Student name:\_\_\_\_\_\_\_\_\_\_

1. What establishment during the nineteenth century assisted in making athletic training as it is known today?

Intercollegiate and interscholastic athletics

World War I

Title IX

Olympics

Cramer products

1. Which physician authored the first major text on athletic training titled *The Trainer’s Bible*?

Cramer

Gardner

Arnheim

Bilik

Prentice

1. What is the title of the monthly member magazine of the National Athletic Trainers’ Association?

NATA News

Athletic Training Education Journal

Journal of Sports Medicine

Training and Conditioning

Journal of Athletic Training

1. Which of the following organizations is “dedicated to transforming lives and revolutionizing the health and fitness industry”?

American Physical Therapy Association, Sports Physical Therapy Section

National Academy of Sports Medicine

National Strength and Conditioning Association

International Federation of Sports Medicine

American College of Sports Medicine

1. What organization has the position that all secondary schools should provide the services of a full-time, on-site, certified athletic trainers to student-athletes?

The National Athletic Trainers Association

American College of Sports Medicine

American Physical Therapy Association

NCAA

American Academy of Pediatrics

1. Which organization adopted a policy that “called for certified athletic trainers to be employed in all secondary-school athletic programs”?

American Medical Association

National Collegiate Athletic Association Committee on Competitive Safeguards and Medical Aspects of Sports

American Orthopedic Society for Sports Medicine

National High School Association

American Academy of Pediatrics, Sports Committee

1. What employment setting allows the athletic trainer to address appropriate workplace ergonomic techniques to reduce or minimize the possible risks for injury?

military/law enforcement

industrial/occupational

colleges/universities

clinics/hospitals

performing arts/professional sports

1. Of all the professional behaviors that an athletic trainer should possess, which would *best* describe the ability to adapt to the constant state of high emotional arousal and anxiety during the working day?

Communication

Ethical Practice

Empathy

Stamina and Ability to Adapt

Sense of Humor

1. Which of the following statements is an inaccurate ethical principle based on the NATA’s code of ethics?

Members shall respect the rights, welfare, and dignity of all individuals.

Members shall accept responsibility for the exercise of sound judgment.

Members shall comply with the laws and regulations governing the practice of athletic training, National Athletic Trainers Association, NATA membership standards, and the NATA Code of Ethics.

Members shall maintain and promote high standards in their provision of services.

Members shall not engage in conduct that could be construed as a conflict of interest, reflects negatively on the athletic training profession, or jeopardizes a patient’s health and well-being.

1. Who determines the competencies that should be taught in entry-level education programs that are accredited by the CAATE?

The Professional Education Committee

The Commission on Accreditation of Athletic Training Education (CAATE)

The Board of Certification

The National Athletic Trainers Association

The Education Council

1. What would be considered an unessential duty of the team physician?

diagnosing and treating injuries and other illnesses

advising an athlete about health matters

serving as an advisor to the athletic trainer

deciding when, on medical grounds, athletes should be disqualified from participation

serving as the medical director for an accredited athletic training program

1. Coaching is an area of specialization that is under the sports medicine “umbrella.” What medical role can this area serve?

The coach is directly responsible for preventing injuries.

The coach is directly responsible for providing acute care such as CPR.

The coach is directly responsible for acting as a First Responder.

The coach is directly responsible for determining return to play.

The coach is directly responsible for monitoring inclement weather.

1. What state has no regulation in regard to athletic trainers?

Colorado

Iowa

California

New York

Florida

1. What is the name of the organization whose purpose is to provide a certification program for entry-level athletic trainers and recertification standards for certified athletic trainers?

BOC

NATA

CAATE

CHEA

CAAHEP

1. When an athletic trainer treats a patient using evidence they received from the current *best* available evidence in professional literature it is called

evidence-based practice.

PICO.

systematic reviews.

PEDro scale.

PROMs.

1. Which of the following types of research would be considered the most rigorous?

anecdotal

clinical practice guidelines

case studies

cohort studies

randomized controlled trials

1. Which of the following represents what the “C” stands for in the acronym PICO?

cause

comparison

care

clinical

critical

1. Which database currently holds the most comprehensive collection of systematic reviews for athletic trainers?

Scientific American Medicine

ACP Journal Club

The Cochrane Database of Systematic Reviews

Physiotherapy Evidence Database

New Castle

1. Which of the following personal qualities are important for a good athletic trainer?

empathy

intellectual curiosity

discipline

sense of humor

assertiveness

aggressiveness

1. Please identify which patient-related outcome measures are specifically used for pain.

Lower Extremity Functional Scale

Neck Disability Index

Upper Extremity Functional Index

Numeric Pain Rating Scale

Disablement in the Physically Active Scale

Patient-Specific Functional Scale

Short-form McGill Pain Questionnaire

**Answer Key**Test name: chapter 1

A

Athletic training as we know it came into existence during the late nineteenth century with the firm establishment of intercollegiate and interscholastic athletes in the United States.

D

Dr. S. E. Bilik, a physician who wrote the first major text in 1917 on athletic training and the care of athletic injuries called *The Trainer’s Bible*, was a major influence in developing the athletic trainer as a specialist in preventing and managing athletic injuries.

A

*NATA News* is a monthly magazine published for members of the National Athletic Trainers’ Association.

B

The National Academy of Sports Medicine is dedicated to transforming lives and revolutionizing the health and fitness industry through its unwavering commitment to deliver innovative education, solutions, and tools that produce remarkable results.

A

The medical delivery system for injured student-athletes needs a coordinator within the local school community who will facilitate the prevention, recognition, treatment, and reconditioning of sports-related injuries. Therefore, it is the position of the National Athletic Trainers’ Association that all secondary schools should provide the services of full-time, on-site, certified athletic trainer (ATC) to student-athletes.

A

The American Medical Association has “called for certified athletic trainers to be employed in all secondary-school athletic programs be used as part of a high school’s medical team.”

B

The athletic trainer working in an industrial or occupational setting must have a sound understanding of the principles and concepts of workplace ergonomics, including inspecting, measuring, and observing dimensions of the work space, as well as specific tasks that are performed at the work station.

D

Athletic training requires abundant energy, vitality, and physical/emotional stability. Every day brings new challenges and problems that must be solved. The athletic trainer must be able to adapt to new situations with ease.

B

In 2005, the NATA revised code of ethics. “Members shall accept responsibility for the exercise of sound judgment” was removed.

[A, B]

The Professional Education Committee determines the competencies that should be taught in entry-level education programs that are accredited by the CAATE.

E

In reference to Focus Box 1-6, serving as the medical director for an accredited athletic training program is not a listed duty for the team physician or a requirement for a CAATE-accredited athletic training program.

A

The coach is directly responsible for preventing injuries by seeing that athletes have undergone a preventive injury conditioning program. They must also ensure that sports equipment, especially protective equipment, is of the highest quality and is properly fitted.

C

As of 2023, California is the only state with no regulation for athletic trainers.

A

The Board of Certification’s purpose is to provide a certification program for entry-level athletic trainers and recertification standards for certified athletic trainers.

A

Evidence-based practice is making decisions about the clinical care of individual patients based on the current best available evidence in the professional literature.

E

Among the different types of research, randomized controlled trials (meta-analyses and systematic reviews) are the most rigorous.

B

C stands for Comparison. When developing a PICO, a comparison of the alternatives that might be used in the intervention should be completed.

C

The Cochrane Database of Systematic Reviews currently contains the largest database and is recommended that athletic trainers begin their search of systematic reviews here.

[A, B, D]

Empathy, intellectual curiosity, and a sense of humor are essential qualities for a good athletic trainer.

[D, G]

The Numeric Pain Rating Scale & the Short-form McGill Pain Questionnaire are both outcome measures used for pain.