

1) A client states: "I don't want to try this new activity because I don't think I can do it." Which of the following statements is an example of a CTRS response using the reflective listening technique?

- A "Would you like to explore alternative activities?"
- B "How do you feel about this activity?"
- C "Why don't you try the activity; most clients enjoy it."
- D "Do you think that you lack the skills to participate?"

2) Cognitive disorders are associated with all of the following EXCEPT

- A aging
- B infection
- C substance abuse
- D spinal cord injury

3) When a CTRS is designing an aquatic therapy program for individuals with multiple sclerosis, the MOST important concern should be the

- A intensity and duration of the swimming class
- B availability of adaptive equipment
- C number of clients in the group
- D clients' premorbid leisure interests

4) An individual with bipolar disorder will MOST likely exhibit which of the following patterns of behavior?

- A Minor disturbances in sleep and libido
- B Cycles of mood swings from mania to depression
- C Explosive anger followed by depression
- D Intermittent interference with social interactions

5) Which of the following behaviors is characterized by passivity and dependence on others?

- A Defensiveness
- B Learned helplessness
- C Under controlled behavior
- D Passive-aggressive behavior

6) The education and human services delivery system is MOST often used with persons who have

- A severe developmental disabilities
- B acute medical conditions
- C geriatric conditions
- D acute psychological concerns

- 7) Listed below are four steps a CTRS takes to select an assessment instrument.
1. Identify the criteria to be assessed.
 2. Identify the purpose for the assessment process.
 3. Select the assessment instrument.
 4. Determine the criteria for establishing the reliability of the assessment instrument.

Which of the following correctly orders these steps from first to last?

- A 1, 2, 3, 4
- B 2, 1, 4, 3
- C 2, 3, 1, 4
- D 3, 1, 4, 2

- 8) All of the following observations may be used to assess the affective domain EXCEPT

- A length of attention span
- B amount of self-disclosure
- C expressions of self-valuation
- D statements about the future

- 9) In which section of a SOAP progress note would the following statement be found: "Attended all scheduled therapeutic recreation treatment sessions, remained on task for 30 minute treatment sessions, and correctly followed three-step directions without cueing or prompts?"

- A Subjective
- B Objective
- C Assessment
- D Plan

- 10) As a general rule, progress notes should be written at which of the following times?

- A When the client assessment is completed
- B On a regularly scheduled basis
- C A minimum of three times during treatment prior to discharge
- D A minimum of once per week

- 11) Which of the following intervention technique is MOST appropriate for a 1-year old child diagnosed as "failing to thrive"?

- A Massage therapy
- B Relaxation therapy
- C Sensory stimulation
- D Hydrotherapy

- 12) An adaptive device that would be appropriate for a client with minor impairment of fine motor skills is

- A a universal cuff
- B an electronic page turner
- C a mouth stick
- D a built-up paintbrush

13) An 8-year old male who is being treated for a brain injury in a hospital is referred to the therapeutic recreation program. The CTRS notices the boy's inability to concentrate when playing games and difficulty understanding simple oral or written directions. On the basis of these observations, the CTRS's BEST course of action would be to

- A report these findings to the team and request a neuropsychological evaluation
- B suspect that the client is mentally retarded and simplify all activities
- C administer a series of IQ tests to determine deficit areas of learning
- D implement solitary activities to reduce the client's level of frustration

14) A Saturday morning program for youth-at-risk in a community center must be modified because of high staff absenteeism. Typically, clients rotate through concurrent activities during a 2-hour period. The CTRS director will need to modify which of the following aspects of program planning?

- A Goal-oriented programming
- B Sequence of events and time frame
- C Supply needs
- D Client safety

15) Which of the following would be the MOST effective technique to promote the value of a therapeutic recreation services program within an agency?

- A Giving a presentation to volunteer groups
- B Publishing an article in a scholarly journal
- C Participating in local professional meetings
- D Submitting quarterly progress reports to the administration

Answers:

- 1) D (exam content code IA6)
- 2) D (exam content code IB1)
- 3) A (exam content code IB2)
- 4) B (exam content code IB4)
- 5) B (exam content code IC7)
- 6) A (exam content code IIA2)
- 7) B (exam content code IIB4)
- 8) A (exam content code IIB6)
- 9) B (exam content code IIC3)
- 10) B (exam content code IIC4)
- 11) C (exam content code IID2)
- 12) D (exam content code IID4)
- 13) A (exam content code IIIA3)
- 14) B (exam content code IIIB4)
- 15) D (exam content code IVA8)