



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

By NATA-BOC Exam Secrets Test Prep Team

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This **NATA-BOC study guide** includes NATA-BOC practice test questions. Our study guide contains easy-to-read essential summaries that highlight the key areas of the NATA-BOC test. Mometrix's NATA-BOC test study guide reviews the most important components of the NATA-BOC exam.

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

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.

NATA-BOC Exam Secrets 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

The Injury/Illness Prevention and Wellness Protection section includes:

- Heat-related illness
- Eating disorders
- Drug and alcohol abuse
- Warm-up exercises
- Diet

- 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.

- NATA-BOC test prep book that provides a comprehensive review for the NATA-BOC test.
- NATA-BOC exam prep that will help you elevate your NATA-BOC test score.
- NATA-BOC practice test questions and much more...

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Editorial Review

Review

Our Study Guide for the NATA-BOC Test Is Unlike Any Other

If you'd like to get the NATA-BOC test score you deserve, to quit worrying about whether your NATA-BOC test score is "good enough," and to beat the test taking game so you can become a Certified Athletic Trainer (ATC), then this might be the most important message you read this year.

Our comprehensive Board of Certification Candidate Exam study guide is written by our NATA-BOC test experts, who painstakingly researched every topic and concept you need to know to pass your NATA-BOC test. Our original research into the Board of Certification Exam, offered by the National Athletic Trainers' Association (NATA) Board of Certification (BOC), reveals specific content areas and skills that are critical for you to know on the NATA-BOC test. We've taken that information and developed a study guide that is guaranteed to help you be successful on the NATA-BOC test.

Now, we know you may be skeptical, so let us give you three good reasons we can back up what we claim:

The Three Reasons To Believe What We Say

The First Reason:

Our company's name is Mometrix Test Preparation, and we have a team of standardized test researchers who have worked on developing our study guide for the NATA-BOC test. The standards for who gets to work on the team are very strict- we demand the best for our customers, and only those who met our exacting standards made the cut. The dedicated research staff have years of combined experience in mastering the content and skills necessary to succeed on the toughest exams.

The Second Reason:

Some academic studies have revealed that test takers do not really benefit from the traditional test preparation process. But we knew there had to be a solution- if test takers were not doing well on the NATA-BOC test despite high intelligence, there had to be a set of secret keys to the test that would open the door of success for these test takers.

We believe we have succeeded in finding the secret keys of the exam. What we found was surprising, and in some cases **ridiculously simple** once explained to the average test taker.

We put the findings together in a thorough, concise study guide that we believe allows any test taker, at any skill level, to **improve his or her results dramatically** with a *minimum of effort*.

The Third Reason:

We created the product in part because we were frustrated by the options available to test takers who really wanted to do well on the NATA-BOC test.

A common approach is to TEACH the material, instead of TEACHING THE TEST. That's not necessarily good enough for the NATA-BOC test- you have to know how to apply the knowledge. Most test takers already have a general knowledge of the material that will be covered on the exam.

One reason some test takers do well on the day of the test is that they have made the critical connection between the material they learned and how to use the material to succeed on the NATA-BOC test.

Our guide addresses the difference between merely knowing the material and knowing how to use the material to **perform on test day**.

You're going to save time, money, and aggravation. You'll learn to avoid the mistakes and the bad strategies that you've been vulnerable to. --Just for starters, here are some ways our product can help your score on the NATA-BOC test...

The Exclusive Test Taking Techniques

- Keys to questions that "give away" the wrong (or right) answers- You get credit for some of the questions without really even knowing anything about them
- Get quick, customized help for the questions you have- just send us a quick email and we'll get back to you promptly with the answer.
- Details the EXACT STUDY PLAN for the NATA-BOC test that we believe gives the most results in the least time- No matter if you're studying for a week or a month, you won't waste the precious study time you have on useless activities
- Our researchers are more than just academic theoreticians who understand the technical nature of standardized tests, but are also experts on test taking itself- they reveal the exact skills and the information you'll need to perform under pressure during the test.
- A systematic analysis and the best breakdown into "plain language" of how to deconstruct and master the toughest problems- You turn the problems that most of the test takers will stumble over to your advantage
- Learn why, when, and how to guess to your advantage. Many test takers use exactly the wrong strategy, but you can avoid the pitfalls with the help of our standardized test experts
- Includes instructions detailing the best way for you to get started with your preparation efforts so you can begin the path of improving your scores immediately
- The most efficient and accurate method for picking the right answer every time- You won't be scratching your head trying to read the mind of the test question writer, but will instead know exactly what to look for to pick the best answer
- Courteous, unlimited customer service is 100% free- if you need the product emailed to a different address, lose the product, or have any other difficulty- the help you need is just a short email away and our representatives are active 7 days a week helping customers
- The research of our team of test experts is 100% independent and original
- Our exclusive "calibration strategy" to help you never go too fast OR too slow when answering even the toughest questions
- The 5-step process we've developed, what we call the "phased" approach, concerning the use of the various study aids and practice tests
- How the problem of procrastination can kill your chance of success, and the most important thing you can do about it
- How to know when you've studied as much as you need to for the exam- and the reason why we think some people should spend LESS time studying for the test
- The Top 20 things you should take care of within 24 hours of taking the test- use the list we provide as a checklist to make sure you've taken care of the "little things" in addition to studying hard

- How to predict the right answer before you see the answer choices- and how to prevent the wrong answers from "polluting" your mind and tempting you into a trap designed by the test writers
- Why answers that "sound" correct are often the very ones that are wrong- and how to tell the difference between the right answer and the many clever-sounding traps set for you by the test writers
- Our "benchmark" method for deciding which of the answer choices you should pick
- How some of the random bits of information in a question often "give away" the right answer choice
- How to "milk the question" for clues to the right answer even if you have no idea what the question is asking about
- How to avoid panicking when you don't know the answer to a question- we offer a systematic method that will serve as the "lifeline" you need to minimize the time wasted on the test questions that leave you stumped --
- What to do about the tough questions that you have no clue how to answer- don't just give up, use the advice we offer to make sure you give yourself the best chance of getting the right answer
- How to use our brainstorming method to get "inside the question" and reveal the hard-to-find clues and some of the subtle things you didn't realize you knew
- Do you know what a "hedge phrase" is? Learn why looking for the key "weasel words" in the question can help identify the correct answer
- Why "new information" in the answer choices almost always means that the answer choice is wrong- and the way to avoid this trick planted by the clever test writers
- Learn to avoid this time-draining mistake on the test - why the technical terms you don't know can be a major stumbling block and waste precious time, and the way that you can work around them
- The secret to using the contextual clues in the questions and the answer choices to make important distinctions between the right and the wrong answer choices
- The two situations where you should NOT check your answers thoroughly
- How to avoid careless mistakes by using the quick "double check" system. It will more than pay for itself relative to the time it will take you
- Test writers will often quote directly from the question in an answer- learn whether this is something you should trust or avoid
- Why "extreme statements" in the answer choices are dead giveaways for wrong answers- find out how to detect the subtle differences between reasonable answers and the answers that are almost always wrong
- Learn how to group your answer choices into "families" that often narrows down the pool of correct answers- this is a quick way to immediately eliminate one or two of the answer choices and increase your odds of getting the question right

Now, you're probably wondering how and why we can do all the things we claim.

Let us explain.

Before we go any further, let us clarify what *Secrets of the NATA-BOC Exam* is not. It is not a stale rehash of all of the things you have already learned in the past.

Secrets of the NATA-BOC Exam is our exclusive collection of the tips and the information that we have specially selected to give you the best results on the NATA-BOC test for the least time spent studying. It's written in everyday language and is easy to use.

We cover the **5 essential skills** necessary to do well on the NATA-BOC test, plus **comprehensive reviews** covering all of the essential test sections individually.

Don't take our word for it. Listen to what our customers say about other Mometrix test preparation

products.

I purchased the Secrets file, and I just wanted to let you know that I aced my test. I just want to thank you again, and hope you have continued success in your ventures. Sincerely, Paul L.

My name is Chris. I used the Secrets study guide for five days. The study guide made the test so easy to understand. Like you said this program is worth 100's of dollars. To me 1,000's!! THANKS, Chris G.

I just had to thank you guys for the test prep! I bought the guide as a last minute prep, I mean maybe 5 hours before the test. Like I said, I had ZERO preparation! I was nervous about the test let alone receiving the score I needed. I read the guide through only once before test time and needless to say, the only way I passed was thanks to your refresher!! Brian

I heard about your website from a friend. I am enrolled in a review course, and in hindsight, I wish I wouldn't have taken my review course and instead spent a fraction of the money on your program. Thank you! Zac L.

You get at least 10 times your money's worth! --When you consider what's at stake with the exam, we believe the value of our study guide gives you at least ten times your money's worth.

Users Review

From reader reviews:

Luba Jacobs:

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day every day to reading a publication. The book Secrets of the NATA-BOC Exam Study Guide: NATA-BOC Test Review for the Board of Certification Candidate Examination it is very good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not too expensive but this book provides high quality.

Miguel Philip:

Secrets of the NATA-BOC Exam Study Guide: NATA-BOC Test Review for the Board of Certification Candidate Examination can be one of your beginning books that are good idea. Many of us recommend that straight away because this book has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to get every word into joy arrangement in writing Secrets of the NATA-BOC Exam Study Guide: NATA-BOC Test Review for the Board of Certification Candidate Examination however doesn't forget the main level, giving the reader the hottest in addition to based confirm resource details that maybe you can be one among it. This great information could drawn you into new stage of crucial thinking.

Leon Santiago:

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