

## Chapter 1--Sports Medicine: The Multidisciplinary Approach to Athletic Health Care

1. Today's sports medicine specialists elicit the help of only a few disciplines in the care of their patients.
  - a. True
  - b. False

*ANSWER:* False

2. True sports medicine specialists have training that allows them to specifically address the needs of the athlete.
  - a. True
  - b. False

*ANSWER:* True

3. The primary role of the team physician is to promote lifelong fitness and wellness and to encourage prevention of illness and injury.
  - a. True
  - b. False

*ANSWER:* True

4. The physician assistant (PA) profession originated at Harvard University in the mid-1960s.
  - a. True
  - b. False

*ANSWER:* False

5. A PTA's responsibilities include assisting in the development of treatment plans and documenting the progress of treatment.
  - a. True
  - b. False

*ANSWER:* True

6. Massage is one of the newest methods for providing relief of pain and discomfort.
  - a. True
  - b. False

*ANSWER:* False

7. The National Strength and Conditioning Association serves approximately 45,000 members in 72 countries.
  - a. True
  - b. False

*ANSWER:* True

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8. Proper nutrition and dieting have become a national obsession in recent years.

- a. True
- b. False

*ANSWER:* True

9. Parents should not assume an active role in the prevention and treatment of their child's injuries.

- a. True
- b. False

*ANSWER:* False

10. Proper nutrition and conditioning should be discussed within the family before the first day of practice.

- a. True
- b. False

*ANSWER:* True

11. In broad terms, \_\_\_\_\_ is the study and application of scientific and medical knowledge to aspects of exercise and athletics.

- a. sports psychology      b. sports medicine
- c. sports nutrition        d. certification

*ANSWER:* b

12. According to the U.S. Department of Labor, careers in the health care industry are among the fastest growing fields for employment and are expected to grow by \_\_\_\_\_% through the year 2024.

- a. 6      b. 16
- c. 19     d. 36

*ANSWER:* c

13. According to the Athlete's Circle of Care, the athlete reports to \_\_\_\_\_ with a medical complaint.

- a. the family doctor      b. his parents
- c. the coaching staff     d. the athletic training staff

*ANSWER:* c

14. Physicians involved in sports medicine \_\_\_\_\_.

- a. cannot have a primary specialty in family practice
- b. are not board certified
- c. do not participate in accredited fellowships
- d. usually have 1 to 2 years of additional training in sports medicine

*ANSWER:* d

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15. Today, physician assistants \_\_\_\_\_.  
a. are well-recognized and highly sought-after members of the health care team  
b. are not recognized as part of the health care team  
c. work independently from physicians  
d. do not have the authority to write prescriptions

*ANSWER:* a

16. Physical therapists \_\_\_\_\_.  
a. must attend one of five national programs to be certified  
b. can now specialize in pediatrics  
c. number less than 10,000  
d. do not work in home environments

*ANSWER:* b

17. Chiropractors \_\_\_\_\_.  
a. provide conservative management of neuromusculoskeletal disorders  
b. do not provide adjustment and manipulation of the articulations and adjacent tissues of the human body  
c. use drugs and surgery to promote the body's natural healing process  
d. do not use electrical therapeutic modalities

*ANSWER:* a

18. Which of the following is an accredited certification for the Personal Trainer credential?  
a. NSAM    b. AED  
c. NSTP    d. CSCS

*ANSWER:* d

19. Sports psychologists \_\_\_\_\_.  
a. number less than 10,000  
b. are important in competitions but typically do not help athletes return to their sport after a serious injury  
c. are employed in clinical settings, educational institutions, and private practices  
d. work with Olympic athletes but not usually with professional sports teams

*ANSWER:* c

20. Parents \_\_\_\_\_.  
a. should pressure the athlete to work through pain  
b. need not meet with coaches at the beginning of the season  
c. should maintain open communication with the athletic training staff regarding injury risk  
d. play a passive role in prevention and treatment of the athlete's injuries

*ANSWER:* c

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21. \_\_\_\_\_, simply put, is the multidisciplinary approach to health care for those seriously involved in exercise and sport.

*ANSWER:* Sports medicine

22. The Athlete's \_\_\_\_\_ of Care illustrates the team approach to care of the athlete

*ANSWER:* Circle

23. Medical care for all athletes must be directed by the team or \_\_\_\_\_ doctor.

*ANSWER:* family

24. Working interdependently with physicians, \_\_\_\_\_ provide diagnostic and therapeutic patient care in virtually all medical specialties and settings.

*ANSWER:* physician assistants  
PAs

25. The first \_\_\_\_\_ (PTs) were called restorative aides and were active in providing care during World War I.

*ANSWER:* physical therapists

26. Physical therapy \_\_\_\_\_ (PTA) work with physical therapists to provide patient care under the direct supervision of a licensed physical therapist.

*ANSWER:* assistants

27. \_\_\_\_\_ is a natural form of health care. For example, spinal manipulation is used instead of drugs or surgery to promote the body's natural healing process.

*ANSWER:* Chiropractic

28. There are currently four accredited certifications for the Personal Trainer credential, including the Certified \_\_\_\_\_ Specialist (CSCS)

*ANSWER:* Strength and Conditioning

29. Sports \_\_\_\_\_ can help enhance athletic performance by designing special diets that allow the athlete to achieve her best results in athletic events.

*ANSWER:* nutritionists

30. Goal setting and imagery are two of the tools sports \_\_\_\_\_ use to help their athletes gain an edge over the competition.

*ANSWER:* psychologists

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*Match each statement with the correct item below.*

- a. play a vital role in ensuring a correct diet
  - b. used by the Chinese as early as 3000 BCE
  - c. refer athletes back to their family doctors for primary care
  - d. founded in 1954
  - e. increase consumer access to health services by extending the time and skills of the physician
31. nutritionists

*ANSWER:* a

32. physician assistants

*ANSWER:* e

33. massage

*ANSWER:* b

34. American College of Sports Medicine

*ANSWER:* d

35. team doctors

*ANSWER:* c

*Match each statement with the correct item below.*

- a. teach and direct activities in which the athlete participates
  - b. provides accredited certification for the Personal Trainer credential
  - c. well versed in athletics, motivation, and performance
  - d. should meet with certified athletic trainers at the start of the season
  - e. started developing into a recognized field in the early twentieth century
36. sports psychologists

*ANSWER:* c

37. parents

*ANSWER:* d

38. coaches

*ANSWER:* a

39. National Academy of Sports Medicine

*ANSWER:* b

40. sports medicine

*ANSWER:* e