

# NCTRC Practice Exam

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National Council for Therapeutic  
Recreation Certification®

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## Item #1

What does self-determination in the therapeutic recreation process focus on?

- A. Making decisions about one's leisure
- B. Removing attitudinal barriers
- C. Shaping the client's behavior
- D. Restoring health following an injury

***Item #1***

**Correct Answer: A**

**Rationale:** "Self-determination implies two things: first, an individual is in charge of his or her life and, second, the person is able to make his or her own decisions."

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 126

**Content Area:** 3. Planning: Objective 3.01. Develop individualized plan of care

## Item #2

Which process does a non-governmental agency use to grant recognition to an individual who has met certain predetermined qualifications specified by an agency?

- A. Certification
- B. Licensure
- C. Registration

## ***Item #2***

### **Correct Answer: A**

**Rationale:** "Certification is the most common form of credentialing in therapeutic recreation. It is a voluntary process where a non-governmental agency grants recognition of competence to individuals who meet the requirements set by the profession."

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 447

**Content Area:** 1. Professionalism: Objective 1.02. Maintain professional competency



### Item #3

Which diagnosis is indicative of the following behaviors: no interest in peers, repetitive rocking, and emotional distress when routine changes, and repeats the CTRS's questions without answering?

- A. Down syndrome
- B. Autism spectrum disorder
- C. Prader-Willi syndrome
- D. Attention-deficit disorder

### ***Item #3***

#### **Correct Answer: B**

**Rationale:** "Autism (ASD) is a complex neurobiological condition affecting the ways an individual processes and responds to information and sensory stimuli, which may create a “restricted repertoire of activities and interests” as well as impairments in social and communication skills (Janzen, 2003, p. 5). The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5; American Psychiatric Association, 2013) classifies autism as follows: Autism Spectrum Disorder, Diagnostic Criteria 299.00 (F84.0)...is characterized by persistent deficits in social communication and social interaction across multiple contexts, including deficits in social reciprocity, nonverbal communicative behaviors used for social interaction, and skills in developing, maintaining and understanding social relationships. In addition to the social communication deficits, the diagnosis of autism spectrum disorder requires the presence of restricted, repetitive patterns of behavior, interests, or activities."

**Reference:** Austin, DR., Crawford, ME., McCormick, BP, Van Puymbroeck, M. (2020). Recreational Therapy: An Introduction. 5<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 123

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #4

What should the CTRS do first after an individualized treatment plan has been developed?

- A. Implement the program
- B. Inform a supervisor of the program outcome
- C. Document the plan in the client's record



## ***Item #4***

### **Correct Answer: C**

**Rationale:** “Treatment plans are perhaps the most important form of individual client documentation. More than one regulatory agency surveyor has stated: “If it is not documented in the treatment plan, there is no need to be providing the service.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 252

**Content Area:** 5. Evaluation and Documentation: Objective 5.01. Document client progress

## Item #5

Which functional skills assessment is used to determine the social skills of clients with developmental disabilities?

- A. Teen Leisurescope
- B. FOX
- C. Leisure Attitude Measurement

***Item #5***

**Correct Answer: B**

**Rationale:** “The purpose of the FOX is to evaluate the client’s relative level of skills in the social/affect domain. The primary population that this assessment has been used with has been youth and adults with developmental disabilities.”

**Reference:** burlingame, j., Blaschko, TM. (2010). Assessment Tools for Recreational Therapy. 4<sup>th</sup> ed. Ravensdale, WA: Idyll Arbor. pg. 348-349

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #6

Which therapeutic recreation practice model is designed to help clients recover from a threat to their health and achieve optimal health through participation in prescriptive activity, recreation, and leisure?

- A. Leisure Ability
- B. Optimizing Lifelong Health and Well-being
- C. Health Protection/Health Promotion
- D. Self-Determination and Enjoyment Enhancement

**Item #6**

**Correct Answer: C**

**Rationale:** "The overall mission of the model is to help people to enjoy the highest levels of health possible. This mission has two purposes. Health protection is the first. This purpose has two parts. One is meeting threats to health by helping people to return to their steady state or regain their equilibrium following illness or disability. The second is assisting persons with chronic illnesses and long-term disabilities to adaptively cope with their conditions and to maintain their health to the highest level possible. The purpose of the health promotion part of the model is to help people to enjoy the highest or optimal levels of health and well-being that they can achieve. High-level wellness implies a level of optimal health in which the person enjoys physical, psychological, and environmental wellness."

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 106-107

**Content Area:** 3. Planning: Objective 3.01. Develop individualized plan of care



## Item #7

Which secondary source should a CTRS use for an assessment when unable to collect background information from a client who has dementia and expressive aphasia due to a recent cerebrovascular accident (CVA)?

- A. Medical chart
- B. Cognitive observation
- C. Family reports

***Item #7***

**Correct Answer: C**

**Rationale:** "Secondary data sources are sources other than the participant; for example, family members and documentation provided by other team members."

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 94

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #8

Which recording method of client observation would be helpful when a CTRS needs to assess how much time a client is spending in a leisure activity?

- A. Interval
- B. Tally
- C. Duration
- D. Continuous

**Item #8**

**Correct Answer: C**

**Rationale:** "Duration sampling is used to measure time on task, endurance, length of event and the percentage of time that a behavior occurred."

**Reference:** burlingame, J., Blaschko, TM. (2010). Assessment Tools for Recreational Therapy and Related Fields. 4<sup>th</sup> ed. Ravensdale, WA: Idyll Arbor, Inc. pg. 128

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #9

Why are norms used in the interpretation of standardized assessment scores?

- A. Identifies leisure participation choices
- B. Establishes the intensity of problem behaviors
- C. Identifies whether a client can perform a specific task
- D. Compares a client to a reference group with similar characteristics



***Item #9***

**Correct Answer: D**

**Rationale:** “One type of test is the norm-referenced test that samples the client’s attitudes or functional ability and then compares the client’s scores against the scores received by the general population.”

**Reference:** burlingame, J., Blaschko, TM. (2010). Assessment Tools for Recreational Therapy and Related Fields. 4<sup>th</sup> ed. Ravensdale, WA: Idyll Arbor, Inc. pg. 27

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care

## Item #10

Which progress note segment is written correctly?

- A. The client was depressed and reluctant to participate in the activity
- B. The client stated that he was tired and did not want to participate in the activity
- C. The client was uncooperative and refused to participate in the activity
- D. The client attended the activity but was depressed

## ***Item #10***

### **Correct Answer: B**

**Rationale:** “All client documentation must be accurate, objective, and consistent. Three principles apply to the area of consistency and accuracy. Objectivity: Client documentation should contain only information that is factual and objective. Behavioral language: In all cases, documentation and written records should focus on client behavior, rather than the specialist’s perceptions or guesses. Consistency in Information: Consistency in charting and other forms of client documentation is very important.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 243

**Content Area:** 5. Evaluation and Documentation: Objective 5.01. Document client progress

## Item #11

Which adaptive device would be helpful for a client who has experienced a right-side cerebrovascular accident (CVA)?

- A. Card holder
- B. Large-print cards
- C. Voice to text software

## **Item #11**

### **Correct Answer: A**

**Rationale:** “Adapting familiar activities or learning new adaptive recreation may be essential to motivate an individual with a disability to continue or re-engage in recreation experiences.” “Hemiplegia and hemiparesis are the primary overt physical signs of a stroke. Damage to the right side of the brain causes left hemiplegia, or paresis, while damage to the left side of the brain causes right hemiplegia, or paresis. Individuals with left hemiplegia experience more visual neglect (a lack of visual awareness on the side of the body opposite the brain lesion) than do individuals with right hemiplegia. They tend to have difficulty with spatial and perceptual tasks, to be impulsive and careless, and to be unaware of their deficits. Individuals with right hemiplegia experience speech and language deficits yet understand what is said to them.”

**Reference:** 1) Bullock, CC., Mahon, MJ. (2017). Introduction to Recreation Services for People with Disabilities: A Person-Centered Approach. 4<sup>th</sup> ed. Champaign, IL: Sagamore Publishing. pg. 261. 2) Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 135

**Content Area:** 3. Planning: Objective 3.02. Design program services



## Item #12

What primary functional skill for a client with Duchenne's muscular dystrophy should a therapeutic recreation intervention address?

- A. Memory
- B. Gross motor
- C. Fine motor
- D. Concentration

**Item #12**

**Correct Answer: B**

**Rationale:** “Therapeutic recreation programs focus on outcomes that promote quality of life, such as enhancing social networks; improving self-control; promoting meaningful use of discretionary time; maintaining strength, flexibility, fitness, and range of motion; and sustaining independent functioning. Swimming, rhythmic breathing, and yoga are recommended to strengthen muscles used in wheelchair ambulation and respiration. Stretching, range of motion activities and flexion- extension exercises prevent contractures. Exercises completed from a seated position aid posture and strengthen muscle groups used in transferring to and from a wheelchair and in ADL.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 131

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #13

Based on assessment results, which intervention would initially meet a client's needs who is isolated, withdrawn and expresses a desire to make friends?

- A. Tai chi
- B. Individualized tennis instruction
- C. Craft group
- D. Joining a community theater

**Item #13**

**Correct Answer: C**

**Rationale:** “Crafts programs, entertainment, and hobby groups are all examples of aggregate activities, as is the “infamous” game of bingo. Aggregate activities require no interaction between participants. In a program designed to develop social and verbal interactional skills, aggregate activities are ideal in the early stages when nonthreatening interactions are essential.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 157

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care

## Item #14

Which statistical measurement informs a CTRS about how well the assessment results compare to what is being measured?

- A. Equivalent-forms reliability
- B. Criterion-related validity
- C. Test-retest reliability
- D. Construct validity



***Item #14***

**Correct Answer: B**

**Rationale:** “Criterion-related validity tells us how well the test scores compare to what is being measured.”

**Reference:** burlingame, j., Blaschko, TM. (2010). Assessment Tools for Recreational Therapy. 4<sup>th</sup> ed. Ravensdale, WA: Idyll Arbor. pg. 30

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #15

Which activity is a CTRS engaged in when meeting with the staff at a local recreation center to discuss reasonable accommodations for a client?

- A. Advocacy
- B. Public relations
- C. Accountability

## ***Item #15***

### **Correct Answer: A**

**Rationale:** “A noble trend seen today is advocacy to bring about the provision of inclusive recreation. Brannan and his colleagues (2003) wrote: “Inclusive programs are relatively new, so continued advocacy, is important if persons with varying abilities are to be included in the mainstream of society.”

**Reference:** Austin, DR., Lee, Y. (2013). Inclusive and Special Recreation. 6<sup>th</sup> ed. Champaign, IL: Sagamore Publishing. pg. 102

**Content Area:** 1. Professionalism: Objective 1.01. Develop professional relationships

## Item #16

Which of the following is a component of the problem-oriented medical record (POMR)?

- A. Personal goals of the client
- B. Discharge summary
- C. Program evaluation
- D. Activity protocol

## **Item #16**

### **Correct Answer: B**

**Rationale:** “The POMR format includes these five components: 1) database or initial assessment results that help determine needs and plan of care, 2) client problem list related to diagnosis (usually problems are numbered), 3) initial treatment plan, including interventions and outcomes expected, 4) progress notes using SOAP, SOAPIE, or SOAPIER formats, 5) discharge summary noting problems and resolutions (if achieved).”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 247

**Content Area:** 5. Evaluation and Documentation: Objective 5.01. Document client progress



## Item #17

Which ethical principle is being violated when the CTRS fails to discuss the results of an assessment and related plan for intervention with the client?

- A. Fidelity
- B. Confidentiality
- C. Veracity
- D. Non-maleficence

**Item #17**

**Correct Answer: C**

**Rationale:** "Principle 6: Veracity Recreational Therapy personnel shall be truthful and honest. Deception, by being dishonest or omitting what is true, should always be avoided."

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 441

**Content Area:** 1. Professionalism: Objective 1.02. Maintain professional competency

## Item #18

Which interview type builds rapport most effectively with a client?

- A. Conversational
- B. Interview guide
- C. Structured open-ended
- D. Structured closed-ended

**Item #18**

**Correct Answer: A**

**Rationale:** “Table 9.5 Conversational Interview: advantages: Builds rapport most effectively”

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 209

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #19

Which task would a client who has proprioceptive perceptual problems most likely have difficulty?

- A. Distinguishing between sounds
- B. Walking around objects
- C. Upper extremity range of motion



***Item #19***

**Correct Answer: B**

**Rationale:** "Proprioceptive functioning is the ability to identify where a limb is in space without vision. It includes both position (statesthesia) and movement (kinesthesia)."

**Reference:** Porter, H. (2016). Recreational Therapy and the International Classification of Functioning, Disability, and Health. Enumclaw, WA: Idyll Arbor. pg. 78-79

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care

## Item #20

When documenting a client's progress toward treatment goals, how should the CTRS support the subjective interpretation of the client's progress?

- A. Assessment of data
- B. Behavioral observations
- C. Client comments
- D. Input from treatment team

## ***Item #20***

**Correct Answer: B**

**Rationale:** “In all cases, documentation and written records should focus on client behavior, rather than the TRS’s perceptions or guesses. In each case, the TRS is responsible for selecting the most significant aspects of client behavior for documentation.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 243

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care

## Item #21

Which behavioral objective is written correctly?

- A. Upon request, the client will select two personal activity choices and then participate in one of the activities.
- B. Upon request, the client will demonstrate knowledge of the leisure planning process by being active on weekends.
- C. Upon request, the client will be able to drive a golf ball a minimum of 100 yards on three out of five attempts.

**Item #21**

**Correct Answer: C**

**Rationale:** "Once again, the agency dictates the format used for client objectives. However, the most common type of objective is the behavioral objective. Because behavioral objectives translate into client outcomes, some extended discussion is needed on their development and format. Behavioral objectives are usually very specific and contain a condition, behavior, and criterion."

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 260

**Content Area:** 5. Evaluation and Documentation: Objective 5.01. Document client progress



## Item #22

Which technique can be effectively used by a CTRS with a geriatric client post-stroke who exhibits limited socialization and decreased emotional expression?

- A. Community reintegration
- B. Behavior modification
- C. Remotivation therapy

**Item #22**

**Correct Answer: C**

**Rationale:** “Remotivation therapy is also conducted in long-term care facilities and with people with dementia (Meixsell, 2005; A. K. Williams, 2005). Remotivation therapy is a group approach in which the leader attempts to stimulate mental processes to improve or maintain cognitive function in participants, encourage conversation among participants, facilitate socialization among participants, enhance self-esteem of participants, increase self-awareness of participants, improve quality of life of participants, increase participants’ participation in planned activities, interest participants in their environments, and increase hope and courage in participants (Araujo & Ribeiro, 2015; Capuzzi et al., 1990; Herlihy-Chevalier, 2005; F. Sullivan et al., 2001). Remotivation therapy sessions are designed to motivate individuals who have withdrawn into themselves and lack interest in either the present or the future. Individuals who may profit from remotivation therapy include “those who may be withdrawn, isolated, depressed, bored, or in need of environmental stimulation” (Herlihy-Chevalier, 2005, p. 15).”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 248-249

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #23

Which area does a client need to improve when a CTRS uses facilitation techniques such as yoga, deep breathing, and meditation?

- A. Stress management
- B. Physical conditioning
- C. Awareness of emotional state

**Item #23**

**Correct Answer: A**

**Rationale:** “Relaxation techniques are a means for people to deal with excess tension brought about by stress. Pestka et al. (2014) explained, “Relaxation therapies help reduce the tension that exists in muscles, and this often generalizes to other areas of the body, including the mind” (p. 283). The National Center for Complementary and Alternative Medicine (NCCAM, 2012) explained, “Relaxation is more than a state of mind; it physically changes the way your body functions. When your body is relaxed breathing slows, blood pressure and oxygen consumption decrease, and some people report an increased sense of well-being” (p. 1).”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 128-129

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #24

Which area should therapeutic recreation services for clients with addictive disorders focus on?

- A. Leisure education
- B. Diversional services
- C. Cognitive retraining
- D. Fitness programming



**Item #24**

**Correct Answer: A**

**Rationale:** “Leisure education is increasingly being included as an essential component of treatment, in the context of either an RT program (Cogswell & Negley, 2011) or some variation offered by other professionals who are recognizing the importance of fun and joy in recovery (Grawe, Hagen, Espeland, & Mueser, 2007; MacLean, Cameron, Harney, & Lee, 2012). A study of 54 male and female, primarily Caucasian, teens, found that males were more at risk for being socially incompetent (Lennox Terrion, O’Rielly, & Rocchi, 2016). For adolescents, social competence, or the ability to have strong peer relationships and read and respond appropriately to social situations, is a protective factor against substance abuse and other problem behaviors. The researchers recommended helping all youth find enjoyable and recovery-supporting shared activities as a protective factor. Through leisure education, RT can help young people develop social skills, friendships, and positive shared recreational pursuits.”

**Reference:** Austin, DR., Crawford, ME., McCormick, BP., Van Puymbroeck, M. (2020). Recreational Therapy: An Introduction. 5<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 105

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #25

Which is a component of the International Classification of Functioning, Disability, and Health (ICF)?

- A. Activity preferences
- B. Recommended assessment tools
- C. Body function and structure

## ***Item #25***

**Correct Answer: C**

**Rationale:** “The ICF has two parts. Each part has two components. Part 1 is Functioning and Disability, with the components of (a) Body Functions and Structures and (b) Activities and Participation. Part 2 is Contextual Factors, with the components of (c) Environmental Factors and (d) Personal Factors.”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 400

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #26

Which professional activity can a CTRS use to earn continuing education hours for recertification with NCTRC?

- A. Presenting an orientation session to new employees at the certificant's agency
- B. Attending first aid, CPR and AED training classes
- C. Writing a newsletter article for a professional therapeutic recreation publication

**Item #26**

**Correct Answer: C**

**Rationale:** “The CTRS is required to complete professional level (baccalaureate level or higher) educational opportunities to maintain and enhance knowledge and skill to practice. These include completing continuing education, specifically at professional conferences, workshops, symposia and seminars. The CTRS may earn continuing education credits for internship and equivalency path application supervision, authoring professional publications, giving professional presentations, and completing academic courses. The CTRS may also earn continuing education credit for participating in officially sanctioned NCTRC test development, item writing, and other certification test related activities.”

**Reference:** NCTRC Certification Standards, [www.NCTRC.org](http://www.NCTRC.org)

**Content Area:** 1. Professionalism: Objective 1.02. Maintain professional competency



## Item #27

Which team consists of a group of cross-discipline healthcare professionals working jointly to address a single, identified client problem?

- A. Multidisciplinary
- B. Interdisciplinary
- C. Transdisciplinary

**Item #27**

**Correct Answer: C**

**Rationale:** “In the transdisciplinary approach, multiple disciplines work collaboratively to develop a joint plan for assessment, planning, and service implementation. Team members retain responsibility for the expertise of their home discipline, but information and competency from any single discipline is actively transmitted to members of other disciplines. Team members teach, learn, and work across disciplinary boundaries to plan and provide integrated services.”

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 177

**Content Area:** 1. Professionalism: Objective 1.01. Develop professional relationships

## Item #28

Which ethical principle is being violated when a CTRS places a client in an activity that poses a high risk of danger without programming for those risks?

- A. Autonomy
- B. Non-maleficence
- C. Veracity
- D. Competence

**Item #28**

**Correct Answer: B**

**Rationale:** “Principle 2: Non-Maleficence - Recreational Therapy personnel have an obligation to use their knowledge, skills, abilities, and judgment to help persons while respecting their decisions and protecting them from harm.”

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 441

**Content Area:** 1. Professionalism: Objective 1.02. Maintain professional competency

## Item #29

Which task should be completed prior to a client beginning a physical activity program?

- A. Determine client's nutritional habits
- B. Determine client's goals based on assessment results
- C. Determine client's maximum oxygen uptake
- D. Determine client's blood glucose levels



## ***Item #29***

**Correct Answer: B**

**Rationale:** “Regardless of the type of physical activity that is undertaken as an intervention, the therapist follows a protocol that ensures the client’s health and safety, especially when clients have been sedentary. This includes assessment procedures to establish a baseline and approval of a physician prior to initiating the program.....”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 76-77

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care

### Item #30

Prior to resuming playing golf, which factors should be assessed for a client that has a diagnosis of a cerebrovascular accident (CVA) that affected the client's right side and speech?

- A. Balance, coordination and endurance
- B. Auditory deficits, upper extremity range of motion and health history
- C. Grip strength, forearm strength and verbal expression
- D. Attention span, verbal expression and cognitive sequencing

**Item #30**

**Correct Answer: A**

**Rationale:** "Client assessment involves measurement of client needs, limitations, and abilities for the TRS to place that client in the most logical programs that are designed to address those needs, limitations, and abilities. " "The initial interventions TRSs prescribe focus on improving strength, endurance, and ROM; adjusting to visual neglect; and preventing contractures and spasticity."

**Reference:** 1) Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 212. 2) Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 138

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care

### Item #31

Which behavioral objective can be written for a client with a traumatic brain injury (TBI) to increase short-term memory recall?

- A. The client will participate in a cognitive retraining group once a week.
- B. The client will follow all directions in each group with the assistance of a CTRS.
- C. The client will correctly restate 75% of the directions given by the CTRS during group.
- D. The client will work on sequencing with the assistance of a CTRS.



**Item #31**

**Correct Answer: C**

**Rationale:** “Once again, the agency dictates the format used for client objectives. However, the most common type of objective is the behavioral objective. Because behavioral objectives translate into client outcomes, some extended discussion is needed on their development and format. Behavioral objectives are usually very specific and contain a condition, behavior, and criterion.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 260

**Content Area:** 5. Evaluation and Documentation: Objective 5.01. Document client progress



## Item #32

Which activity may be used to improve balance?

- A. Dancing
- B. Painting
- C. Meditation

**Item #32**

**Correct Answer: A**

**Rationale:** “Dancing has been found to be a means to healthy aging (Noice et al., 2014) and to have a protective effect by counteracting age-related cognitive decline (Muiños & Ballesteros, 2021). A systematic review and meta-analysis revealed dance enhanced cognitive function in older adults (Hewston et al., 2021). In a literature review, Hwang and Braun (2015) found that dance interventions improved muscular strength, endurance, balance, and other aspects of functional fitness for older adults.”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 235

**Content Area:** 3. Planning: Objective 3.02. Design program services

### Item #33

Which intervention is the CTRS using when providing a book for a client to read that will help bring new insight into the illness?

- A. Remotivation
- B. Bibliotherapy
- C. Validation
- D. Reminiscence

**Item #33**

**Correct Answer: B**

**Rationale:** “Bibliotherapy employs reading materials to help clients. According to Mieskowski and Scogin (2015), “In its simplest form, bibliotherapy uses literature to facilitate improvements in the well-being or functioning of an individual or group of individuals” (p. 3). According to Abdullah (2005), “Bibliotherapy generally refers to the use of literature to help people cope with emotional problems, mental illness, or changes in their lives . . . or to produce effective change and promote growth and development” (para. 1).”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 188-189

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #34

What should the content of the assessment instrument focus on when assessing social barriers to leisure involvement?

- A. Problem solving
- B. Interacting in group situations
- C. Controlling emotions
- D. Locating resources for leisure activities



***Item #34***

**Correct Answer: B**

**Rationale:** “Exhibit 4.1 Assessment Categories in Recreational Therapy Instruments: Social Behaviors are displayed as individuals interact with others and engage in major life activities and community life.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 90

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #35

Which component of internship management does the supervisor enhance the intern's skills, and monitor and model desired professional competencies, personal skills, and performance?

- A. Evaluation of the intern
- B. Pre-placement orientation for the intern
- C. Supervision and training of the intern
- D. Review of risk management procedures with the intern

**Item #35**

**Correct Answer: C**

**Rationale:** "Training and supervision are intended to: (1) develop employment skills, personal-professional competencies, and skills related to the current professional standards and NCTRC Job Analysis and Task Areas; (2) expand practice knowledge; (3) facilitate collaboration among staff, volunteers, and interns; and (4) provide opportunities leading to career advancements (Grote & Hasl, 2003; King et al., 2020; NCTRC, 2021b). Training and supervision ensure responsibilities of volunteers and interns are not left to chance (Pfahl, 2008; Roland & Stewart, 2008)."

**Reference:** O'Morrow, GS., Carter, MJ., Smith, CG. (2022). Effective Management in Therapeutic Recreation Service. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 220

**Content Area:** 6. Administration: Objective 6.02. Assign and monitor personnel

### Item #36

Which interaction pattern is a cooperative action by at least two persons to achieve a mutual goal?

- A. Intergroup
- B. Aggregate
- C. Intragroup
- D. Unilateral

***Item #36***

**Correct Answer: C**

**Rationale:** “Intragroup. Action of a cooperative nature by two or more persons intent upon reaching a mutual goal. Action requires positive verbal and nonverbal interaction (Avedon, 1974, p. 169).”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 159

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services



## Item #37

Why should a CTRS reassess a client?

- A. To evaluate changes in client's status
- B. To identify secondary dysfunction in the client
- C. To evaluate client's satisfaction

**Item #37**

**Correct Answer: A**

**Rationale:** “Whenever the status of a client needs to be examined, conducting a reassessment using the same tool as the initial assessment appears logical.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 232

**Content Area:** 5. Evaluation and Documentation: Objective 5.01. Document client progress

## Item #38

Which assessment instrument focuses on the client's perceptions of freedom as it relates to leisure involvement?

- A. Leisure Competency Measure (LCM)
- B. Leisure Diagnostic Battery (LDB)
- C. Leisure Interest Survey (LIS)

**Item #38**

**Correct Answer: B**

**Rationale:** “Thus, the LDB was developed utilizing a state of mind approach to understanding leisure functioning. The term “leisure functioning” describes how an individual feels about his/her leisure experiences and what kinds of outcomes result from these experiences. One assumption, which underlies the LDB, is that involvements become leisure experiences when certain conditions are met.”

**Reference:** burlingame, J, Blaschko, TM. (2010). Assessment Tools for Recreational Therapy. 4<sup>th</sup> ed. Ravensdale, WA: Idyll Arbor. pg. 264-269

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #39

Which variable does the criterion part of a behavioral objective identify?

- A. Circumstance under which the behavior will occur
- B. Indication that the objective has been achieved
- C. Action taken to demonstrate the behavior
- D. Objective behavior that will be observed



***Item #39***

**Correct Answer: B**

**Rationale:** “The criterion in the behavioral objective delineates the exact amounts and nature of the behavior that can be taken as evidence that the objective has been met. A criterion is a precise statement or standard that allows individuals to make judgments based on the observable, measurable behavior.”

**Reference:** Stumbo, N.J., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 262

**Content Area:** 5. Evaluation and Documentation: Objective 5.01. Document client progress

## Item #40

Which response should a CTRS use when a client expresses discomfort with using a wheelchair in public and feeling patronized on a recent community outing?

- A. Suggest that the client ignore rude and thoughtless people
- B. Discontinue community integration until the client feels more comfortable
- C. Discuss this issue by supporting the client and offering problem-solving skills

**Item #40**

**Correct Answer: C**

**Rationale:** “Effective listening is also known as empathetic listening because the helper is not judgmental or critical while attempting to gain an empathetic understanding of the client’s thoughts and feelings. Another term that describes effective listening is “active listening.” It implies active participation as a listener (Table 6.2), as opposed to passive listening, wherein the listener often does not respond or sometimes responds inaccurately (B. Cherry & Jacob, 2014; Duxbury, 2000; MTD Training, 2010b)”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 298

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #41

Injury to which area of the spinal cord would most likely result in tetraplegia?

- A. Thoracic
- B. Lumbar
- C. Sacral
- D. Cervical

**Item #41**

**Correct Answer: D**

**Rationale:** “The level of injury is used in rehabilitation to describe two classifications: Injury to C1-C8 results in tetraplegia while injury to T1-S5 results in paraplegia.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 140

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process



## Item #42

Which form should a CTRS complete when two clients run away on a community outing?

- A. Incident report
- B. Revised treatment plan
- C. Liability report

**Item #42**

**Correct Answer: A**

**Rationale:** “Examples of incidents that must be reported include client injury or death, broken equipment, runaway client, medication error, child abduction, patient falls. Incident reports are completed immediately following the incident and submitted to the appropriate person.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 275

**Content Area:** 5. Evaluation and Documentation: Objective 5.02. Document program and client incident

## Item #43

At what point during treatment should the CTRS initiate a transition plan?

- A. During the first few days of service in the program at the agency
- B. After successfully completing a community integration checklist
- C. Upon notice of a discharge date from the insurance company
- D. When the client shows positive signs of acceptance of medical condition

### ***Item #43***

#### **Correct Answer: A**

**Rationale:** “Transition planning, also called discharge planning (particularly in inpatient, outpatient, and residential facilities), is a vital part of the therapeutic recreation process. While transition occurs toward the end of the therapeutic recreation process, planning for discharge and transition should begin during the first few days of service (Bullock & Mahon, 1997; Shank & Coyle, 2002).”

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 356

**Content Area:** 5. Evaluation and Documentation: Objective 5.01. Document client progress

## Item #44

Which intervention can be used for a client functioning at Level 4 on the Rancho Los Amigos Scale?

- A. Community reintegration
- B. One-to-one activities in a quiet environment
- C. Participation in a group activity
- D. Consistent verbal reorientation of the client's name



**Item #44**

**Correct Answer: B**

**Rationale:** “Level IV, V, VI: post-traumatic amnesia stage: confused, agitated, somewhat purposeful behavior; inability to process information, distractible.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 143

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #45

Which reflects the purpose of therapeutic recreation services in an outpatient day treatment program for clients with traumatic brain injury (TBI)?

- A. Physical reconditioning and stabilization
- B. Reintegration into the community
- C. Assessment of communication skills
- D. Development of activities of daily living skills

***Item #45***

**Correct Answer: B**

**Rationale:** “TRSs design programs that focus on helping clients reintegrate into the community, become aware of community resources, develop physical well-being, develop and maintain support systems, and restructure cognitive patterns.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 145

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #46

Which area is important for a supervisor to focus on when providing clinical supervision to a CTRS to improve overall competence in providing treatment?

- A. Skills and knowledge in providing interventions
- B. Articulation of treatment strategies in team meetings
- C. Consistency in following policies and procedures

**Item #46**

**Correct Answer: A**

**Rationale:** “Clinical supervision is an ongoing relationship with a mentor or group of **mentors** that focuses on the helping relationship to improve the therapist’s skills and ensure the well-being of the participant during recreational therapy interventions (Anderson & Heyne, 2021; Austin et al., 2016). Clinical supervision is focused on the provision of services **to clients** while managerial supervision (coaching) is concerned with overseeing the staff member’s work in the unit and organization and directing this work according to procedures and professional expectations (Austin et al., 2016; Jones & Harvey, 2008).”

**Reference:** O’Morrow, GS., Carter, MJ., Smith, CG. (2022). Effective Management in Therapeutic Recreation Service. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 282

**Content Area:** 6. Administration: Objective 6.02. Assign and monitor personnel



## Item #47

Which behavior strategy would a CTRS use during therapeutic recreation interventions?

- A. Cognitive restructuring
- B. Assertiveness training
- C. Modeling
- D. Resocialization

***Item #47***

**Correct Answer: C**

**Rationale:** “Exhibit 3.6: Overview of Specific Behavior Strategies: Modeling: Establishment of an adaptive response by rewarding the client’s imitation of that response as modeled by another person.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 72

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #48

Which leadership style is a CTRS most likely to use when teaching clients with an intellectual disability a new leisure skill?

- A. Autocratic
- B. Democratic
- C. Laissez-faire

**Item #48**

**Correct Answer: A**

**Rationale:** "Autocratic leadership is a directive style of leadership. The autocratic leader supposedly has superior knowledge and expertise. This leader makes all decisions and expects obedience from others. All authority and responsibility remain with the leader. Autocratic leaders allow minimal group participation. There is never any question as to who is in charge. Democratic leadership is a shared leadership style. It involves others in decision making. The leader draws on group members for ideas, thus creating a feeling of participation and teamwork. Authority is often delegated to others. Under democratic leadership, people sense that their participation is important. Laissez-faire leadership is an open and permissive approach. The leader does not exercise authority. Instead, they use minimal control so that participants can take on responsibility for decision making. Laissez-faire leadership is participative, and client centered."

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 335

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #49

Which instructional principle is being used if the CTRS shows a client an example of a finished project and introduces the client to others at various stages of project completion?

- A. Timing affects learning
- B. Reinforcement strengthens learning
- C. Modeling can enhance learning
- D. Move from the simple to the complex



## ***Item #49***

### **Correct Answer: C**

**Rationale:** “Imitation and modeling can enhance learning. When making projects, clients should be shown models or examples of what they will produce at the end of the learning experience. Social behaviors for adults and play behaviors for children can be gained more quickly if the learner sees a model demonstrate the desired behavior.”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 386

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #50

What characteristic makes therapeutic recreation different from special recreation?

- A. Qualified recreation staff
- B. Variety in programming
- C. Individualized treatment planning
- D. Program evaluation

**Item #50**

**Correct Answer: C**

**Rationale:** “Special Recreation is the provision of recreation programs and services that are provided for people who require special accommodations because of unique needs they have owing to some physical, cognitive, or psychological disability. Therapeutic Recreation is the purposive use of recreation/recreative experiences by qualified professionals to promote independent functioning and to enhance optimal health and well-being of people with illnesses and/or disabling conditions.”  
“Therapeutic Recreation is concerned with recreation and treatment.”

**Reference:** Bullock, CC., Mahon, MJ. (2017). Introduction to Recreation Services for People with Disabilities: A Person-Centered Approach. 4<sup>th</sup> ed. Champaign, IL: Sagamore Publishing. pg. 108-109

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #51

What is the most important benefit of writing progress notes?

- A. Allows the CTRS to evaluate clients
- B. Provides a tool to select goals
- C. Helps to plan programs

## ***Item #51***

### **Correct Answer: A**

**Rationale:** “Charting is the concise, accurate, factual, written documentation and communication of occurrences and situations pertaining to a particular client” (Hoozer et al., 1982, p. 13). Every RT activity should be documented with information on clients’ conditions or status, their progress, the delivery of their treatment or care program, and their responses to it, at a specific place on a given date and time (F. Wong, 2009). This documentation should be clear, concise, complete, accurate, and up to date (Asmirajanti et al., 2019).”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 374

**Content Area:** 6. Administration: Objective 6.01. Maintain department documentation



## Item #52

Which method should be used for recording the frequency of a specific behavior?

- A. Tally
- B. Duration
- C. Interval recordings
- D. Instantaneous time sampling

**Item #52**

**Correct Answer: A**

**Rationale:** “Determine which scoring system suits the purpose of the observation. There are four basic types of observational recording systems: tally, duration, interval, and instantaneous time sampling. Tally systems record the frequency of a behavior. Duration systems record the length of time of a behavior. Interval recording systems measure both frequency and duration. Instantaneous time sampling is reserved for instances when continuous observation is not possible and periodic checks are used. Each system has its own benefits and drawbacks, and the choice depends on the purpose of the observation and the expertise of the TRS (see Stumbo, 2002).”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 229

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

### Item #53

Which verbal response should a CTRS use when a client repeatedly complains of loneliness, boredom and being ignored by friends and family?

- A. Probing
- B. Informing
- C. Self-disclosing
- D. Confronting

## ***Item #53***

### **Correct Answer: A**

**Rationale:** “Probing involves the helper asking a question that is directed toward yielding information to gain empathetic understanding. Probes are open-ended questions requiring more than a yes or no reply. The helper can use probes such as “Tell me more,” “Let’s talk about that,” and “I’m wondering about. . .” (Okun & Kantrowitz, 2008).”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 302

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #54

Which area does cognitive retraining focus on?

- A. Reality orientation
- B. Assertiveness training
- C. Executive functioning



**Item #54**

**Correct Answer: C**

**Rationale:** “Consequently, people who have experienced brain damage from strokes or head injuries or as a result of a progressive neurological disease like multiple sclerosis or Alzheimer’s disease often require significant retraining of cognitive and behavioral functions such as long- and/or short-term memory, social skills, visual-spatial skills, concentration, perception, planning, judgment, and communication (Porter, 2016a).”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 72-73

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #55

Which facilitation technique can be used with a client who is mildly confused?

- A. Reality orientation
- B. Remotivation training
- C. Behavior modification
- D. Validation therapy

***Item #55***

**Correct Answer: A**

**Rationale:** “Reality Orientation (RO) is used with clients who show signs of disorientation, confusion, and memory loss.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 73

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #56

Which behavior modification process uses successive approximations of a desired terminal behavior?

- A. Forward chaining
- B. Sequencing
- C. Extinction
- D. Shaping

**Item #56**

**Correct Answer: D**

**Rationale:** “Exhibit 3.6 Overview of Specific Behavior Strategies – Shaping: Reinforcement of approximations of desired behavior until the desired behavior is reached.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 72

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services



## Item #57

According to the standards of practice, what should a CTRS do when developing and documenting an individual treatment plan?

- A. Create broad goals and objectives with a wide range of possible outcomes to ensure achievement within treatment
- B. Identify measurable goals and objective and treatment intervention strategies
- C. Provide a copy of the treatment plan for the client's family members to minimize objections

***Item #57***

**Correct Answer: B**

**Rationale:** “The written plan of operation: 2.1.5 Documents that the individualized treatment plan includes measurable, functional outcome goals, described in behavioral terms that provide a time frame for achievement.”

**Reference:** ATRA. (2015). Standards for the Practice of Therapeutic Recreation & Self-Assessment Guide. pg. 19

**Content Area:** 1. Professionalism: Objective 1.02. Maintain professional competency

## Item #58

Which aspect of professionalism includes maintaining competencies, client autonomy, and client confidentiality?

- A. Knowledge
- B. Ethics
- C. Morals
- D. Skills

**Item #58**

**Correct Answer: B**

**Rationale:** “Ethical principles of autonomy, beneficence, non-maleficence, and justice are used to guide our moral reasoning in recreational therapy practice. Moral rules are derived from principles and provide further guidance to our decision-making as we work with participants. They include veracity, fidelity, confidentiality, and privacy. When we find ourselves in moral or ethical dilemmas, we draw on codes of ethics to help us choose our actions.”

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 440

**Content Area:** 1. Professionalism: Objective 1.02. Maintain professional competency

## Item #59

Which area is least important to a CTRS who is attempting to deliver culturally relevant programming?

- A. Language comprehension
- B. Specific behaviors
- C. Family values
- D. Socioeconomic conditions



**Item #59**

**Correct Answer: D**

**Rationale:** “Cultural competence is defined as being able to work effectively with cultures other than your own by using a set of behaviors, attitudes, and policies that are congruent with that culture (Cross et al., 1989). To break this down further, “culture” refers to integrated patterns of human behavior that include the language, thoughts, actions, customs, beliefs, and institutions of racial, ethnic, social, or religious groups. “Competence” implies having the capacity to function effectively as an individual or an organization within the context of the cultural beliefs, practices, and needs presented by people and their communities (American Association of Medical Colleges, 2005; Cross et al., 1989).”

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 6

**Content Area:** 1. Professionalism: Objective 1.02. Maintain professional competency

## Item #60

Which new symptom should a CTRS consider when designing programs for clients who have progressed to the middle stages of Alzheimer's disease?

- A. Memory problems
- B. Inability to cope with new or unexpected situations
- C. Speed with which tasks are completed
- D. Tendency to get lost in the environment

***Item #60***

**Correct Answer: B**

**Rationale:** “Moderate Alzheimer’s disease (middle stage) – inability to learn new things or cope with new or unexpected situations.”

**Reference:** McGuire, FA., Boyd, RK., Janke, M., Ayvar-Damali, B. (2013). Leisure and Aging Ulyssean Living in Later Life. 5<sup>th</sup> ed. Urbana, IL. Sagamore Publishing. pg. 104

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care

## Item #61

What type of interaction pattern does a client display when playing solitaire?

- A. Unilateral
- B. Interindividual
- C. Intraindividual
- D. Extraindividual

***Item #61***

**Correct Answer: D**

**Rationale:** "Extraindividual: Actions directed by a person to an object in the environment requiring no contact with another person (e.g., watching TV, playing Solitaire, crafts, computer games)"

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 298

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services



## Item #62

When reporting at a treatment team meeting, what information should a CTRS share on interventions designed to improve a client's cognitive functioning?

- A. Improved dexterity skills
- B. Increased conversational skills
- C. Enhanced problem-solving skills

***Item #62***

**Correct Answer: C**

**Rationale:** “Exhibit 4.1 Assessment Categories in Recreational Therapy Instruments – Cognitive Behaviors are displayed in thought processes, intellectual functioning, learning and knowing.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 90

**Content Area:** 1. Professionalism: Objective 1.01. Develop professional relationships

## Item #63

Which situation best illustrates a client's leisure involvement based on an internal locus of control?

- A. Going on a camping trip because the family selected it for vacation this year
- B. Playing on a softball team because the client finds it enjoyable
- C. Enrolling in a college course to please the client's parents

**Item #63**

**Correct Answer: B**

**Rationale:** “Internal locus of control implies that the individual has the orientation that they are responsible for the behavior and outcomes they produce.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 381

**Content Area:** 3. Planning: Objective 3.01. Develop individualized plan of care

## Item #64

Which therapeutic approach is being used by a CTRS who allows a client with dementia to express frustrations related to the client's perception of being ignored by staff?

- A. Reality orientation
- B. Remotivation
- C. Validation therapy
- D. Reminiscence



**Item #64**

**Correct Answer: C**

**Rationale:** “The main qualities a validation therapist needs are having the ability to accept people who are disoriented and being empathetic toward them. Feil (2002) listed 14 techniques for therapists to employ. Some of these are merely widely accepted counseling techniques, such as maintaining eye contact, employing rephrasing in responding, speaking with a gentle caring tone of voice, responding in general terms when meanings are unclear, using appropriate touch, and avoiding why questions (Scales et al., 2018). Other techniques such as mirroring motions and emotions and employing extreme examples of client complaints are unique to validation therapy.”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 247-248

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #65

According to standards of practice, which individual is the best collaborator for a CTRS during a client's discharge process?

- A. Insurance company
- B. Social worker
- C. Community referral agency

***Item #65***

**Correct Answer: B**

**Rationale:** “The recreational therapist develops a discharge plan in collaboration with the patient/client, family, significant other and treatment team members in order to discharge the patient/client or to continue treatment and aftercare, as needed.”

**Reference:** ATRA. (2015). Standards for the Practice of Therapeutic Recreation & Self-Assessment Guide. pg. 27

**Content Area:** 1. Professionalism: Objective 1.01. Develop professional relationships

## Item #66

Which strategy would be the most effective way to change someone's negative attitude about people with disabilities?

- A. Encourage the person to positively interact with and build relationships with people with disabilities
- B. Assist the person in a role-play scenario, such as using a wheelchair for an hour to experience what it is like to have a disability
- C. Encourage the person to do research on common disabilities to understand people with disabilities

**Item #66**

**Correct Answer: A**

**Rationale:** “There are at least three ways to enhance the possibility of changing attitudes toward people with disabilities: 1) Personal contact and interaction with people who have disabilities seems to be the most effective way to change attitudes. To be in the presence of and to interact with anyone is the best way to get to know and understand him.”

**Reference:** Bullock, CC., Mahon, MJ. (2017). Introduction to Recreation Services for People with Disabilities: A Person-Centered Approach. 4<sup>th</sup> ed. Urbana, IL: Sagamore Publishing. pg. 83

**Content Area:** 3. Planning: Objective 3.01. Develop individualized plan of care



## Item #67

Which adaptation can be used by a CTRS when leading a wheelchair basketball session for a group of adolescents who are learning to maneuver sports wheelchairs?

- A. Use a smaller ball
- B. Shorten the game time
- C. Reduce the size of the court
- D. Increase the size of the net

***Item #67***

**Correct Answer: C**

**Rationale:** “For those with limited endurance, we use a half-court version to reduce the amount of running.”

**Reference:** Dattilo, J., McKenney, A. (2023) Facilitation Techniques in Therapeutic Recreation. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 118-119

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #68

Which approach is the CTRS using when considering a client's current diagnosis, strengths, and abilities?

- A. Holistic
- B. Psychosocial
- C. Multidisciplinary

***Item #68***

**Correct Answer: A**

**Rationale:** “One of the many gifts recreation therapists bring to health and human services is a holistic perspective. We see the psychological, cognitive, social, emotional, physical, and spiritual dimensions of a person, as well as the potential that individuals have for involvement in a variety of recreation and other kinds of environments.”

**Reference:** Anderson, L., Heyne, L. (2021). Therapeutic Recreation Practice: A Strengths Approach. 2<sup>nd</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 160

**Content Area:** 3. Planning: Objective 3.01. Develop individualized plan of care

## Item #69

Which service setting is a CTRS working in when reviewing the client's Functional Independence Measure (FIM) score and intake summary prior to conducting an assessment?

- A. Acute care
- B. Behavioral health care
- C. Outpatient ambulatory services
- D. Physical rehabilitation



**Item #69**

**Correct Answer: D**

**Rationale:** “The Functional Independence Measure was first developed at the University of Buffalo as an interdisciplinary reporting tool used to measure outcomes of rehabilitation therapies for individual with spinal cord injuries.”

**Reference:** burlingame, j., Blaschko, TM. (2010). Assessment Tools for Recreational Therapy. 4<sup>th</sup> ed. Ravensdale, WA: Idyll Arbor. pg. 190

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #70

Which domain is a CTRS assessing when asking a client to remember and then repeat back three items shown in a program?

- A. Affective
- B. Social
- C. Cognitive

***Item #70***

**Correct Answer: C**

**Rationale:** “Cognitive examples of functional abilities include memory, orientation, attention span, reading ability, ability to follow directions and other mental functions that are prerequisites to leisure behavior.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 33

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care

## Item #71

In which domain should a CTRS develop a treatment goal if the client has a flat affect and periodic crying episodes?

- A. Social
- B. Affective
- C. Cognitive

***Item #71***

**Correct Answer: B**

**Rationale:** “Examples of emotional or affective functional abilities include such things as anger management, emotional control and emotional expression.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 33-34

**Content Area:** 2. Assessment: Objective 2.02. Apply assessment data to plan care



## Item #72

Which theory related to successful aging suggests that activities and relationships that have been maintained over a long period in an individual's life are the ones most likely to contribute to well-being?

- A. Continuity
- B. Disengagement
- C. Activity
- D. Retirement

**Item #72**

**Correct Answer: A**

**Rationale:** “Atchley (1989, 1999) further explained that older adults make adaptive choices tied to their past experiences that allow them to maintain internal and external structures. Internal continuity refers to the person’s personality, emotions, and experiences. External continuity relates to the environment and roles occupied by the person. The desire for continuity is shaped by society’s approval and the individual’s preferences (Atchley, 1989). Atchley (1989) describes degrees of continuity (too little, too much, or optimal). The optimal amount of continuity involves just enough challenge for change but not so much that the individual is overwhelmed.”

**Reference:** Richeson, NE., Kemeny, B. (2019). Recreational Therapy for Older Adults. Champaign, IL: Sagamore-Venture Publishing. pg. 105-106

**Content Area:** 3. Planning: Objective 3.01. Develop individualized plan of care

## Item #73

What does the leisure education component of the Leisure Ability model focus on?

- A. Leisure behavior can change upon acquisition of new knowledge, attitudes and abilities
- B. Leisure should be taught as a course through the education system because of its complexity
- C. Leisure involvement should be increased for all disabling conditions
- D. Leisure is defined by a client's repertoire of activity skills

## ***Item #73***

### **Correct Answer: A**

**Rationale:** “Leisure education is a broad category of services that focuses on the development and acquisition of various leisure-related skills, attitudes, and knowledge. The establishment and expression of an appropriate leisure lifestyle appears to be dependent on the acquisition of diverse knowledge and skills.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 38

**Content Area:** 3. Planning: Objective 3.01. Develop individualized plan of care

## Item #74

A client with cognitive impairments is learning the sequence of bowling. After the CTRS breaks the task into teachable components, which reinforcement technique should the CTRS use to teach this skill?

- A. Fading
- B. Shaping
- C. Chaining
- D. Extinction



***Item #74***

**Correct Answer: C**

**Rationale:** “Chaining is an associated concept that involves linking one learned response with another for a more complex response.”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 10

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #75

A CTRS who is working in a long-term care facility develops "life history albums" for clients with dementia of the Alzheimer's type. The CTRS schedules a weekly session with each client and reviews the client's album. Which intervention technique is the CTRS using?

- A. Sensory stimulation
- B. Reminiscence therapy
- C. Reality orientation
- D. Cognitive retraining

## ***Item #75***

**Correct Answer: B**

**Rationale:** “Reminiscence is a volitional or non-volitional process of recollecting memories serving as a connection between our present and our past. Reminiscence is a way of discussing our life that can occur as an unstructured or structured process occurring alone, with another person, or in a group (Buchanan et al., 2002).”

**Reference:** Dattilo, J., McKenney, A. (2023) Facilitation Techniques in Therapeutic Recreation. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 347

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services

## Item #76

A client who has autism has registered for a fitness class at a local community recreation center. What should the CTRS do to ensure the client is successful in the program?

- A. Inform the participants that there will be a person with a disability in the class
- B. Conduct an assessment to see if accommodations are required
- C. Inform the instructor that the music will need to be kept at a lower level
- D. Request that the client bring another person to support them during the class

## ***Item #76***

**Correct Answer: B**

**Rationale:** “The person-centered approach to assessing personal needs is gathering recognition in leisure settings and beyond (Bradley, Ashbaugh, & Blaney, 1994; Bullock, Mahon, & Killingsworth, 2010; Cipriano, 1998). Personal strength assessment is an important first step for the programs that help individuals to flourish.”

**Reference:** Austin, DR., Lee, Y. (2013). Inclusive and Special Recreation: Opportunities for Diverse Populations to Flourish. 6<sup>th</sup> ed. Urbana, IL: Sagamore Publishing. pg. 234

**Content Area:** 3. Planning: Objective 3.02. Design program services



## Item #77

What should be the first step when developing a risk management program?

- A. Write new policies to minimize risks
- B. Identify possible and current risks
- C. Review a risk management protocol
- D. Educate staff about risk prevention

**Item #77**

**Correct Answer: B**

**Rationale:** “Risk and safety management programs begin by identifying, analyzing, and evaluating risks, threats, and hazards; this is followed by classifying and prioritizing the concern(s); and concludes with implementing and monitoring a plan to confront, reduce and prevent risks, threats, and hazards (these components are identified in Figure 14.1) (Moiseichik & Young, 2019).”

**Reference:** O’Morrow, GS., Carter, MJ., Smith, CG. (2022). Effective Management in Therapeutic Recreation Service. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 291

**Content Area:** 4. Implementation: Objective 4.02. Adhere to risk management protocols

## Item #78

Which type of analysis has been completed if a CTRS develops a list of steps involved in an activity and then places them in proper sequence?

- A. Task
- B. Content
- C. Activity
- D. Behavioral

## ***Item #78***

### **Correct Answer: A**

**Rationale:** “Task analysis involves breaking down an event or larger behavior into smaller, discrete, and specific sub-behaviors that are to be performed in a particular order. A task analysis helps the TRS examine and teach each smaller behavior so that it can be learned and taught more easily.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 167

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #79

Which facilitation technique is most frequently used to assist clients in acquiring social interaction skills?

- A. Counseling techniques
- B. Instructional strategies
- C. Processing techniques
- D. Debriefing strategies



**Item #79**

**Correct Answer: B**

**Rationale:** “When developing and implementing programs that focus on the acquisition of interaction skills, the TRS functions in the role of educator. The interventions and facilitation techniques are selected from various instructional strategies. Although a TRS can counsel a client regarding the need for interaction skills, the actual acquisition of those skills involves a learning process. Thus, instructional techniques are the most frequently used facilitation techniques with social interaction skill development programs.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 44

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #80

Which piece of adaptive equipment can a client with a C4 complete spinal cord injury use to paint?

- A. Mouth stick
- B. Wrist splint
- C. Dycem mat
- D. Universal cuff

***Item #80***

**Correct Answer: A**

**Rationale:** “C4-neck and diaphragm control; can manipulate power wheelchair with sip-and-puff mechanism or head controls; sip-and-puff activities include power soccer; mouth-stick activities include painting, use of table computer.”

**Reference:** Carter, MJ., Van Andel, GE. (2020). Therapeutic Recreation: A Practical Approach. 5<sup>th</sup> ed. Prospect Long Grove, IL: Waveland Press. pg. 142

**Content Area:** 3. Planning: Objective 3.02. Design program services

## Item #81

What role is a CTRS using when counseling and guiding a group of clients in selecting leisure activities?

- A. Observer
- B. Advisor
- C. Enabler
- D. Initiator

**Item #81**

**Correct Answer: B**

**Rationale:** “There are eight diverse roles that the recreational therapist can assume: controller, **director, instigator**, stimulator, educator, advisor, observer, and enabler (Avedon, 1974). The controller exercises a high level of control over clients, making all decisions regarding the activities of the group. The director still holds most of the power and leads the activities of the group but allows clients latitude in decision making. The instigator incites action on the part of the group and then withdraws, leaving the group members in control. The stimulator begins activities by generating interest on the part of clients and then helps maintain this interest by encouraging participation. The educator instructs clients in activities and social skills. The advisor provides counseling and guidance to clients. The observer provides leadership by their presence and evaluates and reacts to clients’ responses. The enabler role fits well into the laissez-faire style, in which the leader simply provides opportunities for participation in activities that clients determine.”

**Reference:** Austin, DR., Dawson, S. (2023). Therapeutic Recreation: Processes and Techniques. 9<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 337

**Content Area:** 4. Implementation: Objective 4.01. Deliver program services



## Item #82

Which risk management strategy involves increasing liability insurance coverage to cover anticipated incidents?

- A. Avoidance
- B. Transference
- C. Reduction
- D. Retention

## ***Item #82***

**Correct Answer: D**

**Rationale:** “The keeping of risk is retention (e.g., fee adjustments, self-insurance). There will always be risk, and the organization accepts there might be an unexpected occurrence, yet harm might not be significant or often enough to be of major concern e.g., abrasions from being hit by a ball or falling while flying a kite.”

**Reference:** O’Morrow, GS., Carter, MJ., Smith, CG. (2022). Effective Management in Therapeutic Recreation Service. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 295

**Content Area:** 4. Implementation: Objective 4.02. Adhere to risk management protocols

## Item #83

Which is an example of risk transfer?

- A. Hold harmless clause
- B. Qualified staff
- C. Preventative maintenance
- D. Program cancellation

**Item #83**

**Correct Answer: A**

**Rationale:** “Transference is having the responsibility of risk carried by others through, for example, family insurance, contracting the service, leasing equipment, purchasing bonds, or use of agreements to participate with hold harmless clauses (Moiseichik & Young, 2019).”

**Reference:** O’Morrow, GS., Carter, MJ., Smith, CG. (2022). Effective Management in Therapeutic Recreation Service. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 295

**Content Area:** 4. Implementation: Objective 4.02. Adhere to risk management protocols

## Item #84

Which assessment measurement includes stability, equivalency, and internal consistency?

- A. Usability
- B. Reliability
- C. Validity



## ***Item #84***

**Correct Answer: B**

**Rationale:** “Reliability of test scores can be estimated in three ways: stability measures (How stable is the instrument over time?), equivalency measures (How closely correlated are two or more forms of the same assessment?), and internal consistency measures (How closely are items on the assessment related?).”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 210

**Content Area:** 2. Assessment: Objective 2.01. Conduct the assessment process

## Item #85

In which document would a CTRS find the comprehensive management tool that delineates all aspects and functions of a therapeutic recreation department?

- A. Code of Ethics
- B. Standards of Practice
- C. Written plan of operation
- D. New staff orientation manual

**Item #85**

**Correct Answer: C**

**Rationale:** “The major purpose of designing a TR written plan of operation is to ensure high-quality client care. The assumption is that the delivery of high-quality client care is facilitated greatly when administrative goals and procedures assist specialists in implementing high-quality client services. A written plan of operation documents these concerns.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 115-116

**Content Area:** 6. Administration: Objective 6.01. Maintain department documentation

## Item #86

Which variables are essential in the marketing of therapeutic recreation services?

- A. Price, promotion, product, and place
- B. Planning, proposal, programming, and promotion
- C. Needs assessment, proposal, promotion, and programming

**Item #86**

**Correct Answer: A**

**Rationale:** “The process of developing a comprehensive marketing program, effectively communicating, and delivering what the customer values incorporates the strategies managers utilize; planning, organizing, directing, and controlling. To build the customer relationship, the marketer transforms a marketing strategy into action by determining the marketing mix. The marketing mix are the tools used to implement the marketing strategy and are commonly referred to as the “Four Ps” of marketing: Product, Place, Price, and Promotion (Kotler & Armstrong, 2014).”

**Reference:** O’Morrow, GS., Carter, MJ., Smith, CG. (2022). Effective Management in Therapeutic Recreation Service. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 124

**Content Area:** 1. Professionalism: Objective 1.01. Develop professional relationships



## Item #87

Which process is being used when a CTRS reads a systematic review of research findings on a specific intervention and then designs a program using the information?

- A. Program planning
- B. Clinical practice
- C. Protocol development
- D. Evidence-based practice

***Item #87***

**Correct Answer: D**

**Rationale:** “EBP provides a strong connection between research results (the greater the quantity and quality of studies, the better) and programs and services delivered to clients. Using the best research information possible in addressing client needs and getting to client outcomes is the overall aim of EBP.”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 71

**Content Area:** 1. Professionalism: Objective 1.02. Maintain professional competency

## Item #88

What is a CTRS determining when collecting baseline, progress, and outcome data on a client's performance during therapeutic recreation programs?

- A. Efficacy
- B. Continuity
- C. Objectives
- D. Goals

## ***Item #88***

### **Correct Answer: A**

**Rationale:** “Evidence-based practice can be described as the selection of treatments for which there is some evidence of efficacy” (Denton et al., 2002, p. 40). The use of EBP should increase each professional’s confidence that the services they provide are the most meaningful, most targeted, and most successful approaches possible (Stumbo, 2003d). EBP means conducting or using research results to inform the design and delivery of TR practice (McCormick & Lee, 2001).”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 71

**Content Area:** 6. Administration: Objective 6.01. Maintain department documentation

## Item #89

In a continuous quality improvement program, which area is an example of risk management?

- A. Monitoring the tardiness of volunteers
- B. Monitoring community trip incident reports
- C. Assuring that all bicycles are returned to the equipment room
- D. Monitoring staff attendance at professional development conferences



***Item #89***

**Correct Answer: B**

**Rationale:** “Risk management is a component of quality management that identifies, analyzes, and evaluates risk, then develops a plan to reduce the frequency and severity of accidents and injuries.”

**Reference:** O’Morrow, GS., Carter, MJ., Smith, CG. (2022). Effective Management in Therapeutic Recreation Service. 4<sup>th</sup> ed. Champaign, IL: Sagamore-Venture Publishing. pg. 290-291

**Content Area:** 5. Evaluation and Documentation: Objective 5.02. Document program and client incident

## Item #90

What type of format should a CTRS use when documenting an incident?

- A. Lengthy and complex
- B. Accurate and detailed
- C. Standardized and intricate
- D. Brief and factual

**Item #90**

**Correct Answer: D**

**Rationale:** “However, incident reports are typically not included in the person’s medical record (RNABC, 2003; Springhouse Corporation, 1999) they should include: 1) Patient name, ID number, date of birth, 2) Date and time of incident, 3) Location of incident, 4) Brief, factual description of incident, 5) Name and contact details of any witnesses, 6) Harm caused, if any, 7) Action taken at the time, 8) Name and contact details of the person reporting the incident. (Fetherson, 2015)”

**Reference:** Stumbo, NJ., Peterson, C. (2021). Therapeutic Recreation Program Design: Principles and Procedures. 6th ed. Champaign, IL: Sagamore-Venture Publishing. pg. 275

**Content Area:** 5. Evaluation and Documentation: Objective 5.02. Document program and client incident

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