

AEA Wave Online Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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	16

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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. What ultimately ensures that evaluation findings are valid and credible?**
 - A. The implementation of subjective measures**
 - B. Maintaining objectivity throughout the evaluation process**
 - C. Sticking to one data collection method**
 - D. Limiting stakeholder involvement**

- 2. What muscle group is primarily engaged during a concentric action in straight-leg kicks?**
 - A. Hip extensors**
 - B. Hip flexors**
 - C. Adductors**
 - D. Calves**

- 3. A chronic injury is defined as having:**
 - A. Short onset and long duration**
 - B. Long onset and short duration**
 - C. Long onset and long duration**
 - D. Immediate onset**

- 4. What does "theory of change" refer to in an evaluation framework?**
 - A. A simplified model of program design**
 - B. A comprehensive explanation of how and why a desired change is expected to happen**
 - C. A detailed budget plan for the evaluation**
 - D. A document outlining the evaluation timeline**

- 5. What does the axial skeleton consist of?**
 - A. Bones of the arms and legs**
 - B. Upper and lower limbs**
 - C. Skull, spine, sternum, and ribs**
 - D. Pelvis and shoulder girdle**

6. What does the concept of "validity" in evaluation refer to?

- A. The extent to which an evaluation measures what it intends to measure**
- B. The consistency of an evaluation over time**
- C. The statistical evidence provided by quantitative data**
- D. The in-depth insights gathered from qualitative data**

7. What are key performance indicators (KPIs) in evaluation?

- A. Measures of participant satisfaction only**
- B. Metrics used to measure the effectiveness and success of a program**
- C. Qualitative assessments of program activities**
- D. Projected outcomes based on external trends**

8. What is the primary focus of competence in the context of exercise motivation?

- A. Physical appearance**
- B. Perceived ability and skill**
- C. Social acceptance**
- D. Competition with others**

9. Which of the following responses occurs when water temperature is maintained above 90 degrees Fahrenheit?

- A. Blood is pushed away from the core**
- B. Cramps are more likely**
- C. Stability of heart rate**
- D. Elevated metabolic rate**

10. How is validity defined in evaluation research?

- A. The level of engagement from stakeholders**
- B. The degree to which an instrument measures what it intends to measure**
- C. The reliability of the data collected**
- D. The overall impact of the program measured**

Answers

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

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Explanations

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1. What ultimately ensures that evaluation findings are valid and credible?

- A. The implementation of subjective measures**
- B. Maintaining objectivity throughout the evaluation process**
- C. Sticking to one data collection method**
- D. Limiting stakeholder involvement**

Maintaining objectivity throughout the evaluation process is crucial for ensuring that evaluation findings are valid and credible. Objectivity helps to minimize biases that can arise from personal beliefs, preferences, or external influences. When evaluators are objective, they can more accurately assess the data and findings, leading to a more trustworthy interpretation of the results. Moreover, objectivity allows for a balanced consideration of all evidence, ensuring that both positive and negative outcomes are reported. This balance enhances the integrity of the evaluation and builds stakeholder confidence in the findings. In contrast, approaches that lean towards subjectivity, rely on a single data collection method, or limit stakeholder involvement can lead to skewed results and a lack of comprehensive understanding of the situation being evaluated. Thus, objectivity is fundamental to achieving valid and credible evaluation outcomes.

2. What muscle group is primarily engaged during a concentric action in straight-leg kicks?

- A. Hip extensors**
- B. Hip flexors**
- C. Adductors**
- D. Calves**

During a concentric action in straight-leg kicks, the primary muscle group engaged is the hip flexors. This movement involves lifting the leg forward in a straight line, requiring the contraction of the hip flexors, particularly the iliopsoas, to initiate the kick. The hip flexors are responsible for flexing the hip joint, which is essential for achieving the forward motion during a straight-leg kick. When the hip flexors contract concentrically, they pull the thigh up towards the torso, allowing the leg to be propelled forward. This action is crucial in various activities, including athletic movements and martial arts. Other muscle groups, while involved in the overall mechanics of the kick, do not primarily drive this specific action. For example, the hip extensors work in the opposite direction by extending the hip joint rather than flexing it. Adductors are responsible for drawing the legs towards the midline of the body, and the calves primarily engage during plantar flexion of the ankle, which is not the main focus during a kicking movement. Thus, understanding the role of the hip flexors is critical in recognizing their importance in generating the movement involved in straight-leg kicks.

3. A chronic injury is defined as having:

- A. Short onset and long duration**
- B. Long onset and short duration**
- C. Long onset and long duration**
- D. Immediate onset**

A chronic injury is typically characterized by a gradual onset and an extended duration. This means that the injury develops slowly over time, often as a result of repetitive stress or overuse, and persists for an extended period, potentially leading to ongoing problems if not addressed. The correct choice reflects this understanding, indicating that a chronic injury exhibits both a long onset and long duration, allowing for various symptoms to manifest gradually and persist over time. In contrast, options involving short onset would suggest an acute injury or a sudden trauma, which does not align with the definition of chronic injuries. The focus in chronic injuries is on the prolonged nature of both the onset and duration, emphasizing that these injuries are often related to ongoing stressors or conditions rather than a single traumatic event.

4. What does "theory of change" refer to in an evaluation framework?

- A. A simplified model of program design**
- B. A comprehensive explanation of how and why a desired change is expected to happen**
- C. A detailed budget plan for the evaluation**
- D. A document outlining the evaluation timeline**

The concept of "theory of change" in an evaluation framework is correctly identified as a comprehensive explanation of how and why a desired change is expected to happen. This approach goes beyond merely stating what the program intends to achieve; it delves into the underlying assumptions and mechanisms that link activities to outcomes. A theory of change articulates the causal pathways and the reasoning that supports the anticipated change, detailing how various components of a program interact to lead to the desired results. This includes identifying the necessary conditions, the context in which the program operates, and the external factors that could influence the outcomes. By providing such a thorough understanding, a theory of change can help stakeholders assess the logic of the program's design, clarify goals, and measure progress effectively. It serves as a foundational element for the evaluation process, guiding data collection and analysis to ensure that they align with the expected outcomes. In contrast, other options like a simplified model of program design do not capture the depth of reasoning involved, while a detailed budget plan and a document outlining the evaluation timeline focus on formal logistical aspects rather than the understanding of how change occurs.

5. What does the axial skeleton consist of?

- A. Bones of the arms and legs**
- B. Upper and lower limbs**
- C. Skull, spine, sternum, and ribs**
- D. Pelvis and shoulder girdle**

The axial skeleton consists of the central core of the body, which includes the skull, vertebral column (spine), sternum, and ribs. These structures serve critical roles in protecting the brain, spinal cord, and thoracic organs as well as providing support for the body. The skull encases and protects the brain and provides the structure of the face, while the spine supports the trunk and allows for a range of motion. The ribs and sternum form the rib cage, which is crucial for protecting the heart and lungs. This arrangement is distinct from the appendicular skeleton, which includes the bones of the arms, legs, pelvis, and shoulder girdle, as described in the other answer options. Therefore, the selection accurately identifies the components that make up the axial skeleton.

6. What does the concept of "validity" in evaluation refer to?

- A. The extent to which an evaluation measures what it intends to measure**
- B. The consistency of an evaluation over time**
- C. The statistical evidence provided by quantitative data**
- D. The in-depth insights gathered from qualitative data**

The concept of "validity" in evaluation is fundamentally about the accuracy of the evaluation's measurements and whether it truly reflects what it is intended to measure. When an evaluation has high validity, it means that the tools, tests, or methods used are effectively capturing the concept or outcome that they are supposed to assess. For instance, if an evaluation is designed to measure student learning in mathematics, validity ensures that the assessment accurately represents students' mathematical skills and knowledge. This aspect of validity is crucial for ensuring the results of an evaluation are meaningful and can be used to inform decisions or improvements. In contrast, the other options pertain to different evaluation concepts. Consistency over time relates to reliability, which focuses on the stability of measurement results across different instances. Statistical evidence is more aligned with data analysis, emphasizing quantitative aspects rather than the underlying accuracy of what is being measured. Lastly, insights from qualitative data are about the depth of understanding gained from subjective experiences rather than the validity of what is measured. Validity remains central to ensuring the evaluation serves its intended purpose effectively.

7. What are key performance indicators (KPIs) in evaluation?

- A. Measures of participant satisfaction only
- B. Metrics used to measure the effectiveness and success of a program**
- C. Qualitative assessments of program activities
- D. Projected outcomes based on external trends

Key performance indicators (KPIs) are crucial metrics used to measure the effectiveness and success of a program. They provide quantifiable data that can be analyzed to assess how well the program is performing against its objectives. These indicators help evaluators determine if the desired outcomes are being achieved and to what extent resources are being utilized efficiently. KPIs can encompass a range of data points, including financial performance, participant outcomes, engagement rates, and other relevant metrics. By focusing on KPIs, organizations can make informed decisions regarding program improvements, resource allocation, and strategic planning based on solid evidence of performance. In contrast to other options, focusing solely on participant satisfaction limits the scope of evaluation, as it does not capture the broader effectiveness of a program. Qualitative assessments alone provide valuable insights but do not provide the measurable data necessary for rigorous evaluation. Lastly, projecting outcomes based purely on external trends does not directly assess the current effectiveness of a program and can lead to misguided conclusions without concrete data from actual performance indicators.

8. What is the primary focus of competence in the context of exercise motivation?

- A. Physical appearance
- B. Perceived ability and skill**
- C. Social acceptance
- D. Competition with others

The primary focus of competence in the context of exercise motivation pertains to perceived ability and skill. This concept stems from intrinsic motivation theories, where individuals are driven to engage in activities because they feel capable and proficient. When individuals perceive that they have the necessary skills and abilities, they are more likely to feel motivated to participate in exercise regularly. This sense of competence creates a positive feedback loop, where the more individuals engage in exercise and succeed, the more their confidence grows in their abilities, further enhancing their motivation. In contrast, while other factors, such as physical appearance, social acceptance, and competition with others, might influence exercise engagement, they do not capture the essence of competence as closely as perceived ability and skill do. Physical appearance relates more to outcomes rather than abilities, social acceptance focuses on external validation, and competition with others can lead to motivation but does not directly address an individual's self-perception of skill, which is central to the concept of competence.

9. Which of the following responses occurs when water temperature is maintained above 90 degrees Fahrenheit?

- A. Blood is pushed away from the core**
- B. Cramps are more likely**
- C. Stability of heart rate**
- D. Elevated metabolic rate**

Maintaining water temperature above 90 degrees Fahrenheit leads to an elevated metabolic rate. When the body is exposed to warmer temperatures, it has to work harder to regulate its internal environment, increasing metabolic processes. This heightened metabolic rate can cause an increase in heart rate and various physiological responses as the body attempts to cool itself and maintain homeostasis. Additionally, increased metabolic activity leads to greater energy expenditure and can promote a variety of biochemical reactions. In physical activities or aquatic exercises, warm water can enhance muscle relaxation and flexibility, contributing further to the overall elevation in metabolic responses. Hence, the correct choice reflects a fundamental physiological response to sustained exposure to elevated temperatures.

10. How is validity defined in evaluation research?

- A. The level of engagement from stakeholders**
- B. The degree to which an instrument measures what it intends to measure**
- C. The reliability of the data collected**
- D. The overall impact of the program measured**

Validity in evaluation research is fundamentally about ensuring that the tool or instrument used effectively captures the concept it aims to measure. When it is stated that validity is "the degree to which an instrument measures what it intends to measure," it emphasizes the importance of aligning measurement with the intended construct or outcome. For example, if a survey is designed to measure educational achievement, validity would ensure that the survey actually reflects various dimensions of educational success and not confounding variables. This definition is central to evaluation research because high validity increases the confidence that any conclusions drawn from the data are accurate representations of the phenomena being studied. It is critical for researchers to assess and ensure validity in their measures to support credible findings and effective decision-making based on those findings. In contrast, aspects like stakeholder engagement, data reliability, and overall impact are important for different reasons in evaluation but do not define the concept of validity itself. These elements supplement the core concept but do not encapsulate what validity entails.

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://aeawaveonline.examzify.com>

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

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