Career
BOC-Athletic-Training
BOC Athletic Training Certification Exam

Latest Version: 6.1

Question: 1

Which of the following is a type of PNF stretching technique? Select all that apply.

A. Contract-relax
B. Hold-contract
C. Slow-reversal-hold-relax
D. Contract-flex-extend
E. Hold-relax
F. Stretch-contract

Answer: A,C,E

Explanation:
There are various types of PNF (proprioceptive neuromuscular facilitation) techniques, all of which involve contraction and relaxation of both agonist and antagonist muscles using cycles of a 10-second active push phase and a 10-second passive relaxation phase. In contract-relax, the targeted muscle group is isotonically contracted during the active push phase. In slow-reversal-hold-relax, the agonist muscle is contracted while passive tension is applied to stretch the relaxed antagonist muscle. In hold-relax, the targeted muscle group is contracted and stretch-contract are not PNF stretching techniques.

Question: 2

In the initial treatment of a patient with a suspected spinal cord injury, which of the following is an appropriate step to take? Select all that apply.

A. Ensure open airway and adequate breathing and circulation.
B. Stabilize the neck with a soft cervical collar.
C. Use a scoop stretcher if the athlete needs to be transported.
D. Ask the athlete to move the neck through normal range of motion.
E. Stabilize the neck with a rigid collar.

Answer: A,C,E

Explanation:
In the case of a suspected spinal cord injury, the first step is to always ensure that the patient is breathing. The ABCs—airway, breathing and circulation—should be verified. It is imperative that the neck and spine be immobilized to prevent additional damage. The neck should be stabilized with a rigid cervical collar. A soft collar would be used for comfort in conditions like a stiff neck where muscle guarding is present, it would not be used in an acute emergency response to stabilize the neck A scoop stretcher, spine board, or vacuum mattress can be used if the patient needs to be transported. However, the patient should not perform any extra movement, such as

moving the neck. Overall, it is best to wait for first responders to assist with treatment for this type of situation, but it is important to know how a possible spinal cord injury should be handled.

Question: 3

Which situations are appropriate for the athletic trainer to use taping techniques? Select all that apply.

A. A gymnast has foot pain from repetitive landing with flat arches.
B. A basketball player lands on another player's foot after a layup and sprains an ankle.
C. A track athlete sustains a puncture wound to the palm of their hand.
D. Across-country athlete falls, resulting in a fractured toe.
E. A volleyball player sprains their thumb during a match.

Answer: A,B,D,E

Explanation:
Taping techniques are commonly used to provide compression and support to injured areas or to reduce the risk of re-injury in recovering areas. Specific taping techniques can be used to provide arch support, to stabilize an ankle sprain, to provide support in specific fracture scenarios (such as a fractured toe), or to protect a sprained thumb. However, taping techniques should never be used over an open wound, as would be the case with a puncture wound on the palm.

Question: 4

A patient with a recently torn ACL and meniscus is receiving care from the athletic trainer. What can the athletic trainer do to minimize muscle atrophy as the patient's injury heals? Select all that apply.

A. Apply cold therapy at regular intervals.
B. Immobilize the patient's leg in a neutral position.
C. Provide analgesics based on the patients level of pain.
D. Apply manual muscle testing to the quadriceps muscles.
E. Incorporate isometric muscle contractions into rehabilitation.

Answer: B,E

Explanation:
Minimizing muscle atrophy (loss of muscle mass) can be done through immobilizing the muscle in a neutral or lengthened position (rather than a shortened position) and through isometric muscle contractions, where the muscle contracts but does not change length. Cold therapy and analgesics may be used as part of the patients post-injury care but would not directly affect muscle atrophy. An athletic trainer would use manual muscle testing to evaluate an acute injury, not as an atrophy reduction technique.

Question: 5

A tennis player experiences a moderate hamstring strain. A week later, he is ready to begin rehabilitation. Which of the following is the most appropriate suggestion for the first week in rehabilitation? Select all that apply.

A. Rest, Ice, Compression, and Elevation (RICE) protocol
B. Static stretches 5 times per day
C. Running on the treadmill for 20 minutes at a time
D. Ice to the hamstring muscle
E. Light sports massage to the hamstring muscle

Answer: B,E

Explanation:
Initial treatment of a moderate hamstring strain might include resting and icing the injured area, along with analgesics such as acetaminophen (Tylenol), to relieve pain. After a week, however, the patient should begin rehabilitation. Static stretches, like the hamstring stretch, are most appropriate. Strengthening the hamstring muscle should also commence and this can be accomplished using a resistance band. Range of motion exercises that gently begin to work the injured muscle— such as light jogging, stationary bike or water activities—can gradually begin. These activities should only last a few minutes with a goal of building endurance. Running or excessive use of the injured hamstring should wait until there is no pain with previous exercises. After gentle exercise, ice should be reapplied.

Question: 6

During soccer practice, a player falls against the goal post and has a large laceration on his arm that is bleeding. Which of the following is the most appropriate immediate treatment of the injury?

A. Either you or the injured player apply a clean bandage and press the wound while someone else retrieves the first-aid kit and gloves.
B. Apply a tourniquet above the laceration.
C. Have the goalie apply pressure to the wound using a clean cloth while retrieving a pair of gloves.
D. Apply pressure on the femoral artery.
E. Apply a splint to the arm to help control the bleeding.

Answer: A

Explanation:
At any sign of blood, universal precautions should be the first step in treatment Universal precautions will help to stop the spread of blood-borne infection. If the player is conscious and able to apply pressure to the wound on his own, he should be given a sterile or clean bandage and begin to apply pressure while the athletic trainer puts on gloves. If he is not able to do this on his own and the athletic trainer is not able to put on gloves right away, the trainer must make sure to use enough bandages to prevent blood from saturating the bandage and to prevent direct contact with blood. A tourniquet is a last-ditch effort to stop bleeding and is not routinely indicated. Pressure on the femoral artery will not help stop the bleeding for an arm injury because the femoral artery is

located in the groin area. A splint is required in the case of a broken bone to help immobilize the area as well as to help stop the bleeding.

Question: 7

An athlete who is trying to gain weight should consume how many additional calories per day?

A. 250 calories
B. 500 calories
C. 750 calories
D. 1000 calories
E. 1500 calories

Answer: B

Explanation:
Many sports, such as football, basketball, and rugby, require or encourage athletes to gain weight in order to maximize performance. Weight gain must be done gradually. If accomplished too quickly, the resultant weight gain will be in the form of adipose tissue rather than lean body mass. Lean body mass consists of muscle tissue, bones, and connective tissue. An increase in body fat will negatively affect performance. In order for the body to gain weight, an additional 500 calories per day must be consumed above what is expended. A rate of weight gain of approximately 1.5% per week is a good goal. This increase in caloric intake should be coupled with a weight-training program to help build lean body mass.

Question: 8

Which of the following regulatory agencies requires athletic trainers working with professional sports teams to document any injury received by a player?

A. Joint Commission (JCAHO)
B. Occupational Safety and Health Administration (OSHA)
C. Commission on Accreditation of Rehabilitation Facilities (CARP)
D. National Collegiate Athletic Association (NCAA)
E. National Football League (NFL)

Answer: B

Explanation:
Documentation is an important part of an athletic trainer's job for many reasons. In professional sports, the Occupational Safety and Health Administration (OSHA) requires athletic trainers to document any injuries received by players. If the athletic trainer works for a facility that is associated with a hospital, clinic, or rehabilitation hospital, requirements for documentation requirements may be set by the Joint Commission (formerly JCAHO) or Commission on Accreditation of Rehabilitation Facilities (CARP). Documentation is important because it provides legal protection. This provides written evidence that care was provided. Documentation also helps

the athletic trainer to remember what treatments have been performed with a player and also helps improve communication with other professionals involved in the patient's care. In some cases, documentation is part of insurance reimbursement.

Question: 9

In which of the following scenarios would an athletic trainer be acting outside their scope of practice? Select all that apply.

A. The athletic trainer provides general nutrition education to a patient who has been diagnosed with anemia.
B. The athletic trainer diagnoses a musculoskeletal injury based on what they observe and palpate.
C. The athletic trainer provides a physician referral to a patient based on abnormal lab test results.
D. The athletic trainer provides mental health counseling to a patient experiencing performance anxiety.
E. The athletic trainer performs arthroscopic procedures on a patient with an injured knee.

Answer: D,E

Explanation:
The scope of practice for an athletic trainer is based on practice standards, such as implementing measures to prevent injury or illness, using examination procedures for diagnosis, and providing treatment in accordance with their training. The duties within an athletic trainer's scope of practice can overlap with those of other health professionals. However, it would not be within scope of practice to provide counseling to a patient, as that would require credentialing in mental health, such as that of a counselor, therapist, or psychologist. Arthroscopic procedures would also be out of the scope of practice as this is a surgical intervention.

Question: 10

A cheerleader falls during a competition. Upon examination, her tibia bone is protruding. What are appropriate steps to take in the immediate treatment of her fracture? Select all that apply.

A. Move her to a safe place.
B. Immobilize the leg.
C. Have her lay flat and cover her with a blanket.
D. Provide an over-the-counter pain reliever.
E. Apply sterile dressing to the wound.

Answer: B,C,E

Explanation:
Emergency medical services should be called immediately because of the protruding bone. After making sure the patient is breathing appropriately, initial treatment should begin. The point at which the tibia punctured the skin should be covered with a sterile dressing to prevent infection. The leg should be appropriately immobilized to prevent additional damage to nerves or circulation. Ice can be applied to help prevent swelling. The patient should lie flat and be kept warm using a blanket to help prevent

shock. Administration of pain relievers should be delayed until additional medical help arrives, due to the potential for surgery due to the open fracture.

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