

1) A client states: "I don't want to try this new activity because I don't think I can do it." Which statement is an example of a CTRS 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?"

Exam Content Area: IA4 Foundational Knowledge - Principles of group dynamics/leadership

2) What is the most important concern when a CTRS is designing an aquatic therapy program for a client with multiple sclerosis?

- A Intensity and duration of the swimming class
- B Availability of adaptive equipment
- C Number of clients in the group
- D Client's leisure interests

Exam Content Area: IV1 Implementation – Selection of programs, activities and interventions

3) Which pattern of behavior will a client with bipolar disorder most likely exhibit?

- A Minor disturbance 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

Exam Content Area: IC3 Foundational Knowledge – Psychiatric disorders/related impairments

4) Which behavior is characterized by passivity and dependence on others?

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

Exam Content Area: IA2 Foundational Knowledge – Theories of human behavior

5) 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

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

6) 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

Exam Content Area: IIA4 Assessment Process – Criteria for selection of assessment

- 7) All of the following observations may be used to assess affective domain EXCEPT
- A length of attention span
 - B amount of self-disclosure
 - C expressions of self-valuation
 - D statements about the future

Exam Content Area: IIB5 Assessment Process – Affective assessment

8) In which section of a SOAP 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 Analysis
- D Plan

Exam Content Area: III4 Documentation – Progress/functional status

9) When should progress notes should be written?

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

Exam Content Area: III4 Documentation – Progress/functional status

10) Which intervention technique can be used with a 1-year old child diagnosed as “failing to thrive”?

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

Exam Content Area: IV1 Implementation – Selection of programs, activities and interventions

11) Which adaptive device can be used for a client with minor impairment of fine motor skills?

- A Universal cuff
- B Electronic page turner
- C Mouth stick
- D Built-up paintbrush

Exam Content Area: IV3 Implementation – Activity modifications

12) An 8-year old client who is being treated for a traumatic brain injury (TBI) in a hospital is referred to the therapeutic recreation program. The CTRS notices the client’s inability to concentrate when playing games and difficulty understanding simple oral or written directions. Based on these observations, the CTRS’s best course of action is 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

Exam Content Area: IV8 Implementation – Role/function of other health/human service

13) Which domain is being assessed when a CTRS is observing a client's ability to follow simple directions?

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

Exam Content Area: IIB5 Assessment Process – Cognitive assessment

14) 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

Exam Content Area: VI5 Advancement of the Profession – PR, promotion and marketing

15) Which of the following behavioral objective is written correctly?

- 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.

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

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