

# ATC Practice Test Questions and Answers

## 1. Why is flexibility training important?

- A) Builds muscle size
- B) Decreases metabolism
- C) Improves range of motion and reduces injury
- D) Speeds up heart rate

## 2. What type of injury is an AED used for?

- A) Bone fracture
- B) Heat stroke
- C) Cardiac arrest
- D) Head trauma

## 3. What is a sign of a possible concussion?

- A) Swollen ankle
- B) Nosebleed
- C) Confusion and dizziness
- D) Elevated temperature

## 4. What is proprioception training used for?

- A) Boosts endurance
- B) Improves posture
- C) Enhances joint awareness and stability
- D) Builds muscle bulk

**Answers: 1-C 2-C 3-C 4-C**

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