Career
NATA-BOC
National Athletic Trainers Association (NATA) and the Board of Certification (BOC)

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Question: 1

A distance runner on the track team is experiencing Achilles tendon pain and stiffness. Which of the following could be part of their therapeutic intervention? Select all that apply.

A. Stretching of the soleus muscle
B. Plyometric exercises
C. Stretching of the gastrocnemius muscle
D. Bicycling
E. Circuit training that avoids repetitive tendon motion

Answer: A,C,D,E

Explanation:
Objectives for managing Achilles tendinopathies include reducing or eliminating the repetitive overload causing stress on the tendon. Symptoms can be increased if the gastrocnemius and/or soleus lack flexibility, so stretching each of these may be a component of therapeutic intervention. Maintaining fitness levels while minimizing tendon stress is also an objective, so the athletic trainer may have the patient engage in exercises such as bicycling or circuit training. Plyometrics would not be used because forceful, explosive movement could put excess stress on the already inflamed Achilles tendon.

Question: 2

An athletic trainer is using the overhead squat test with patients and observes that some patients exhibit lumbar lordosis. Muscles that are likely excessively tight in these patients include which of the following? Select all that apply.

A. Psoas
B. Hip adductors
C. Erector spinae
D. Transverse abdominis
E. Gluteus medius

Answer: A,C

Explanation:
Observations in the overhead squat test may include observing that body segments are pulled out of neutral alignment. Muscles that are excessively tight tend to pull in the direction of tightness. A patient with lumbar lordosis likely has tight psoas and erector spinae muscles, as these are pulling the pelvis forward out of neutral alignment.

Question: 3

An athlete gets hit in the mouth by a softball and loses a front tooth. A teammate has located the tooth. Which of the following are appropriate next steps? Select all that apply.

A. Scrub the tooth to remove the dirt, and then reinsert it into the socket.
B. Put the tooth into saline solution or an emergency tooth preservation kit.
C. Place the tooth in a cup of cold whole milk
D. Wrap the tooth in clean gauze and give it to the athlete's parents.
E. Ask the athlete to hold the tooth in the mouth, between the cheek and gum.

Answer: B,C,D,E

Explanation:
If any athlete sustains an injury to the mouth that results in a tooth being knocked out. the best chance of saving the tooth is to replace the tooth in its socket within 30 minutes. The tooth should only be handled by its crown, not the roots. The tooth should be gently rinsed off with water but not scrubbed. If possible, the athletic trainer should assist the athlete in repositioning the tooth in the socket and have the athlete hold it in place with her fingers. If it is not possible to replace the tooth, the tooth should be placed in an emergency tooth preservation kit, cold milk, or saline solution. If none of these options is available, the tooth should be placed in the athlete's mouth between the cheek and gum. The main point is to keep the tooth moist at all times. Emergency dental services should be obtained for additional treatment.

Question: 4

An athletic trainer and a strength & conditioning coach are preparing a team of volleyball athletes to go through preseason assessments of strength, flexibility, and power. Which of the following would enhance the reliability of these assessments? Select all that apply.

A. Providing a standardized warm-up to all athletes being tested
B. Maintaining consistent rest times for all athletes between assessments
C. Performing assessments at various times of day throughout the season
D. Having the athletes evaluate each other on the tests for time efficiency
E. Giving specific pre-assessment instructions to athletes on the days leading up to the assessments

Answer: A,B,E

Explanation:
Reliability refers to the consistency of a test, and is a measure of whether the test will produce similar results when repeated. Reliability is important for this scenario to get accurate preseason measurements that can then be compared or used to identify areas of improvement. To maximize reliability assessment procedures should be as standardized as possible. This can include a standardized warmup and consistent rest times. Athletes should also know that assessments are coming since factors

like sleep, nutrition, and hydration can affect results. Performing assessments at various times or having athletes test each other could detract from the accuracy and consistency of the assessments.

Question: 5

A lacrosse athlete has been acting irritable, anxious, and disinterested in participating in practice. The athletic trainer suspects that the athlete is experiencing overtraining. The athlete is also more likely to experience which of the following? Select all that apply.

A. Increased heart rate
B. Increased risk of overuse injury
C. Increased parasympathetic activity
D. Increased serotonin secretion
E. Increased blood pressure

Answer: A,B,E

Explanation:
In overtraining there is an imbalance between an athlete's ability to cope and the physical loads placed on them. Overtraining can result from inadequate rest and recovery or emotional stress and can lead to staleness and burnout. An athlete experiencing overtraining is likely to experience a higher heart rate, higher blood pressure, and increased risk of overuse injury. The parasympathetic system is associated with states of relaxation in the body, such as resting. digestion, and conserving energy'. Therefore, this system would not be more active when experiencing the stress of overtraining. Serotonin is a neurotransmitter that affects mood. Higher levels promote feelings of happiness and well-being, so this also would not be increased in overtraining.

Question: 6

A patient with known diabetes mellitus has a hypoglycemic reaction during an athletic event. What should be done to begin treatment?

A. Have the patient drink water.
B. Have the patient drink a quart of orange juice and return to the game.
C. Have the patient eat a sandwich.
D. Administer glucagon.
E. Have the patient drink 4 ounces of juice or soda, then reassess in 15 minutes.

Answer: E

Explanation:
Hypoglycemia is defined as a blood sugar level less than 70 mg/dL. Symptoms of hypoglycemia include shaking, cold sweats, blurry vision, headache, hunger, irritability, and weakness. Most patients with diabetes will be able to recognize the initial symptoms and will know they need to address the issue immediately. If untreated, this can lead to seizures, unconsciousness, or coma. Treatment typically consists of 4 ounces of juice or soda, five or six hard candies, or about a tablespoon of sugar. Then wait

15 minutes to see if the blood sugar rises. If it does not, additional help may be needed. Once the blood sugar is in the normal range, a healthy snack should be eaten to help sustain the blood sugar level. It is important not to over-treat a hypoglycemic reaction with too much sugar, because this can cause additional issues if the blood sugar is too high.

Question: 7

An athletic trainer is planning a rehabilitation program for a patient with chronic low back pain. Which of the following would be most appropriate in the initial stages of the program? Select all that apply.

A. Romanian deadlift
B. Dying bug
C. Drawing-in maneuver
D. Leg press
E. Glute bridging

Answer: B,C,E

Explanation:
While chronic low back pain may not have one single cause, patients with chronic low back pain will typically benefit from exercises that promote learning to stabilize the trunk and spine, such as the dying bug, the drawing-in maneuver to co-contract the transverse abdominus and multifidus, and glute bridging. Since the Romanian deadlift and leg press use weight as external resistance, they would not be appropriate in the initial stages of a low back pain program. The patient needs to learn core stabilization with only bodyweight movements first to retrain proper patterns.

Question: 8

An athletic trainer is assisting the head football coach in selecting footwear for all athletes on the football team. Which of the following considerations would apply? Select all that apply.

A. Take multiple measurements when fitting athletes for shoes.
B. Fit athletes with shoes at the beginning of the day.
C. Measure both feet to obtain correct sizing.
D. Choose shoes with smooth soles to increase acceleration.
E. Use footwear that will permit the insertion of orthotics.

Answer: A,C

Explanation:
Shoes for athletes must fit properly, and about minimize injury risk and maximize performance. Fitting athletes for shoes should involve measuring from the heel to the metatarsophalangeal joint as well as distance from the heel to longest toe, with the longer of the two measurements used for shoe fitting. For the most customized fit, both feet should be measured, as they may differ in size. Shoes should be fitted at the end of the day, not at the beginning. Since football is a sport requiring change of direction, smooth shoes would put an athlete at risk of injury, whereas cleated shoes would be preferable.

Orthotics are only needed if a patient's feet have biomechanical issues, so footwear that can accommodate orthotics would not be needed for the entire team.

Question: 9

A 25-year-old man is training for his first marathon. He was diagnosed with type 1, insulin-dependent diabetes when he was 18 years old. He is done stretching and is getting ready start his run. He appears sweaty, shaky, and but he brushes it off saying he didn't sleep well last night. Which of the following is the most appropriate initial response to this situation? Select all that apply.

A. Accept his explanation and allow him to run.
B. Suggest he take a dose of insulin before running due to high blood sugar.
C. Ask additional questions about his most recent insulin dose and meal, due to low blood sugar.
D. Prevent him from running until his blood glucose level has been checked and treated accordingly.
E. Call 911.

Answer: C,D

Explanation:
Hypoglycemia (low blood sugar) is a common side effect of insulin because blood glucose stability is dependent on so many different factors. These factors include insulin dosage, timing and composition of meals, exercise level, and more. Signs of a hypoglycemic reaction include shaking, sweating and hunger. Later signs can include confusion, fatigue, appearing intoxicated, and seizures that can lead to unconsciousness. Exercise has a direct effect on blood glucose levels as well. Hypoglycemia is commonly seen and can occur before, during, or after exercise. High levels of exercise can accelerate a low blood sugar reaction. It is important to monitor blood glucose levels prior to exercising to determine if a snack or meal is needed. An athletic trainer needs to be familiar with the signs of hypoglycemia. especially if working with patients with a known history of any type of diabetes.

Question: 10

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 PNP (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 isometrically against resistance during the active push phase. Hold-contract, contract-flex-extend, and stretch-contract are not PNF stretching techniques.

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