Advanced Subsidiary (AS) WJEC Physical Education (PE) Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

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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

1. Which term describes the extension of the foot at the ankle?

A. Plantar Flexion

B. Dorsiflexion

C. Pronation

D. Supination

2. Approximately how long do CP stores sustain maximal effort?

A. 5 seconds

B. 10 seconds

C. 20 seconds

D. 60 seconds

3. stretch-isometric contraction-stretch past ROM

A. Proprioceptive Neuromuscular Facilitation (PNF)

B. Active Stretching

C. Ballistic Stretching

D. Environmental Training

4. Movement away from the midline is called what?

A. Abduction

B. Adduction

C. Flexion

D. Extension

5. Which term describes turning the palm so the hand faces downward?

A. Supination

B. Circumduction

C. Pronation

D. Adduction

6. Which term describes transfer where prior experience inhibits current performance?

A. Prior inhibits present

B. Prior has no effect on present

C. Transfer of skill between limbs

D. Prior promotes present

7. Who is identified as the drive theorist?

A. Yerkes and Dodson

B. Inverted U theorist

C. Drive theory

D. Hull

8. Which term describes personality as a combination of inheritance, situation and environment?

A. Trait theory

B. Biological theory

C. Interactionist theory

D. Social learning theory

9. Force produced by Type 2b fibres is high.

A. Low

B. Medium

C. None

D. High

10. Weight training adaptations include which components?

A. Fartlek Training

B. Continuous Training

C. Co-ordination

D. Weight Training Adaptations

Answers

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

Explanations

1. Which term describes the extension of the foot at the ankle?

A. Plantar Flexion

B. Dorsiflexion

C. Pronation

D. Supination

Extending the foot at the ankle is plantar flexion. It happens when you point your toes downward, away from your leg—think standing on tiptoes or pressing a gas pedal. This movement occurs at the ankle joint in the sagittal plane and increases the angle between the shin and the top of the foot. The opposite is dorsiflexion, where you bring the toes up toward the shin. Pronation and supination describe turning the foot so the sole faces inward or outward, not extending the ankle.

2. Approximately how long do CP stores sustain maximal effort?

A. 5 seconds

B. 10 seconds

C. 20 seconds

D. 60 seconds

Think about the immediate energy system behind a maximal burst. The ATP-CP (phosphocreatine) system uses stored CP to quickly regenerate ATP, allowing very high power output without oxygen. Because those CP stores are limited, they can sustain maximal effort for only a short time—usually about 8–12 seconds, with 10 seconds being the common tabletop estimate. After CP is depleted, the body must rely on slower pathways (like anaerobic glycolysis), which can't maintain maximal power for long and leads to fatigue. So the best match is around 10 seconds.

3. stretch-isometric contraction-stretch past ROM

A. Proprioceptive Neuromuscular Facilitation (PNF)

B. Active Stretching

C. Ballistic Stretching

D. Environmental Training

This pattern—stretch, then an isometric contraction, then a further stretch—is characteristic of proprioceptive neuromuscular facilitation (PNF) stretching. In a hold-relax type PNF, you first move into the end of the available range, then the target muscle is contracted isometrically against resistance. This brief contraction triggers autogenic inhibition via the Golgi tendon organs, temporarily reducing the resistance of the muscle to lengthening. When you relax, you're able to stretch further than before, increasing the range of motion beyond the initial end point. Active stretching wouldn't involve this isometric hold, ballistic stretching relies on momentum and bouncing, and environmental training isn't a stretching technique. So the method described aligns with PNF.

4. Movement away from the midline is called what?

A. Abduction

B. Adduction

C. Flexion

D. Extension

Movement away from the midline is called abduction. The midline is an imaginary line that divides the body into left and right halves. When a limb moves outward away from that line—such as lifting the arm out to the side or spreading the fingers—that's abduction. The opposite action is adduction, which brings a limb back toward the body's midline. For context, flexion and extension describe how a joint angle changes: flexion bends the joint to reduce the angle, while extension straightens it to increase the angle.

5. Which term describes turning the palm so the hand faces downward?

A. Supination

B. Circumduction

C. Pronation

D. Adduction

Turning the palm so the hand faces downward is pronation. This is the rotational movement of the forearm where the radius crosses over the ulna, flipping the palm from facing up to facing down. The opposite action is supination, where the palm faces upward, like holding a bowl of soup with the palm up or returning to the anatomical position with the palm facing forward. Circumduction describes a circular combination of movements, and adduction is moving a limb toward the midline, so neither of those fit this specific palm orientation.

6. Which term describes transfer where prior experience inhibits current performance?

A. Prior inhibits present

B. Prior has no effect on present

C. Transfer of skill between limbs

D. Prior promotes present

The concept here is negative transfer. When previous learning gets in the way of performing a new, related task, it hinders current performance. Saying that "the prior inhibits the present" describes this idea in plain language, and the standard term used is negative transfer. In contrast, zero transfer would mean the prior has no effect; transfer between limbs points to bilateral transfer; and positive transfer would mean prior learning helps the new task. An example of negative transfer is when skills from one sport or variation cause incorrect habits to be applied to a different but similar task, leading to errors or slower performance.

7. Who is identified as the drive theorist?

A. Yerkes and Dodson

B. Inverted U theorist

C. Drive theory

D. Hull

The idea being tested is which psychologist is linked to the drive reduction approach to motivation. Clark Hull is identified as the drive theorist because he developed drive reduction theory, which says that internal physiological needs create drives that push behavior aimed at reducing tension. He explains learning and action in terms of how strong a drive is and how well a person has formed habits to respond to it, such that greater drives and stronger habit strength lead to stronger responses. The other options don't fit this attribution: Yerkes and Dodson are known for the relationship between arousal and performance, not drive reduction; an inverted-U theorist isn't a named person; and drive theory is the name of the concept, not the individual.

8. Which term describes personality as a combination of inheritance, situation and environment?

A. Trait theory

B. Biological theory

C. Interactionist theory

D. Social learning theory

Personality is shaped by both inherited predispositions and the environment, with ongoing interplay between them. This view—the interaction between nature and nurture across different situations—best describes how a person's character and behavior can change or be expressed in response to the world around them. If we look at trait theory, it would say personality is a set of stable characteristics that show up consistently, regardless of the context, which doesn't account for how situations can alter expression. Biological theory emphasizes genetics and biology as the primary drivers, often giving less emphasis to how surroundings influence behavior. Social learning theory highlights learning from others and environmental reinforcement, focusing more on how behavior is acquired rather than how innate predispositions interact with context. So, the idea that personality emerges from the dynamic mix of inheritance, situation, and environment is best captured by interactionist theory. For example, an athlete may have natural temperamental tendencies, but the way they respond can vary depending on coaching style, team culture, and competitive pressure.

9. Force produced by Type 2b fibres is high.

A. Low

B. Medium

C. None

D. High

Fast-twitch glycolytic fibres (Type IIb) are built for high-speed, high-power contractions. Their large diameter and high myosin ATPase activity enable rapid cross-bridge cycling, so they can generate a large amount of force quickly. They're activated for short, explosive actions like sprinting or heavy lifting and rely mainly on anaerobic metabolism, which supports rapid force production but drains energy stores quickly. This combination means their peak force output is high, even though they tire easily, which is why the correct description is that they produce high force.

10. Weight training adaptations include which components?

A. Fartlek Training

B. Continuous Training

C. Co-ordination

D. Weight Training Adaptations

Weight training adaptations are the body's specific changes in response to resistance exercise. Regular weight lifting leads to improvements that are driven by the demand of lifting heavier loads: muscles increase in strength and size (hypertrophy), the nervous system becomes more efficient at recruiting motor units, and connective tissues such as tendons and bones become stronger to support the load. There are also adaptations in energy systems and power development that support rapid, forceful movements. The other options refer to different training approaches or skills rather than the direct adaptations produced by weight training, so the choice that explicitly names weight training adaptations best reflects the expected physiological changes from this type of training.

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://aswjecpe.examzify.com

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