CSET Physical Education Subtest 129 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 of the following is TRUE about moderate intensity exercise?

A. An activity that gets you exercising hard, but you are still able to talk with ease

B. An exercise intense enough to trigger lactic acid formation

C. An activity that gets you exercising and you can talk and sing easily

D. An activity that gets you exercising so hard that you can only say a few words

2. Which of the following is NOT one of the six classes of nutrients?

A. Vitamins

B. Lipids

C. Probiotics

D. Proteins

3. Which movement is NOT typically included in the Functional Movement Screen components?

A. Sit-ups

B. Deep squat

C. Rotational stability

D. Shoulder mobility

4. Which movement is NOT a component of the Functional Movement Screen?

A. Sit-ups

B. Deep squat

C. Rotational stability

D. Shoulder mobility

5. What is the first function of the nervous system?

A. Protect the body from the external environment.

B. Remove sensory input from the body.

C. Respond appropriately to the sensory input.

D. Collect sensory input from the body and external environment.

6. Which statement best reflects the modern aim of physical education?

A. Focus on competitive sports only

B. Emphasize the overall development of health and wellness

C. Concentrate solely on academic metrics

D. Prioritize sport-specific skill development only

7. Which of the following is considered an axial muscle?

A. None of these

B. Leg muscles

C. Neck muscle

D. Biceps

8. Why are crash diets not recommended for children?

A. Crash diets are only recommended for children over age 10

B. Children do not know when to stop dieting

C. Crash diets deprive a child of nutrients crucial for health and growth

D. An obese child who becomes thin will have problems adjusting to their new social situation

9. Motor skills that are learned but then drop off after a couple years of inactivity are known as:

A. Fine motor skills

B. Continuous motor skills

C. Discrete motor skills

D. Gross motor skills

10. Which statement best describes the four elements of the FITT framework?

A. Frequency, intensity, time, and type

B. Frequency, tempo, tolerance, and type

C. Frequency, intention, time, and type

D. Function, intensity, time, and type

Answers

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

Explanations

1. Which of the following is TRUE about moderate intensity exercise?

A. An activity that gets you exercising hard, but you are still able to talk with ease

B. An exercise intense enough to trigger lactic acid formation

C. An activity that gets you exercising and you can talk and sing easily

D. An activity that gets you exercising so hard that you can only say a few words

Moderate intensity is the level at which you're working hard enough to raise your heart rate and breathing, but you can still hold a conversation. The statement describes exercising with a noticeable effort while still being able to talk with ease, which fits that sense of being able to communicate without gasping. This is the telltale sign of moderate effort: you're not unable to speak, but you're not cruising at rest either. Lauding lactic acid formation signals pushing into a higher, more anaerobic zone, which isn't characteristic of moderate intensity. If you can sing easily, that tends to indicate a lighter effort, not the steady, manageable challenge of moderate work. And if you could only say a few words, you're at a higher, more strenuous level.

2. Which of the following is NOT one of the six classes of nutrients?

A. Vitamins

B. Lipids

C. Probiotics

D. Proteins

The six nutrient classes cover what the body uses for energy, growth, and all its functions: carbohydrates for energy, proteins for tissues and enzymes, lipids (fats) for energy and cell function, vitamins to regulate metabolism, minerals for structure and regulation, and water for hydration and biochemical reactions. Probiotics, while they can support digestion and gut health, are live microorganisms and not a standard nutrient category. They don't fit into the six classes the body relies on for energy and building blocks, so they are the one that does not belong.

3. Which movement is NOT typically included in the Functional Movement Screen components?

A. Sit-ups

B. Deep squat

C. Rotational stability

D. Shoulder mobility

Functional Movement Screen focuses on how the body moves together in functional patterns that require coordinated mobility and stability across hips, spine, shoulders, and ankles. Movements like a deep squat, rotational (rotatory) stability, and shoulder mobility are included because they reflect integrated, multi-joint control that translates to real-world activity. Sit-ups, on the other hand, measure isolated trunk endurance in a spinal flexion motion and don't capture how the whole body moves in concert during common tasks. The test kit instead uses a trunk stability push-up to assess core control within a functional pushing pattern, keeping the emphasis on coordinated movement rather than isolated abdominal endurance.

4. Which movement is NOT a component of the Functional Movement Screen?

A. Sit-ups

B. Deep squat

C. Rotational stability

D. Shoulder mobility

The movement tested here is about evaluating how well the body moves as a coordinated whole through multi-joint patterns, rather than isolating a single muscle action. In the Functional Movement Screen, the seven patterns focus on mobility and stability across major joints and movement planes: a deep squat to assess hip, knee, ankle mobility and overall control; a shoulder mobility test that checks shoulder flexibility and thoracic spine movement; and a rotary (rotational) stability pattern that looks at anti-rotation and trunk control during combined limb movements, among others. Sit-ups, while a common core exercise, aren't part of these seven movement patterns. The screen uses a trunk stability push-up to gauge core stability while maintaining a neutral spine, which aligns with evaluating movement quality and control rather than isolated spinal flexion. So, sit-ups do not belong to the Functional Movement Screen, while the others are included components.

5. What is the first function of the nervous system?

A. Protect the body from the external environment.

B. Remove sensory input from the body.

C. Respond appropriately to the sensory input.

D. Collect sensory input from the body and external environment.

Collecting sensory input is how the nervous system begins. Receptors throughout the body and in the environment detect signals—like touch, temperature, pain, balance, and sights—and send that information to the brain and spinal cord. This data is the basis for all further processing and action. Without gathering input, there's nothing to interpret or respond to, so collecting sensory information is the first and essential step. The other ideas describe later parts of the process. Protecting the body is a protective outcome that results from processing information and triggering responses. Removing sensory input would leave the system without essential information. Responding to sensory input is what happens after the input has been collected and processed.

6. Which statement best reflects the modern aim of physical education?

A. Focus on competitive sports only

B. Emphasize the overall development of health and wellness

C. Concentrate solely on academic metrics

D. Prioritize sport-specific skill development only

Modern physical education aims to develop the whole student by promoting health, fitness, and the knowledge and habits needed for lifelong wellness. The best statement captures this broad goal, focusing on the overall development of health and wellness rather than narrowing PE to winning, testing, or sport-specific skills. Limiting PE to competitive sports excludes many students from experiencing lasting health benefits; focusing only on academics misses the physical and lifestyle aspects; and concentrating solely on sport-specific skills neglects general fitness, movement competence, and lifelong active living.

7. Which of the following is considered an axial muscle?

A. None of these

B. Leg muscles

C. Neck muscle

D. Biceps

The question tests the distinction between axial and appendicular muscles. Axial muscles are those around the body's central axis—the head, neck, trunk, and spine—and they mainly support posture, stabilize the spine, and assist with breathing. Appendicular muscles belong to the limbs and girdles and move the arms and legs. The neck muscles fit into the axial group because they move and stabilize the head and neck, belonging to the central axis of the body. Leg muscles and the biceps are part of the limbs (appendicular), so they are not axial. Therefore, the neck muscle is the axial muscle.

8. Why are crash diets not recommended for children?

A. Crash diets are only recommended for children over age 10

B. Children do not know when to stop dieting

C. Crash diets deprive a child of nutrients crucial for health and growth

D. An obese child who becomes thin will have problems adjusting to their new social situation

Children are still growing, so their bodies need a steady supply of calories and nutrients to support height, brain development, and immune function. Crash diets severely restrict intake and often cut out essential nutrients, which can slow growth, weaken bones, cause iron-deficiency anemia, and impair concentration and mood. Because meeting these nutritional needs is critical for health and development, crash dieting is not safe or appropriate for kids. The other statements miss the central health reason: age thresholds, self-control, or social adjustment are not the key risks involved.

9. Motor skills that are learned but then drop off after a couple years of inactivity are known as:

A. Fine motor skills

B. Continuous motor skills

C. Discrete motor skills

D. Gross motor skills

Discreet motor skills are movements with a clear beginning and end. They're learned as single, focused actions—like throwing a ball or flipping a switch—relying on a precise timing and coordination pattern. When practice stops for a long period, that specific pattern tends to fade, so the skill can drop off after years of inactivity without retraining. That explains why this description fits discrete skills best. Continuous skills, by contrast, have no distinct start or finish and are often kept up through ongoing activity, while serial skills are sequences of discrete actions. Fine versus gross describes the size of the movement, not how long the pattern lasts without practice.

10. Which statement best describes the four elements of the FITT framework?

A. Frequency, intensity, time, and type

B. Frequency, tempo, tolerance, and type

C. Frequency, intention, time, and type

D. Function, intensity, time, and type

The concept being tested is how the FITT framework organizes an exercise prescription. It consists of four elements: Frequency (how often you train each week), Intensity (how hard you work during the activity), Time (how long each session lasts), and Type (the kind of exercise you perform). The statement that lists these four terms embodies the framework exactly, making it the best description. Other terms don't fit into FITT. Tempo is about the pace of an activity, not a core prescription component, while tolerance, intention, and function aren't the established elements of this framework. For a practical picture, you might plan three workouts per week (frequency), at a moderate effort (intensity), for 30 minutes per session (time), using brisk walking or cycling (type). As you advance, you can adjust any of these dimensions to match goals and fitness level.

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://csetphysicaledsubtest129.examzify.com

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