

IJATT quizzes are approved for 3 EBP CEUs. IJATT is published in January, March, May, July, September, and November, and at the time each issue is posted, the CEU quiz accompanying that issue is also posted. The quiz is available for the duration of two issues—the issue it accompanies and the subsequent issue. Due to this extended allotment of time, there will be NO exceptions made to take the CEU quiz after it has expired.

Note. The electronic version of this assessment may be used by certified athletic trainers to acquire 3 evidence-based practice (EBP) continuing education units (CEUs) from the BOC for the NATA and by certified athletic therapists to acquire 0.4 CEUs from the CATA. The Human Kinetics BOC provider number is P421-13. The articles for this quiz can be found in this issue of IJATT.

Choose the best answer for each question. **THIS IS JUST A PAPER VERSION FOR YOUR PERUSAL: YOU MUST TAKE THIS QUIZ ONLINE.**

- In their CAT, Burton and Lauber explain that, during intense aerobic exercise, heat production can equate to a core body temperature (T_c) increase of 1°C every _____ minutes.
 - 1–3
 - 3–5
 - 5–7
 - 7–9
- Physiological adaptations to thermal strain include the following **except**:
 - increased core temperature
 - increased heart rate
 - increased stroke volume
 - peripheral vasodilation
- There is moderate evidence suggesting cold water immersion as a precooling intervention improves endurance performance in cyclists and runners in a hot, humid environment.
 - True
 - False
- As noted in the CAT by Hoffman et al., kinesiophobia is excessive and irrational fear of movement and/or reinjury as a result of a painful experience.
 - True
 - False
- In the Kinesio Tape CAT, the two articles included examined the effects of Kinesio Tape in patients with what two pathologies?
 - low back pain and iliotibial band pain syndrome
 - low back pain and patellofemoral pain syndrome
 - low back pain and shoulder impingement
 - shoulder impingement and patellofemoral pain syndrome
- The psychometric properties of the Tampa Scale of Kinesiophobia (TSK) have only been assessed in patients with patellofemoral pain.
 - True
 - False
- According to Hartley et al., in the Health Belief Model, what construct is defined as an individual's beliefs about the advantages of participating in an exercise-related injury prevention program (ERIPP)?
 - perceived barriers
 - perceived benefits
 - perceived severity
 - perceived susceptibility
- In the Theory of Planned Behavior, what construct is defined as an individual's overall evaluation of the health behavior?
 - attitude
 - intention to participate
 - perceived behavioral control
 - perceived social norm
- An athletic trainer encouraging an individual to participate in an exercise-related injury prevention program (ERIPP) is an example of:
 - attitude
 - external cue to action
 - internal cue to action
 - self-efficacy
- The Champion's Health Belief Model Scale was developed for predicting participation in which preventative health behavior?
 - breast cancer screening
 - cervical cancer screening
 - colorectal cancer screening
 - ERIPP

11. In their Clinical CASE Report, Hoffman et al. note that moderate impairments in driving performance may still be evident in the absence of symptoms following concussion.
 - a. True
 - b. False
12. In this CASE Report, the patient committed 33% more lane excursions compared to his baseline driving performance data.
 - a. True
 - b. False
13. Bagherian et al. report that an overall score of 70 on the double-limb squat functional movement task would be interpreted as:
 - a. excellent
 - b. good
 - c. moderate
 - d. poor
14. The single-limb squat task required participants to squat to a comfortable level between what degrees of knee flexion?
 - a. 30–45
 - b. 45–60
 - c. 60–75
 - d. 75–90
15. Movement quality and dynamic postural control in chronic ankle instability patients were both significantly worse following an exercise fatigue protocol.
 - a. True
 - b. False
16. In the Research Report on concussion management in secondary school settings, by Welch Bacon et al., this theme category was considered general.
 - a. education and awareness of stakeholders
 - b. facility/personnel resources
 - c. health care professional access and education
 - d. perceptions of concussion
17. The secondary school athletic trainers in this study identified a lack of personnel necessary to conduct baseline concussion assessments in a timely manner for their student-athletes.
 - a. True
 - b. False
18. In the Francis et al. Research Report, performance on the Y-Balance Test (YBT) was conducted after isokinetic testing of hip abductor strength.
 - a. True
 - b. False
19. In this study, what speed was used to measure isokinetic hip abduction peak concentric torque?
 - a. 30°/s
 - b. 60°/s
 - c. 90°/s
 - d. 120°/s
20. What YBT reach score had the strongest association with peak concentric torque of the hip abductors?
 - a. anterior
 - b. anterolateral
 - c. posterolateral
 - d. posteromedial