

ADVANCED SUBSIDIARY (AS) WJEC PHYSICAL EDUCATION (PE) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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 technique is a method of enhancing flexibility that uses a combination of stretching and isometric contractions?**
 - A. Proprioceptive Neuromuscular Facilitation (PNF)
 - B. Active Stretching
 - C. Ballistic Stretching
 - D. Environmental Training
- 2. What does the Golden Triangle refer to in the context of sport?**
 - A. A sponsorship framework
 - B. The triangular stadium design
 - C. The link between sport, business and the media
 - D. A triad of fan groups
- 3. Where may fibrocartilage be found in the body?**
 - A. Spine
 - B. Ear
 - C. Knee cap
 - D. Heart
- 4. Which is not commonly associated with introverts?**
 - A. Preference for solitary activities
 - B. High arousal sensitivity
 - C. High sociability
 - D. Prefer low stimulation
- 5. Which term describes the ability to sustain high-intensity efforts for short periods without oxygen?**
 - A. VO2 max
 - B. Anaerobic endurance
 - C. Lactate threshold
 - D. Aerobic capacity

- 6. In arousal theory, the term 'optimal midpoint' refers to which concept?**
- A. The minimum arousal level at which performance starts
 - B. The point of maximum arousal before fatigue
 - C. The level of arousal where stress is highest
 - D. The level of arousal at which performance is maximal
- 7. The muscle that relaxes is called what?**
- A. Antagonist
 - B. Agonist
 - C. Synergist
 - D. Stabiliser
- 8. Which theory is attributed to the pair that described the inverted-U curve?**
- A. Inverted U theorist
 - B. Drive theory
 - C. Hull
 - D. Yerkes and Dodson
- 9. A positive learning curve indicates what?**
- A. Decreases as practice continues
 - B. Remains constant
 - C. Improves over time/reps
 - D. Fluctuates widely
- 10. Which term is a segment of training that typically lasts several weeks to a few months within a macrocycle?**
- A. Macrocycle
 - B. Mesocycle
 - C. Microcycle
 - D. Calendar block

Answers

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

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Explanations

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1. Which technique is a method of enhancing flexibility that uses a combination of stretching and isometric contractions?

- A. Proprioceptive Neuromuscular Facilitation (PNF)**
- B. Active Stretching
- C. Ballistic Stretching
- D. Environmental Training

Proprioceptive neuromuscular facilitation uses a mix of stretching and a short isometric contraction to improve flexibility. In this method, you stretch a muscle to its end range, then perform a held isometric contraction against resistance for a few seconds, relax, and then passively stretch again to a greater range. The isometric phase helps activate inhibitory reflexes in the muscle (autogenic and reciprocal inhibition), allowing the muscle to relax more deeply and be stretched further. Because it combines both stretching and muscle contraction, it's distinct from purely active, passive, or ballistic stretching, and from approaches that don't use an isometric component.

2. What does the Golden Triangle refer to in the context of sport?

- A. A sponsorship framework
- B. The triangular stadium design
- C. The link between sport, business and the media**
- D. A triad of fan groups

In sport, the Golden Triangle is about the interdependent relationship between sport itself, business (sponsorship and commercial investment), and the media. The media broadcasts events and creates demand, which attracts sponsorship and advertising from businesses. Those commercial investments provide funding and marketing opportunities for teams, events, and athletes. In turn, the popularity and reach of sport generate more audience, which the media monetizes through broadcasts and content, fueling further sponsorship and investment. It's this cyclical partnership that drives revenue, exposure, and growth in sport. The other ideas don't capture this shared influence among three sectors. It's not just a sponsorship framework on its own, nor a design feature of stadiums, nor a group of fans; it's the combined, dynamic link between sport, business, and media that powers modern sport.

3. Where may fibrocartilage be found in the body?

- A. Spine**
- B. Ear
- C. Knee cap
- D. Heart

Fibrocartilage is a tough form of cartilage that blends strong collagen fibers with cartilage to resist both compression and shear. This makes it ideal for areas that must absorb shock while still allowing some movement. In the spine, the intervertebral discs are composed of a tough outer layer called the annulus fibrosus, which is fibrocartilage. This structure cushions the vertebrae and helps distribute loads when the spine bends or twists, providing stability and resilience. The other options don't fit because the ear contains elastic cartilage, which is elastic and flexible; the knee cap's joint surface is covered by hyaline cartilage, which provides a smooth, slippery surface for movement; and the heart is primarily muscle tissue, not fibrocartilage.

4. Which is not commonly associated with introverts?

- A. Preference for solitary activities
- B. High arousal sensitivity
- C. High sociability**
- D. Prefer low stimulation

Introverts tend to recharge by spending time alone and prefer quieter, solitary activities because social stimulation can be draining for them. They also often have a higher sensitivity to arousal, meaning they respond more strongly to sensory input and thus seek environments with lower stimulation. Being highly sociable, on the other hand, is typically linked to extroversion, where energy comes from social interaction and lively environments. So the trait that doesn't fit with introverts is high sociability. The other options—preferring solitary activities, high arousal sensitivity, and a preference for low stimulation—are all consistent with introverted tendencies.

5. Which term describes the ability to sustain high-intensity efforts for short periods without oxygen?

- A. VO2 max
- B. Anaerobic endurance**
- C. Lactate threshold
- D. Aerobic capacity

This question tests understanding of energy production without oxygen during quick, high-intensity efforts. When you push hard for a short time, your body relies on anaerobic energy systems—the phosphagen system for very short bursts and anaerobic glycolysis for slightly longer efforts. These pathways don't require oxygen, delivering energy quickly but tiring quickly due to metabolites like lactate building up. Anaerobic endurance is the capacity to sustain those high-intensity efforts before fatigue forces a drop in performance. That's why it's the best term here—it directly describes maintaining efforts without relying on oxygen. In contrast, VO2 max measures the maximum rate of oxygen use during intense activity and reflects aerobic power, not anaerobic work. Lactate threshold relates to the point where lactate starts to accumulate during increasing intensity, indicating when you shift more toward anaerobic metabolism, but not the ability to sustain work without oxygen itself. Aerobic capacity refers to the body's efficiency in using oxygen over longer, sustained activity.

6. In arousal theory, the term 'optimal midpoint' refers to which concept?

- A. The minimum arousal level at which performance starts
- B. The point of maximum arousal before fatigue
- C. The level of arousal where stress is highest
- D. The level of arousal at which performance is maximal**

In arousal theory, there is an optimal level of arousal at which performance is greatest—the peak of the inverted-U relationship between arousal and performance. As arousal rises from low to moderate, you become more alert and ready, boosting performance. But if arousal becomes too high, anxiety and tension impair concentration and coordination, reducing performance. The term "optimal midpoint" is exactly that sweet spot where arousal is just right to maximize performance. So the best description is the level of arousal at which performance is maximal. The other options describe thresholds or extremes that don't correspond to the peak of performance.

7. The muscle that relaxes is called what?

- A. Antagonist
- B. Agonist
- C. Synergist
- D. Stabiliser

When a movement happens, one muscle contracts to produce the action while the opposite muscle lengthens to allow that action to occur. That opposite, lengthening muscle is the antagonist. For example, in bending the elbow, the biceps contracts as the prime mover, and the triceps relaxes to let the elbow bend (it can also slow the movement if needed by contracting eccentrically to control the motion). The other terms relate to different roles: the agonist is the muscle that contracts to create the movement; a synergist assists the agonist or helps stabilize joints; a stabiliser (fixator) holds a joint steady to enable the movement.

8. Which theory is attributed to the pair that described the inverted-U curve?

- A. Inverted U theorist
- B. Drive theory
- C. Hull
- D. Yerkes and Dodson

The idea being tested is how arousal levels relate to performance. The inverted-U curve shows that performance improves as arousal rises, up to an optimal point, but if arousal becomes too high, performance drops. This specific attribution is given to Yerkes and Dodson, who described this arousal-performance relationship. Drive theory would predict a more direct, linear rise in performance with increasing arousal, which doesn't account for the decline after the peak. Hull is associated with drive theories but not with the particular arousal-performance curve named after Yerkes and Dodson. The phrase "inverted-U theorist" isn't a specific attribution, so the best fit is the duo who published this law together.

9. A positive learning curve indicates what?

- A. Decreases as practice continues
- B. Remains constant
- C. Improves over time/reps
- D. Fluctuates widely

In skill development, a learning curve shows how performance changes as you practice. A positive learning curve means you get better with more practice, so performance improves over time or with more repetitions. That's why the idea is that you improve, not decrease, stay the same, or vary unpredictably. If you practiced and got worse, that would be a negative curve; if you stayed the same, there'd be no learning; if your results kept wobbling, progress would be inconsistent.

10. Which term is a segment of training that typically lasts several weeks to a few months within a macrocycle?

- A. Macrocycle
- B. Mesocycle**
- C. Microcycle
- D. Calendar block

In periodization, the whole training plan for a season or year is called the macrocycle. Within that long plan, you break it into medium-length phases that last several weeks to a few months; these are the mesocycles. Each mesocycle has a specific focus (like building endurance, increasing strength, or peaking for competition) and is built from shorter blocks called microcycles, typically about a week long. A calendar block is not a standard term for a training phase in this context, since it's more about scheduling time rather than defining a distinct training phase. So the segment that fits the description is the mesocycle.

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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://aswjecpe.examzify.com>

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

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