

1) Exam Content Area: IA4 Foundational Knowledge - Theories and Concepts - Principles of group dynamics and leadership

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) Exam Content Area: IV1 Implementation – Selection of programs, activities and interventions to achieve the assessed needs of the person served

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

3) Exam Content Area: IC3 Foundational Knowledge – Diagnostic Groupings – Psychiatric disorders and related impairments

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

4) Exam Content Area: IA2 Foundational Knowledge – Theories and Concepts – Theories of human behavior and principles of behavioral change

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

5) Exam Content Area: V2 Administration of TR/RT Service – Procedures for program evaluation and accountability

Evaluation is conducted on specific individual programs in order to

- A provide systematic information for future program decisions
- B provide systematic information on client regression
- C increase validity and reliability of client assessment procedures
- D develop individual client treatment plans

6) Exam Content Area: IIA4 Assessment Process – Selection of Assessment – Criteria for selection and/or development of assessment

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

7) Exam Content Area: IIB5 Assessment Process – Assessment Domains – Affective assessment

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

8) Exam Content Area: III4 Documentation – Progress/functional status

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

9) Exam Content Area: III4 Documentation – Progress/functional status

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

10) Exam Content Area: IV1 Implementation – Selection of programs, activities and interventions to achieve the assessed needs of the person served

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

11) Exam Content Area: IV3 Implementation – Activity modifications

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

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

12) Exam Content Area: IV8 Implementation – Role and function of other health and human service professions

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 developmentally delayed 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

13) Exam Content Area: IIB5 Assessment Process – Assessment Domains – Cognitive assessment

A CTRS wants to assess a patient's ability to follow simple directions. Which of the following domains should the CTRS assess?

- A Cognitive
- B Physical
- C Emotional
- D Social

14) Exam Content Area: VI5 Advancement of the Profession – Public relations, promotion and marketing of the TR/RT profession

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

15) Exam Content Area: III Documentation – Writing measurable goals and behavioral objectives

Which of the following behavioral objective is the MOST appropriately written?

- A The CTRS will ask each client to state five new activities learned while participating in the Leisure Discovery Program.
- B During the discussion group session, the client will state three adaptations for leisure activities that were taught during the Leisure Discovery Program.
- C After three weeks of participating in the Leisure Discovery Program, the client will learn four new activities.
- D The client will participate in at least one activity of the Leisure Discovery Program.

Answers:

- 1) D
- 2) A
- 3) B
- 4) B
- 5) A
- 6) B
- 7) A
- 8) B
- 9) B
- 10) C
- 11) D
- 12) A
- 13) A
- 14) D
- 15) B