

CDC TEACHING EXAM A PRACTICE (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 of the following is an example of gross motor skills?

- A. Playing with blocks
- B. Jumping rope
- C. Writing with a pencil
- D. Cutting with scissors

2. What is the primary focus of a school-based curriculum?

- A. State guidelines for education
- B. Local community standards and needs
- C. National educational standards
- D. Federal education policies

3. What is the role of a cooperating teacher?

- A. A teacher who acts solely as an evaluator
- B. An instructor who supervises and mentors a student teacher
- C. A fellow teacher in the same subject
- D. A school administrator overseeing student teaching

4. How does community resistance impact health education?

- A. It improves the curriculum
- B. It poses challenges to curriculum content acceptance
- C. It encourages community involvement
- D. It leads to increased funding

5. What role does evaluation play in health education?

- A. It is not essential
- B. It analyzes teacher performance only
- C. It assesses curriculum effectiveness and student learning
- D. It solely focuses on administrative feedback

6. Who is a psychologist?

- A. A person who provides medical treatment for mental disorders
- B. A professional who studies human behavior and mental processes
- C. A teacher specializing in psychology
- D. A counselor offering career guidance

- 7. Which skills are associated with the development of larger muscle groups?**
- A. Fine Motor Skills
 - B. Gross Motor Skills
 - C. Physical Fitness Skills
 - D. Coordination Skills
- 8. What type of learning emphasizes students working in groups to discuss and solve problems together?**
- A. Individual learning
 - B. Collaborative learning
 - C. Independent study
 - D. Participatory learning
- 9. What type of thinking involves thoughts based on actual experiences?**
- A. Abstract thinking
 - B. Concrete thinking
 - C. Theoretical thinking
 - D. Reflective thinking
- 10. The concept of unequal school funding most directly affects which of the following?**
- A. The diversity of school programs offered
 - B. The socioeconomic status of families in the district
 - C. The quality of education received by students
 - D. The graduation rates of students

Answers

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

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Explanations

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1. Which of the following is an example of gross motor skills?

- A. Playing with blocks
- B. Jumping rope**
- C. Writing with a pencil
- D. Cutting with scissors

Jumping rope is an example of gross motor skills because it involves large muscle movements and coordination of the whole body. Gross motor skills are typically associated with activities that require the use of the larger muscle groups for balance, movement, and coordination. In jumping rope, an individual engages their legs and arms to perform the jumping motion, which enhances overall physical fitness, balance, and spatial awareness. In contrast, the other activities mentioned involve fine motor skills, which require more precise control and coordination of smaller muscle groups. Playing with blocks, writing with a pencil, and cutting with scissors primarily involve hand-eye coordination and dexterity. These tasks require finer movements and precision rather than the larger movements characteristic of gross motor skills.

2. What is the primary focus of a school-based curriculum?

- A. State guidelines for education
- B. Local community standards and needs**
- C. National educational standards
- D. Federal education policies

The primary focus of a school-based curriculum centers around local community standards and needs. This approach recognizes that each school serves a distinct population with specific cultural, social, and educational requirements. By tailoring the curriculum to reflect the values, interests, and circumstances of the local community, educators can ensure that the learning experience is relevant and engaging for students. This enhances student motivation, promotes deeper learning, and encourages community involvement in the educational process. While state guidelines, national standards, and federal policies play important roles in shaping educational frameworks, they generally provide overarching structures or expectations. The specifics of what is taught and how it is delivered often need to be adapted to align with the unique context of the local community, making it crucial that the curriculum addresses these local needs directly. This focus helps create an educational environment that is not only academically rigorous but also culturally and contextually appropriate for the students it serves.

3. What is the role of a cooperating teacher?

- A. A teacher who acts solely as an evaluator
- B. An instructor who supervises and mentors a student teacher**
- C. A fellow teacher in the same subject
- D. A school administrator overseeing student teaching

The role of a cooperating teacher is primarily centered around supervision and mentorship of a student teacher. This teacher takes on the responsibility of guiding a novice educator through their first teaching experiences, providing essential feedback, sharing teaching strategies, and helping to develop the student teacher's skills in the classroom. This mentorship relationship is crucial as it allows the student teacher to apply theoretical knowledge in a practical setting while receiving support and insights from someone who is experienced in the field. A cooperating teacher actively facilitates the student teacher's development by modeling effective teaching practices, encouraging reflective practices, and helping them navigate the complexities of classroom management and lesson delivery. The cooperating teacher's involvement is instrumental in bridging the gap between the theoretical aspects of teacher education and the realities of teaching.

4. How does community resistance impact health education?

- A. It improves the curriculum
- B. It poses challenges to curriculum content acceptance**
- C. It encourages community involvement
- D. It leads to increased funding

Community resistance significantly impacts health education by posing challenges to the acceptance of curriculum content. When a community is resistant to certain health education topics, it can create barriers that hinder the implementation of effective health programs. This resistance may arise from cultural beliefs, misinformation, or distrust towards health authorities, which can lead to a lack of engagement from community members. Consequently, educators must navigate these challenges to tailor their strategies in a way that respects community values while delivering essential health information. Understanding and addressing community resistance is crucial for fostering an environment where health education can be effectively received and integrated into the community. The other choices, while relevant to various aspects of health education, do not accurately capture the direct impact that community resistance has on the acceptance of curriculum content. Improved curriculum or increased funding may not occur if there is significant resistance, and community involvement can be counterproductive if the community is not receptive to the proposed health initiatives.

5. What role does evaluation play in health education?

- A. It is not essential
- B. It analyzes teacher performance only
- C. It assesses curriculum effectiveness and student learning**
- D. It solely focuses on administrative feedback

Evaluation plays a crucial role in health education by assessing both curriculum effectiveness and student learning outcomes. This comprehensive approach ensures that educational programs meet their intended goals and effectively impart knowledge to students. By evaluating the curriculum, educators can determine whether the content and instructional methods are appropriate and engaging for learners, allowing for modifications and improvements where necessary. Furthermore, evaluation provides insights into student learning, helping teachers to identify areas where learners excel or struggle. This formative aspect not only supports students' progress but also guides educators in tailoring their teaching strategies to meet the diverse needs of their audience. Overall, effective evaluation in health education fosters continuous improvement and enhances the educational experience by ensuring that both the curricular content and instructional practices lead to desired learning outcomes.

6. Who is a psychologist?

- A. A person who provides medical treatment for mental disorders
- B. A professional who studies human behavior and mental processes**
- C. A teacher specializing in psychology
- D. A counselor offering career guidance

A psychologist is defined as a professional who studies human behavior and mental processes. This role encompasses a wide range of activities, including conducting research, performing assessments, and applying psychological theories to understand how individuals think, feel, and behave. Psychologists utilize various methods to explore these aspects of the human experience, making significant contributions to mental health, education, and various industries by applying psychological principles. While some psychologists may provide therapeutic support (a role more typical of psychiatrists) or specialize in teaching, their primary distinction is rooted in research and the understanding of psychological phenomena rather than in providing medical treatments or direct counseling for career guidance. Thus, their focus lies mainly in the study and analysis of behaviors and cognitive processes, highlighting the importance of empirical research in their field.

7. Which skills are associated with the development of larger muscle groups?

- A. Fine Motor Skills
- B. Gross Motor Skills**
- C. Physical Fitness Skills
- D. Coordination Skills

The focus on larger muscle groups aligns with the concept of gross motor skills. These skills involve the coordination of movement and control of larger muscles in the arms, legs, and core. Activities that engage gross motor skills often include running, jumping, throwing, and climbing—actions that require strength and coordination over larger body movements. In a developmental context, gross motor skills are essential for achieving milestones in physical growth and play. They typically develop earlier in childhood and are foundational for later physical abilities, allowing children to engage in various activities that promote fitness and overall health. In contrast, fine motor skills pertain to small muscle movements, particularly in the hands and fingers, crucial for tasks like writing or buttoning clothing. Physical fitness skills may encompass both gross and fine motor skills but do not specifically highlight the development of larger muscles. Lastly, coordination skills are integral to executing both fine and gross motor tasks but do not exclusively relate to the larger muscle groups that are synonymous with gross motor skills.

8. What type of learning emphasizes students working in groups to discuss and solve problems together?

- A. Individual learning
- B. Collaborative learning**
- C. Independent study
- D. Participatory learning

The emphasis on students working in groups to discuss and solve problems together is best captured by the concept of collaborative learning. This approach promotes active engagement among students, as they interact and share their thoughts, insights, and strategies to tackle challenges collectively. Through collaboration, students benefit from diverse perspectives and learn essential skills such as communication, teamwork, and conflict resolution. This type of learning not only enhances their understanding of the subject matter but also fosters a sense of community and belonging in the classroom. In contrast, individual learning focuses on students working alone, which does not facilitate the group dynamic essential for collaboration. Independent study involves self-directed learning without the support of peers, and participatory learning may encompass a broader range of engagement strategies that do not strictly involve group problem-solving. Collaborative learning specifically highlights the process of cooperation among students in tackling problems, making it the most fitting choice in this context.

9. What type of thinking involves thoughts based on actual experiences?

- A. Abstract thinking
- B. Concrete thinking**
- C. Theoretical thinking
- D. Reflective thinking

Concrete thinking refers to the type of thought processes that focus on the tangible and the literal, often relying on actual experiences and observable phenomena. Individuals who engage in concrete thinking typically understand concepts and ideas based on specific, clear examples rather than abstract concepts or theories. For instance, when someone makes decisions or draws conclusions based on direct experiences or facts they can see and touch, they are using concrete thinking. This mode of thinking is especially prevalent in early childhood development and among individuals who may have difficulty with abstract or hypothetical concepts. Abstract thinking, in contrast, encompasses the ability to think about concepts and ideas that are not immediately present or visible, often involving hypothetical situations or the ability to generalize and adapt knowledge across different contexts. Theoretical thinking is concerned with understanding theories and principles that explain phenomena, rather than engaging with those phenomena directly through experience. Reflective thinking involves the process of critically considering one's experiences, observations, and thoughts, often leading to deeper understanding or new insights, but it does not focus solely on actual experiences themselves.

10. The concept of unequal school funding most directly affects which of the following?

- A. The diversity of school programs offered
- B. The socioeconomic status of families in the district
- C. The quality of education received by students**
- D. The graduation rates of students

The concept of unequal school funding most directly impacts the quality of education received by students. When funding disparities exist between schools, the resources available for educational materials, experienced teachers, extracurricular programs, and support services can vary significantly. Schools with more funding are often able to provide smaller class sizes, better technology, and a wider range of educational opportunities, which directly enhances the learning experience for students. This disparity in resources can lead to significant differences in educational outcomes, including achievement levels and skill development, ultimately affecting the overall educational quality that students receive. In contrast, while the diversity of school programs, the socioeconomic status of families, and graduation rates may all be influenced by funding, these elements are more indirect consequences of the primary issue of educational quality stemming from unequal funding.

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://cdcteachinga.examzify.com>

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

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