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THIRD EDITION

# SPORTS MEDICINE

**Study Guide and Review for Boards**

**MARK A. HARRAST • JONATHAN T. FINNOFF**



# Sports Medicine Study Guide

**Nasm Cpt Exam Prep Team**

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## **Sports Medicine Study Guide:**

*Sports Medicine, Second Edition* Jonathan T. Finnoff, Mark A. Harrast, 2016-08-09 Now in its second edition *Sports Medicine Study Guide and Review for Boards* is the leading comprehensive review text surveying the breadth of non-surgical sports medicine. Covering topics pertinent to and found on the Sports Medicine board examination, the book is intended as a primary study tool for candidates preparing for the exam or recertification. All of the subject areas tested on the boards are represented, including basic science and general procedures, health promotion and preventive interventions, emergency assessment and care, and diagnosis, management and treatment of the full range of sports-related injuries and conditions. The editors have used the exam content outline as a blueprint for organizing the book so the space allotted to each chapter reflects the corresponding emphasis of the topic on the exam. For the Second Edition, all chapters have been completely revised and updated to reflect the latest information and practice guidelines. A new section devoted to Hot Topics features new chapters on regenerative medicine and sports ultrasound, two rapidly expanding areas. This edition also contains a practice test with over 250 questions to help candidates identify knowledge gaps and fine-tune test-taking skills prior to the examination. This proven resource for board review, program or practical use provides the concise, high-yield facts that residents, fellows, trainees, and clinicians in any discipline need to supplement their training in non-operative sports medicine.

**Key Features:** Written in outline format for easy access to pertinent information. Provides a comprehensive review of all topics covered on the Sports Medicine Board examination. Editors and contributors are renowned experts and teachers in the field of sports medicine and relevant medical and surgical specialties. Includes more than 100 figures and tables to illustrate key points and enhance learning. New practice test assesses clinical knowledge and assists with final preparation for boards, MOC, or in training exams.

*Sports Medicine* Mark A. Harrast, Jonathan T. Finnoff, 2021-10-25 This book is a concise, high-yield review book for anyone preparing for the sports medicine board examinations. Having personally used the second edition, the third edition's updated information and the addition of rationales and explanations for answers to the practice test will be especially useful for the studying practitioner. Doody's Review Service 4 stars. Now in its third edition, *Sports Medicine Study Guide and Review for Boards* continues as the leading review text, offering a focused survey of non-surgical sports medicine topics. Updated throughout to reflect current sports science protocols and practice, this book covers all topics related to and found on the Sports Medicine CAQ examination. Written in outline format for targeted review, the book serves as a primary study tool for candidates preparing for initial certification or recertification, as well as those wanting to supplement their training in sports medicine. Organized according to the exam blueprint, with topics weighted to reflect their emphasis on the test, sections cover all subject areas found on the boards, including basic science and general procedures, health promotion and preventative aspects, emergency assessment and care, and diagnosis, management and treatment for the full range of sports-related injuries and conditions. A final sub-section on emerging topics in the field includes chapters on regenerative

medicine sports ultrasound and a newly added chapter on exercise as medicine The book also contains a practice test of over 260 questions new to this edition with an answer key and detailed rationales for candidates to assess clinical knowledge and assist with final preparation for boards Loaded with high yield facts throughout this proven resource is fit for any student trainee or clinician preparing for boards MOC or in training exams Key Features Offers comprehensive coverage of all topics tested on the Sports Medicine CAQ examination Encourages targeted review through easy to read outline format Illustrates key points with over 100 figures and tables for enhanced learning Contains full practice test with 260 questions answers and explanations Purchase includes digital access for use on most mobile devices or computers Sports Medicine Jonathan T. Finnoff, Mark A. Harrast, 2011-11-18 Sports Medicine Study Guide and Review for Boards is a comprehensive review text surveying the breadth of nonsurgical sports medicine Covering topics pertinent to and found on the Sports Medicine board examination the book is intended as a primary study tool for candidates preparing for certification All of the subject areas tested on the boards are represented including basic science and general procedures health promotion and preventive aspects emergency assessment and care and diagnosis management and treatment of the full range of sports related injuries and conditions The editors have used the exam content outline as a blueprint for organizing the book so the space allotted to each chapter reflects the corresponding emphasis of the topic on the exam Sports Medicine also provides the concise high yield facts that residents fellows trainees and clinicians in any discipline need to supplement their training in non operative sports medicine Features of Sports Medicine Study Guide and Review for Boards Include Written in outline format for ease of use Comprehensive review of all topics covered on the Sports Medicine board examination Mirrors organization of the official exam content outline material is weighted according to space allotted on the actual test Editors and authors are noted experts and teachers in the field of sports medicine and come from multiple specialties Includes numerous figures and tables to illustrate key points and enhance learning Recommended reading for further study Can be used for board preparation or as a concise clinical text **Amssm Sports Medicine Caq Study Guide** Stephen Paul, 2012-04-01 This comprehensive resource from the American Medical Society for Sports Medicine provides two complete tests with answers explanations and up to date references Each test features 200 questions that were initially used to evaluate recent graduates of primary care sports medicine fellowship programs The tests can be used by physicians studying for the Certificate of Added Qualifications exam or fellows studying for their In Training Examinations The book is also a great tool for pre post residency test preparation and for review sessions during sports medicine rotations *AMSSM Sports Medicine CAQ Study Guide* Stephen R. Paul, Irfan M. Asif, 2015 **AMSSM Sports Medicine CAQ Study Guide , NASM CPT Study Guide 2020 and 2021** Tpb Publishing, 2020-10-15 Test Prep Books NASM CPT Study Guide 2020 and 2021 NASM Personal Training Book with Practice Test Questions for the National Academy of Sports Medicine Exam 2nd Edition Textbook Taking the NASM CPT test Want to get a good score Written by Test Prep Books this comprehensive study guide includes Quick Overview Test

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Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Technique and Training Instruction Client Relations and Behavioral Coaching Professional Development and Responsibility Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM CPT Exam The practice test questions are each followed by detailed answer explanations If you miss a question it s important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

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*Pediatric Board Study Guide* Osama I. Naga, 2019-11-06 Building upon the highly successful 1st edition this book is a comprehensive review designed to prepare pediatric residents, fellows and pediatricians for the General Pediatrics Certifying Examination and for the American Board of Pediatrics Maintenance of Certification. *Pediatric Board Study Guide A Last Minute Review* 2nd edition covers all aspects of pediatric medicine each chapter has been updated according to the most recent content specifications provided by the ABP. The 2nd edition provides more illustrations, diagrams, radiology images and clinical case scenarios to further assist readers in reviewing pediatric subspecialties. New chapter topics include nutrition, sports medicine, patient safety, quality improvement, ethics and pharmacology. Finally the book closes with a Last Minute Review of high yield cases arranged in the same sequence as the chapters providing readers with a concise study guide of critical cases and conditions. Pediatric residents and fellows preparing for the board examination, pediatricians and pediatric subspecialists preparing for certification maintenance will find *Pediatric Board Study Guide A Last Minute Review* 2nd edition easy to use and comprehensive making it the ideal resource and study tool.

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