prevent contamination and facilitate the body's natural healing process. This method is often employed in emergency care, as it can help manage severe bleeding while waiting for professional medical assistance without aggravating the wound itself.

6. Define proprioception in the context of sports medicine.

- A. The ability to sense temperature changes
- B. The body's ability to sense its position and movement in space**
- C. The skill of adjusting to rapid changes in speed
- D. The awareness of fatigue and energy levels

Proprioception refers to the body's ability to sense its position and movement in space, which is crucial in sports medicine. This sensory capacity allows athletes to understand their body's position relative to the environment, enabling them to perform movements efficiently and safely. For example, proprioception helps athletes maintain balance, coordinate their movements, and react quickly during dynamic activities, minimizing the risk of injury. Overall, enhancing proprioceptive skills through training exercises can improve athletic performance and facilitate rehabilitation following injuries.

7. What term describes the motion of rotating the hand so the palm is facing up?

- A. Pronation
- B. Supination**
- C. Flexion
- D. Extension

The term that describes the motion of rotating the hand so the palm is facing up is "supination." This movement is characterized by the turning of the forearm and wrist to position the palm facing upwards or forward. Supination occurs when the radius and ulna bones of the forearm are parallel to each other. In anatomical terms, supination can also refer to the movement of the foot where the sole turns inward, but in this context, it specifically relates to hand positioning. This is a fundamental motion in various activities, such as holding a bowl of soup or performing a bicep curl. Understanding this term is essential for anyone studying kinesiology or sports medicine, as it relates to many actions involving the upper extremities.

8. What is a common sign of an ACL injury?

- A. Swelling around the ankle
- B. Localized hip pain
- C. Popping sound during movement**
- D. Bruising under the foot

A common sign of an ACL injury is the experience of a popping sound during movement, often reported by athletes and individuals involved in high-impact sports. This popping sensation typically occurs at the moment of injury when the ligament is torn, and it's frequently accompanied by immediate pain. The knee may feel unstable, and individuals may struggle to continue any physical activity after this sound is heard, as it indicates a significant injury to the ligament that is crucial for knee stability and function. In the context of the other options, while swelling around the ankle, localized hip pain, and bruising under the foot can indicate various injuries or conditions, they are not specific to an ACL injury. Swelling around the ankle might suggest an ankle sprain or other lower leg injuries, localized hip pain could be associated with hip joint issues, and bruising under the foot may result from impacts or contusions but does not relate to the knee or ACL damage. Thus, the unique association of the popping noise with ACL injuries distinguishes it as the primary sign indicative of such an injury.

9. Which method is the most effective way to determine fluid lost during exercise?

- A. Measuring sweat rate
- B. Fluid intake tracking
- C. Weight before and after the activity**
- D. Urinalysis

The most effective way to determine fluid lost during exercise is by measuring the weight before and after the activity. This method provides a direct and quantifiable measure of changes in body mass that can be attributed to fluid loss due to sweat and respiration during exercise. By comparing an individual's weight before starting exercise with their weight after, one can accurately assess how much fluid has been lost due to sweating and other factors. This approach is particularly effective because it accounts for all potential factors influencing body weight, including sweat loss, any urine produced, and water vapor lost through breathing, thereby giving a holistic view of fluid loss during the activity. The simplicity of this method combined with its accuracy makes it a preferred choice for athletes and sports professionals monitoring hydration status. Other methods, while useful under specific circumstances, do not provide as comprehensive an assessment of fluid loss as weight measurement does. For instance, measuring sweat rate can give an estimate, but it often requires additional variables to be taken into account, such as sweat composition and environmental factors. Tracking fluid intake also does not measure the actual fluid loss, as it merely records the amount consumed rather than the amount lost. Lastly, urinalysis can indicate hydration status but isn't reliable for direct measurement of fluid loss during exercise, as urine concentration

10. Which victim should receive care first in an emergency situation?

- A. Victim experiencing severe bleeding
- B. Victim who is unresponsive**
- C. Victim with a broken bone
- D. Victim who is conscious and complaining of pain

In an emergency situation, prioritizing care is critical to maximizing survival chances and outcomes. The victim who is unresponsive should receive care first because this indicates a potentially life-threatening condition. An unresponsive individual may be experiencing a critical issue such as airway obstruction, severe head injury, stroke, or cardiac arrest. Immediate assessment and intervention can be vital; performing checks for breathing and pulse, and beginning resuscitation if necessary. Recognizing that unresponsiveness often correlates with severe underlying problems is crucial. In contrast, while severe bleeding is also life-threatening and requires urgent attention, the unresponsive victim represents a more immediate risk due to the potential for airway compromise and a complete lack of consciousness, which can lead to irreversible conditions if not addressed swiftly. Other victims, such as those with a broken bone or who are conscious and complaining of pain, are at lower immediate risk compared to the unresponsive individual. Therefore, responding to the unresponsive victim first is the best practice in emergency care prioritization.

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!

SAMPLE