How did Tippet et al measure core body temperature?
A. Rectal thermometer
B. Ingestible temperature pill
C. Tympanic thermistor
D. Liquid crystal sticker

Tippet et al found that core body temperature in the tennis players decreased after a 10-minute break.
A. True
B. False

A majority of Ensign et al’s athletic trainer respondents reported having a close friend or family member who identified as lesbian, gay, or bisexual.
A. True
B. False

The Attitudes Toward Lesbian, Gay Men, and Bisexuals Scale revealed ______ distinct groups with regard to views toward lesbian, gay, or bisexual student-athletes.
A. 2
B. 3
C. 5
D. 8

In the study by Kernozek et al, participants demonstrated a _____% increase in hip abductor average electromyographic amplitude over the course of the fatigue protocol.
A. 43
B. 56
C. 78
D. 89

Kernozek et al stated that training programs intended to reduce the incidence of anterior cruciate ligament injury may benefit from extraordinary emphasis on improving hip-abductor muscle strength and endurance.
A. True
B. False

According to Tyler and Sunderland, participants were able to run approximately 5 minutes longer when wearing the cooling collar despite experiencing higher rectal temperatures and heart rates.
A. True
B. False
In Tyler and Sunderland’s study, participants voluntarily terminated exercise at a rectal temperature of 39.18°C ± 0.7°C in the no-collar trials but did not cease exercising until reaching an average temperature of _____°C in the cooling-collar trials.
A. 42.04 ± 0.72
B. 39.18 ± 0.7
C. 36.63 ± 0.26
D. 39.61 ± 0.45

In describing the study by Chou et al, Andersen stated that with respect to short-term and long-term improvements in low back pain:
A. no differences in outcomes were noted between patients who underwent routine, immediate lumbar imaging and those who underwent the usual clinical care without immediate imaging.
B. immediate lumbar imaging resulted in the most significant decreases in pain.
C. routine lumbar imaging resulted in the most significant decreases in pain.
D. clinical care resulted in the most significant decreases in pain.

Andersen conveyed that clinical care without immediate imaging increased the odds of failing to identify serious underlying conditions in patients without apparent risk factors.
A. True
B. False

For Rabe and Oliver’s patient, clavicle-fracture rehabilitation during week 1 included all of the following except:
A. passive stretching
B. biceps curls
C. cardiovascular exercise
D. Codman pendulum exercises

During surgery on Rabe and Oliver’s patient, the surgeon found a large butterfly fragment of approximately _____cm off the anterior aspect of the midclavicle.
A. 1
B. 2
C. 3
D. 4

According to the Collins et al paper, Richter et al noted that the evidence suggested that custom-made foot orthoses were more effective than over-the-counter orthoses for the treatment of overuse lower extremity injuries.
A. True
B. False
Richter et al suggested that athletic trainers should incorporate the evidence from the Collins et al study with their:
A. clinical judgement
B. patients' values and preference
C. circumstances
D. All of the above

Participants in Amirian-Far et al's whole-body vibration-training group received vibration stimuli for _____ seconds before the delayed-onset muscle soreness inducement protocol.
A. 45
B. 60
C. 30
D. 90

At day 14, Aminian-Far et al noted that postexercise, the control group still demonstrated a _____% mean decrease in muscle strength, compared with a _____% decrease in the whole-body vibration-training group.
A. 49.02, 52.88
B. 13.45, 12.21
C. 22.22, 2.28
D. 25.81, 5.68

In Blackburn et al’s study, passive dorsiflexion range of motion with the knee extended was associated with the amount of knee flexion displacement during a landing task.
A. True
B. False

Blackburn et al found that compared with the flexed-knee testing position, the extended-knee position for passive ankle dorsiflexion was a better indication of range-of-motion restrictions for the landing task because:
A. The extended-knee measurement assessed both the gastrocnemius and soleus muscles.
B. The extended-knee measurement assessed the soleus muscle only.
C. The extended-knee measurement assess the gastrocnemius muscle only.
D. None of the above

Kellis et al found that knee-flexion angle decreased at initial contact after the fatigue protocol.
A. True
B. False

Kellis et al stated that the higher activation of both the agonist and antagonist knee muscles postfatigue could indicate:
A. a loose joint before impact, which might increase stability.
B. a stiffer joint before impact, which might increase stability.
C. no change in the joint before impact, which might increase stability.
D. None of the above

Frommer et al noted that headache, which is considered a hallmark symptom of concussion, was the primary symptom reported most often by both sexes.
A. True
B. False

According to Frommer et al, the median time for return to play for all participants was _____.
A. immediate.
B. 3 to 6 days.
C. 7 to 10 days.
D. 10 to 13 days.

Vauhnik et al defined injury risk as the number of injured sportswomen divided by the number of total sportswomen who participated in the sport and multiplied by 100.
A. True
B. False

According to Vauhnik et al, which group of athletes was at the greatest risk of anterior cruciate ligament injury?
A. Team handball players
B. Basketball players
C. Soccer players
D. Volleyball players

Cobb et al noted that clinical measures for foot mobility had moderate to high intertester reliability for all measures except:
A. navicular displacement
B. dorsal-height displacement
C. relative arch deformity
D. relative navicular mobility ratio

Cobb et al concluded that the digital photographic measurement method is a valid and reliable method for quantifying foot posture.
A. True
B. False

Selkow et al found that skinfold caliper measurements tended to overestimate subcutaneous fat thickness compared with ultrasound imaging when fat thickness was more than _____ mm in the thigh.
A. 5.5
B. 6.0
Selkow et al measured subcutaneous fat at which 4 locations on the thigh?
A. Vastus medialis oblique, distal rectus femoris, proximal rectus femoris, and medial hamstrings
B. Vastus medialis oblique, distal rectus femoris, proximal rectus femoris, and vastus lateralis
C. Distal rectus femoris, proximal rectus femoris, vastus lateralis, and lateral hamstrings
D. Vastus medialis oblique, distal rectus femoris, proximal rectus femoris, and medial hamstrings

Sosnoff et al used the center-of-pressure movements occurring during the NeuroCom Sensory Organization Test to generate which of the following scores:
A. Somatosensory ratio
B. Visual ratio
C. Composite balance
D. Vestibular ratio
E. All of the above

Which statement below correctly summarizes Sosnoff et al’s results of the analysis of postural-sway dynamics between the concussed and nonconcussed groups as the postural task became more demanding?
A. Concussed participants had increased anteroposterior postural sway irregularity and decreased mediolateral sway irregularity.
B. Concussed participants had decreased anteroposterior sway irregularity and increased mediolateral sway irregularity.
C. Concussed participants had increased anteroposterior and mediolateral postural sway irregularity
D. Concussed participants had decreased anteroposterior and mediolateral sway irregularity