

ACTIVE 4 LIFE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which testing is practical and conducted in non-laboratory settings, more accessible but less accurate?**
 - A. Fitness Testing
 - B. SIDOF
 - C. Field Testing
 - D. Laboratory Testing
- 2. What is one benefit of exercise for the cardiovascular system?**
 - A. The heart becomes fitter, increasing its ability to distribute oxygen to working muscles.
 - B. Bones become denser with activity.
 - C. Lungs capacity decreases.
 - D. Immune function is compromised.
- 3. Which statement best describes a key feature of circuit training compared with traditional workouts?**
 - A. It requires more rest between stations
 - B. It targets multiple fitness components in a circuit
 - C. It uses only free weights
 - D. It is unsuitable for large groups
- 4. Which of the following is a valid step in developing a physical activity plan?**
 - A. Randomize every week.
 - B. Ignore current fitness level.
 - C. Focus on nutrition exclusively.
 - D. Set goals.
- 5. What is the maximum recommended screen time for entertainment for children aged 13-17?**
 - A. No more than 4 hours a day
 - B. No more than 2 hours a day
 - C. No more than 1 hour a day
 - D. No more than 3 hours a day

- 6. Which testing is performed near exhaustion to assess peak fitness, such as a VO max test?**
- A. Field Testing
 - B. Submaximal Testing
 - C. Laboratory Testing
 - D. Maximal Testing
- 7. What is the principle of overload?**
- A. A planned increase in training stimulus to cause positive long-term adaptations
 - B. Training stimulus should be reduced to minimize fatigue
 - C. Overloading by decreasing training volume at every session
 - D. A daily random change in activities without plan
- 8. Define 'intensity' in relation to physical activity.**
- A. It measures how long the activity lasts.
 - B. It measures how hard the individual is working during the activity.
 - C. It measures the number of calories burned.
 - D. It measures the number of repetitions.
- 9. How often should children engage in activities that strengthen muscle and bone?**
- A. Once a month
 - B. Daily
 - C. At least three days per week.
 - D. Never
- 10. The 20m shuttle run primarily assesses which fitness component?**
- A. Muscular strength
 - B. Aerobic power
 - C. Flexibility
 - D. Balance

Answers

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1. C
2. A
3. B
4. D
5. B
6. D
7. D
8. B
9. C
10. B

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Explanations

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1. Which testing is practical and conducted in non-laboratory settings, more accessible but less accurate?

- A. Fitness Testing
- B. SIDOF
- C. Field Testing**
- D. Laboratory Testing

Field testing measures physical performance in real-world, non-lab settings. It's practical because you can run it on a school track, a field, or a gym floor using minimal equipment like a stopwatch, cones, or a measuring tape. This makes it accessible to many people and affordable for teams, schools, or clinics. Because conditions aren't tightly controlled—surface, weather, footwear, motivation, and tester technique can all vary—the results tend to be less precise than those from a lab. In contrast, laboratory testing happens in controlled environments with specialized equipment, giving highly accurate measurements but requiring more time, space, and resources. So, when you need broad, quick assessments in everyday conditions, field testing is the go-to choice.

2. What is one benefit of exercise for the cardiovascular system?

- A. The heart becomes fitter, increasing its ability to distribute oxygen to working muscles.**
- B. Bones become denser with activity.
- C. Lungs capacity decreases.
- D. Immune function is compromised.

Regular aerobic exercise strengthens the heart, making it more efficient at pumping blood. When the heart muscle becomes fitter, each beat pushes more blood, so the heart can deliver more oxygen to working muscles during activity. Over time this increases cardiac output during exercise and lowers resting heart rate, improving overall circulation and oxygen delivery. That directly describes how the heart distributes oxygen to working muscles, which is the main cardiovascular benefit. Other statements don't fit the cardiovascular focus: bones becoming denser relates to bone health, not the heart; lung capacity generally improves with training rather than decreases; and regular exercise supports immune function rather than compromising it.

3. Which statement best describes a key feature of circuit training compared with traditional workouts?

- A. It requires more rest between stations
- B. It targets multiple fitness components in a circuit**
- C. It uses only free weights
- D. It is unsuitable for large groups

Circuit training combines different fitness components in one session by moving through a series of stations, each with a different exercise. This setup lets you work strength, muscular endurance, and cardiovascular fitness all in the same workout, making it efficient and well-rounded. The approach is typically characterized by short transitions between stations to keep the heart rate elevated, which contrasts with traditional workouts that often focus on one component at a time with longer rests. It's also versatile since it isn't limited to free weights and can be arranged for groups, using a variety of equipment or bodyweight. This combination of training multiple components in a circuit is why it best describes circuit training.

4. Which of the following is a valid step in developing a physical activity plan?

- A. Randomize every week.
- B. Ignore current fitness level.
- C. Focus on nutrition exclusively.
- D. Set goals.**

Setting goals is a foundational step when building a physical activity plan. Goals give you a clear target and a timeline, guiding what activities to choose, how often to train, and how to progress. When goals are Specific, Measurable, Achievable, Relevant, and Time-bound, you can track progress, stay motivated, and adjust the plan as you improve. Without goals, it's easy to drift, skip workouts, or lose direction. The other ideas don't fit as well because they disrupt consistency or overlook essential elements. Randomizing workouts every week makes it hard to build a stable routine and achieve progressive overload. Ignoring your current fitness level can lead to choosing workouts that are too hard or too easy, increasing injury risk or causing stagnation. Focusing only on nutrition leaves out the exercise component, so you miss the benefits of training volume, intensity, and adaptation. A plan that starts with a clear goal and builds from your starting point is typically more effective and sustainable.

5. What is the maximum recommended screen time for entertainment for children aged 13-17?

- A. No more than 4 hours a day
- B. No more than 2 hours a day**
- C. No more than 1 hour a day
- D. No more than 3 hours a day

Two hours of recreational screen time per day is the recommended maximum for teenagers. This amount helps maintain a healthy balance between screen use and essential activities like sleep, physical activity, schoolwork, and face-to-face social interaction. Sticking to about two hours reduces the risk of sleep problems, less physical activity, and mood or attention issues that can come with excessive screen time, while still allowing teens to connect with friends and enjoy media in a moderation-friendly way. Spending more than two hours regularly can tip the balance toward sedentary behavior and other negative effects, and while one hour might seem safer, it can be too limiting for teens who rely on screens for communication and information.

6. Which testing is performed near exhaustion to assess peak fitness, such as a VO₂ max test?

- A. Field Testing
- B. Submaximal Testing
- C. Laboratory Testing
- D. Maximal Testing**

Testing peak fitness by pushing someone to the limit is key to measuring true maximal aerobic capacity. A VO₂ max test is designed for this: it's done in a lab with increasing work loads until you can't continue, while oxygen use is measured. This maximal effort is what reveals the body's ceiling for delivering and using oxygen, the point where oxygen uptake no longer rises with more effort and you've reached your peak aerobic capacity. Field tests look at performance outcomes like distance or time rather than a true max effort, so they don't always reach the maximal oxygen uptake. Submaximal tests estimate VO₂ max from responses at lower intensities, but they don't directly measure the actual maximum. Laboratory testing simply means the setting, but it doesn't by itself guarantee that the test is maximal; the VO₂ max protocol in the lab specifically drives you to exhaustion to capture your peak capacity.

7. What is the principle of overload?

- A. A planned increase in training stimulus to cause positive long-term adaptations
- B. Training stimulus should be reduced to minimize fatigue
- C. Overloading by decreasing training volume at every session
- D. A daily random change in activities without plan**

The principle of overload means you push the body beyond its current familiar level in a planned, progressive way to trigger positive adaptations. In practice, you increase training demands over time—whether by lifting heavier weights, doing more repetitions or sets, adding training days, or increasing intensity or complexity—while giving enough recovery. This gradual progression forces the body to adapt, leading to gains in strength, endurance, or other fitness factors. Approaches that reduce stimulus, decrease volume every session, or change activities randomly without a plan won't provide the sustained challenge needed for long-term improvements. So, the best approach is a deliberate, gradual increase in training stimulus to provoke adaptations.

8. Define 'intensity' in relation to physical activity.

- A. It measures how long the activity lasts.
- B. It measures how hard the individual is working during the activity.**
- C. It measures the number of calories burned.
- D. It measures the number of repetitions.

Intensity in physical activity is the level of effort you're putting in—how hard your body is working during the activity. It reflects the rate at which your heart and lungs are responding, how much energy you're using, and how tough the effort feels to you. For example, a light stroll is low intensity, while a sprint is high intensity. This measure helps you gauge how challenging the workout is and is often tracked with heart-rate zones or how hard you feel it's exerting you. It's different from how long you exercise (duration), how many calories you burn (calories), or how many repetitions you perform (volume); those describe time, energy expenditure, or quantity, not the immediate effort level.

9. How often should children engage in activities that strengthen muscle and bone?

- A. Once a month
- B. Daily
- C. At least three days per week.**
- D. Never

Regularly doing activities that strengthen muscles and bones is important for growing kids because it provides the repeated, varied stimulus that bones and muscles need to develop and stay strong. For children, bone strength is built through weight-bearing and impact activities, while muscles grow stronger with resistance or body-weight exercises. That's why aiming for at least three days each week gives enough consistency to see real improvements in strength and bone health. Daily activity is great for overall fitness, but three or more days specifically focused on strengthening is the recommended pattern. Doing this only once a month wouldn't provide enough stimulus, and never would miss the opportunity to build healthy bones and muscles. Examples include jumping, climbing, running, and age-appropriate resistance activities like body-weight exercises or light strength work.

10. The 20m shuttle run primarily assesses which fitness component?

A. Muscular strength

B. Aerobic power

C. Flexibility

D. Balance

The 20m shuttle run challenges your ability to keep moving at increasingly faster speeds, which relies on how effectively your body can take in, transport, and use oxygen during sustained activity. This is aerobic power (cardiorespiratory fitness): the capacity of your heart, lungs, and muscles to supply and use oxygen over time. Because performance depends on sustaining high-intensity running and efficiently using oxygen, it reflects aerobic capacity rather than simply how much force you can generate in one muscle group, how flexible you are, or how steady your balance is. Muscular strength focuses on short, maximal efforts; flexibility is about range of motion; balance is about stability. The test's result correlates with VO2 max, making aerobic power the best descriptor of what it measures.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://active4life.examzify.com>

We wish you the very best on your exam journey. You've got this!

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