



## NYS PHASE TWO TEST

### MATCH THE FOLLOWING:

- \_\_\_ LATERAL
- \_\_\_ MEDIAL
- \_\_\_ DISTAL
- \_\_\_ PROXIMAL
- \_\_\_ ANTERIOR
- \_\_\_ POSTERIOR
- \_\_\_ CARTILAGE
- \_\_\_ EPIPHYSEAL PLATE

- A) Closer to
- B) Sideways
- C) Growth plate
- D) In front of
- E) Center
- F) Further out
- G) Soft tissue between joints on the ends of bones, prevents friction
- H) In back of

- \_\_\_ SUPERIOR
- \_\_\_ INFERIOR
- \_\_\_ PRONATION
- \_\_\_ SUPINATION
- \_\_\_ MENISCUS
- \_\_\_ FASCIA

- A) Turning the wrist up
- B) Above
- C) Cartilage in the knees which helps prevent friction
- D) Web of tissue surrounding the body that provides, support, protection, and structural integrity
- E) Below
- F) Turning the wrist down

- 1) First Metcarpal
- 2) Talus
- 3) Humerus
- 4) Ulna
- 5) Radius
- 6) Collar Bone
- 7) C7
- 8) 5<sup>th</sup> Metatarsal
- 9) Bone in hand broken when punching
- 10) Joint most likely dislocated in fall with hand outstretched
- 11) Ligament most likely disrupted in inversion ankle sprain
- 12) Level one concussion
- 13) Integumentary System
- 14) Circulatory System
- 15) Lymphatic System

- a) Vertebra of Neck
- b) Thumb side Forearm bone
- c) Body's System of Waste Drainage
- d) Lateral Foot Bone
- e) Head Injury with transient symptoms under 1min
- f) Anterior Talo-Fibular
- g) Thumb Bone
- h) Larger Forearm Bone
- i) Heart, veins, capillaries, arteries
- j) Gleno-Humeral
- k) Bone mostly likely broken in fall to shoulder
- l) Skin System
- m) Bone of the Ankle
- n) 5<sup>th</sup> Metacarpal
- o) Bone of Upper Arm

## Answers

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

## Sports Medicine Exam

### Questions and Answers

1.

Which of the following definitions best describes the field of "sports medicine"?

A.

Doctors who provide care to athletes

B.

Different specialized areas related to performance and injury

C.

Involves only the team physician and the athletic trainer

D.

An association with a few professional organizations

2.

The primary purpose of a preseason health exam is to:

A.

Identify whether an athlete is at risk before they participate

B.

Determine body fat percentages for coaches

C.

Reveal qualifying conditions

D.

Satisfy insurance and liability issues

3.

What is an electrolyte disorder that a marathon runner may experience, caused by ingesting large quantities of water and sweating over several hours?

A.

Heat exhaustion

B.

Hyperthermia

C.

Heat cramps

D.

Hyponatremia

4. What condition is it when there is an apophysitis at the insertion of the patellar tendon on the tibial tubercle?

A.

Osgood Schlatter's disease

B.

Patellar tendonitis

C.

Sever's disease

D.

Housemaid's knee

5. When a sprinter runs the 100 meter dash, what fibers within the muscles are primarily being used?

A.

Muscle spindles

B.

Golgi Tendon organs

C.

Fast Twitch fibers

D.

Slow Twitch fibers

6. A bicep curl using a dumbbell is an example of a/an:

A.

Isometric exercises

B.

PNF exercise

C.

Isokinetic exercise

D.

Isotonic exercise

7. If a uniform becomes saturated with blood, what is the proper action that should be taken for the athlete to continue participation?

A.No action should be taken and the athlete should continue without interruption

B. The blood should be rinsed off with water

C. The uniform should be changed at halftime

D. The uniform should be changed immediately

8. Of the professionals listed below, who has the ultimate responsibility for the total healthcare of the student athlete?

A. School nurse

B. Physician

C. Athletic trainer

D. Coach

9. What are the components of ABCs (CAB) in CPR?

A. Airway, beating, compression

B. Airway, breathing, compression

C. Asystole, beating, compression

D. Airway, breathing, circulation

10. Athletic training is:

A. A specialization in sports medicine

B. A major link between sports programs and the medical community

C. Concerned with the prevention and treatment of athletic injuries

D. All of the above

E. None of the above

11. Which of the following organizations is responsible for helmet certification standards?

A. Athletic Equipment Manager Association

B. National Collegiate Athletic Association

C. American National Standards Institution

D. National Operating Committee on Standards for Athletic Standards

12. Which of the following structures is not a tarsal bone?

A. Navicular

B. Metatarsal

C. Talus

D. Cuboid

13. What condition is it when there is an apophysitis at the insertion of the Achilles tendon on the calcaneus?

A. Osgood Schlatter's disease

B. March fracture

C. Sever's disease

D. Calf strain

14. What is another name for 'tight heel chord/Achilles tendon'?

A. Pes planus

B. Pes cavus

C. Pes equine

D. Hallux rigidus

15. What degree classification of a ligament sprain involves a complete tear of the tissue?

A. First degree

B. Second degree

C. Third degree

D. Fourth degree

16. Which of the following are important concerns when designing an effective rehabilitation program?

A. Providing correct and immediate first aid

B. Reducing pain

C. Restoring full range of motion

D. All of the above

17. The closed basket weave taping techniques is used to support which of the following

- A. Arch
- B. Ankle
- C. Shin
- D. Knee

18. Of the terms below, which is not a movement of the foot?

- A. Inversion
- B. Plantar flexion
- C. Dorsiflexion
- D. Aversion

19. Factors that must be considered in order to prevent foot injuries include:

- A. Proper footwear
- B. Adapting to training surfaces
- C. Correcting biomechanical deficiencies
- D. A & B
- E. All of the above

20. What does the acronym PRICE stand for?

- A. Protection, rest, ice, compression, elevation
- B. Protection, rest, ice, concentration, effusion
- C. Protection, rest, ice, concentration, elevation
- D. Protection, rest, ice, compression, effusion

21. A positive Thomas Test indicates tightness in which muscle group?

- A. Hip adductors
- B. Hip extensors
- C. Hip internal rotators
- D. Hip flexors

22. Which of the following muscles is located on the posterior surface of the arm?

A. Biceps

B. Brachialis

C. Triceps

D. Brachioradialis

23. The empty can test is used to determine injury to what muscle?(Hint: Thumbs down)

A. Supraspinatus

B. Deltoid

C. Infraspinatus

D. Long head of biceps brachii

24. When an elbow is dislocated, it is important to consider the possibility of what secondary injury?

A. Fracture

B. Tearing/pinching of the nerves

C. Disruption of normal blood supply

D. All of the above

25. The Lachman's Test is used to evaluate stability of which of the following?

A. Medial collateral ligament

B. Anterior cruciate ligament

C. Medial meniscus

D. Patellar femoral joint