



Sports Medicine

Flexible Instruction Day

Assignment #4

Learning Standard	Standard CC.3.5.11-12.C Follow precisely a complex multistep procedure, etc. Standard CC.3.5.11-12.D Determine the meaning of symbols, key terms, and other domain specific words.
Task # & Description	Standard 102: Comply with course objectives, expectations and grading procedures. NOCTI Standards include but are not limited to: • Emergency Care & Infection Control • Injury Prevention & Rehabilitation • Hydration & Nutrition • Exercise Science & Prescription • Anatomy, Physiology, Pathophysiology, and Medical Terminology

CONTACT INFORMATION/ASSISTANCE

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I will be available by email and the Remind app from 7:40-12, and 12:30-3:10 to answer your questions. Please reach out if you are having difficulty completing your assignments.

If you are not receiving messages go here to join ➡ <https://www.remind.com/join/bcavts-sm>

INSTRUCTIONS

✓ All work is due on the day we return to school. This is counted towards your attendance **and** as a classroom assignment.

✓ Complete the activities on the following pages. NOCTI written exam review, multiple choice reviews, and quadricep & hamstring stretches.

Name: _____

Session: _____

_____/26 points

1-Complete the NOCTI Quizlet Reviews, using this QR Code.



2- Answer the following multiple-choice questions to the best of your ability. We will check your answers upon your return to school. This is a great study guide for you to use to prepare for your written NOCTI exam. Circle or highlight your answer.

When an athlete's injury/condition is outside of the scope of practice, the provider should

allow the athlete to practice
ask for a coworker's opinion
refer to a medical professional
take no action at that time

A gait/transfer belt for patient/client safety is used for a _____ transfer.

supine to sit
sit to supine
sit to stand
supine to side lying

What is the legal document that outlines the agreement and acceptance of a procedure and its associated risks?

informed consent
procedure checklist
medical history form
PAR-Q

A patient/client refuses traction treatment during physical therapy visits even though it is indicated on the prescription. The physical therapist

refuses to treat the patient/client if they are unwilling to receive all indicated treatments
tells the patient/client that he or she must follow exactly what the prescription states
explains that the treatment plan is in the patient/client's best interest but will respect the right to refuse care
communicates that the patient/client must get a new prescription if he or she would like to continue treatment

The emergency action plan (EAP) is a document that aims to protect workplace safety and is required by

OSHA

FDA

CDC

WHO

Upon arrival of the AED for an adult, the responder first turns the AED on. The next step is placing the electrodes on the _____ and _____ sides of the chest.

upper left; lower right

upper right; lower left

center; upper right

center; lower right

Which of these signs is an affective symptom of a concussion?

memory loss

dizziness

headache

irritability

The most effective way to prevent the spread of diseases/infections is to

sanitize hands

wash hands

wear sterile gloves

use a paper towel

In arch taping, teardrop strips on the plantar surface of the foot

serve as anchor strips of other pieces of tape

elevate or support the plantar fascia/arch

limit ankle tarsal movement

lock the heel into neutral

34 kg is equal to about

46 pounds

54 pounds

75 pounds

99 pounds

When using a Snellen chart to test visual acuity, how far away does the patient/client stand from the chart?

10 feet
20 feet
25 feet
30 feet

The normal respiration rate in 60 seconds is

6-8
8-12
12-20
20-26

When performing MMT to the hamstrings, resist

knee flexion
knee extension
hip pronation
hip supination

What ligament is tested during Lachman's test?

UCL
MCL
ACL
PCL

The average adult should drink _____ ounces of water per day.

4 cups
7 cups
8 cups
10 cups

The main function of the _____ is to store bile.

spleen

liver
kidney
gallbladder

A classic sign of anorexia nervosa is

purging
binging
restriction of food
Type B personality

A common injury caused by “turning your ankle in” accompanied by lateral ankle pain is a/an

calf strain
eversion ankle sprain
inversion ankle sprain
medial ankle sprain

The lateral malleolus is distal to which bone(s)?

radius
femur
calcaneus
metatarsals

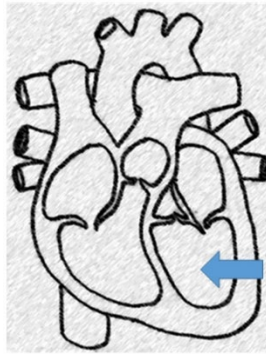
Pain on the anterior portion of the thigh and limited knee extension most commonly indicate a

calf strain
hamstring strain
quad strain
muscle sprain

A patient/client’s pupils are unequal and unresponsive. This can be indicative of a/an

head injury
nasal fracture
ear infection
jaw dislocation

The arrow in the picture below is pointing to the



aorta
right atrium
left ventricle
inferior vena cava

3- To prepare for the performance portion of your NOCTI exam. Research and describe below the following exercises.

- 2 quadricep & 2 hamstring stretches
- Make sure to tell the patient how long to hold each stretch & not to bounce
 - 30 second holds x 3 reps
- Should feel a slight pull, but not be painful.
- Find pictures or draw these 4 stretches below.

