

BCIA Practice Test Questions and Answers

1. What does BCIA stand for in biofeedback certification?

- A) Biofeedback Certification International Alliance
- B) Biological Certification and Intervention Association
- C) Biometric Certification Institute of America
- D) Behavioral Clinical Intervention Academy

2. What is the primary purpose of biofeedback training?

- A) To increase heart rate
- B) To teach self-regulation of physiological processes
- C) To diagnose medical conditions
- D) To prescribe medications

3. Which physiological parameter is commonly monitored in biofeedback?

- A) Blood pressure
- B) Muscle tension (EMG)
- C) Heart rate variability
- D) All of the above

4. What is required to maintain BCIA certification?

- A) Annual membership fees only
- B) Continuing education credits and recertification
- C) No ongoing requirements
- D) Only initial training

Answers: 1-A 2-B 3-D 4-B

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