



# **Secrets of the NATA-BOC Exam Study Guide: NATA-BOC Test Review for the Board of Certification Candidate Examination**

*NATA-BOC Exam Secrets Test Prep Team*

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\*\*\*Includes Practice Test Questions\*\*\*

**Get the test prep help you need to become a Certified Athletic Trainer (ATC).**

The NATA-BOC exam is extremely challenging and thorough test preparation is essential for success. *Secrets of the NATA-BOC Exam Study Guide* is the ideal prep solution for anyone who wants to pass the NATA-BOC exam.

Not only does it provide a comprehensive guide to the NATA-BOC exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

*Secrets of the NATA-BOC Exam Study Guide* includes:

- A thorough overview of knowledge needed to pass the National Athletic Trainers' Association Board of Certification Candidate examination
- An exhaustive guide to injury and illness prevention and wellness protection
- An analysis of clinical evaluation and diagnosis
- A complete review of immediate and emergency care
- An in-depth look at treatment and rehabilitation
- A detailed study of organizational and professional health and well-being
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the National Athletic Trainers' Association (NATA) Board of Certification (BOC) expects you to have mastered before sitting for the exam.

**The Injury/Illness Prevention and Wellness Protection section includes:**

- Heat-related illness
- Eating disorders
- Drug and alcohol abuse
- Warm-up exercises
- Diet
- PPE
- Minimizing injury
- Safety hazards

**The Clinical Evaluation and Diagnosis section includes:**

- Medical History
- Classification of injuries

- Examination techniques
- Balance
- Cranial nerve
- Rotator cuff injury
- Concussions
- Revised trauma scoring system

**The Immediate and Emergency Care section includes:**

- Heat stress and heat exhaustion
- Cardiac arrest and CPR
- Spinal cord injuries
- Taping and bandaging
- Pain
- Wound healing
- Small cuts and lacerations
- Fractures

**The Treatment and Rehabilitation section includes:**

- Normal range of motion
- Rehabilitation
- Aquatic therapy
- Increase flexibility
- Progression of strengthening exercises
- Isotonic strengthening exercises
- Sports massage
- Reassessing

**The Organizational and Professional Health and Well-Being section includes:**

- Strategic action plan
- Risk management
- Informed consent and waivers
- Criteria for standard of care
- Planning and designing facilities
- Management styles
- Medical records
- Burnout

These sections are full of specific and detailed information that will be key to passing the NATA-BOC exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual NATA-BOC exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

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