

CSET Physical Education Subtest 131 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

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- 1. Which NASPE standard covers values placed on health, enjoyment, challenge, self-expression, and social interaction in physical activity?**
 - A. Standard 4**
 - B. Standard 3**
 - C. Standard 6**
 - D. Standard 2**

- 2. In physical education, the cognitive developmental goal aligns with which philosophy that emphasizes acquiring knowledge and understanding rules and strategies?**
 - A. Affective development goal**
 - B. Psychomotor development goal**
 - C. Cognitive developmental goal**
 - D. Social development goal**

- 3. Which conference established the Presidents Council on Youth Fitness and the Presidents Citizens Advisory Committee on the Fitness of American Youth?**
 - A. AAHPERD fitness conference**
 - B. Olympic Committee summit**
 - C. National Education Association convention**
 - D. International Sports Conference**

- 4. Which approach is recommended for early elementary students (grades 1-3)?**
 - A. Emphasize only team sports**
 - B. Incorporate movement concepts and practice motor skills**
 - C. Focus only on fitness testing**
 - D. Avoid skill progression**

- 5. In sports contest law, what term describes harmful, illegal contact of one person by another?**
 - A. Foul**
 - B. Battery**
 - C. Assault**
 - D. Contact**

- 6. Which concept creates an opportunity for children to define personal comfort levels with different types of physical interaction and establish guidelines for what is acceptable physical behavior as related to relationships and scenarios?**
- A. Motor development milestones**
 - B. Structured play sessions**
 - C. Group fitness activities**
 - D. Physical activity in socialization process**
- 7. Which organization is the largest sports medicine and exercise science organization in the world?**
- A. National Strength and Conditioning Association**
 - B. American College of Sports Medicine**
 - C. American Physical Education Association**
 - D. American Medical Association**
- 8. During the Bronze Age, which activities were common in physical culture?**
- A. Video games, sailing, and architecture.**
 - B. Bullfights, dancing, boxing, hunting, archery, running, and board games.**
 - C. Ancient Greece rituals.**
 - D. Modern sports leagues.**
- 9. Which sub-discipline focuses on understanding motivation within sport and physical activity?**
- A. Pedagogy**
 - B. Sport History**
 - C. Sociology**
 - D. Sport Psychology**
- 10. Which developments accompanied the early formalization of physical education?**
- A. P.E. became organized**
 - B. Part of school curriculum**
 - C. YMCA's were founded**
 - D. All of the above**

Answers

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

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Explanations

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1. Which NASPE standard covers values placed on health, enjoyment, challenge, self-expression, and social interaction in physical activity?

- A. Standard 4
- B. Standard 3
- C. Standard 6**
- D. Standard 2

This item is asking about the affective side of physical education—the reasons and value students place on being active. The standard that covers valuing physical activity for health, enjoyment, challenge, self-expression, and social interaction directly addresses these attitudes and motivations. It focuses on why people choose to be active and the personal and social meaning they find in physical activity, which is different from simply knowing how to move, knowing concepts, or meeting fitness or behavioral expectations. Other standards emphasize different outcomes, such as demonstrating movement skills, applying knowledge about movement, participating regularly, maintaining fitness, or exhibiting responsible behavior. They don't center on the personal value and enjoyment expressed in those five aspects, which is why the standard describing valuing physical activity best fits this description.

2. In physical education, the cognitive developmental goal aligns with which philosophy that emphasizes acquiring knowledge and understanding rules and strategies?

- A. Affective development goal
- B. Psychomotor development goal
- C. Cognitive developmental goal**
- D. Social development goal

The main idea here is thinking and understanding game concepts. The cognitive development goal in physical education focuses on students acquiring knowledge about rules and understanding strategies, and on applying that thinking to game situations. This aligns with a philosophy that centers on cognitive growth—learning how to analyze, reason, and make informed decisions during performance. The other developmental goals emphasize different areas: affective development deals with attitudes and values, psychomotor development with physical skills and movements, and social development with interaction and teamwork. Since the prompt highlights knowing rules and strategies, the cognitive development goal is the best fit.

3. Which conference established the Presidents Council on Youth Fitness and the Presidents Citizens Advisory Committee on the Fitness of American Youth?

- A. AAHPERD fitness conference**
- B. Olympic Committee summit**
- C. National Education Association convention**
- D. International Sports Conference**

The idea being tested is how national programs for youth fitness were launched through professional leadership. A major gathering of health, physical education, recreation, and dance professionals—the AAHPERD fitness conference—provided the impetus and collaboration needed to create national bodies focused on youth fitness. From this meeting came the establishment of the President’s Council on Youth Fitness and the President’s Citizens Advisory Committee on the Fitness of American Youth, aimed at advising the president and guiding nationwide efforts in schools and communities to improve fitness and health for American youth. The other gatherings listed wouldn’t be the source of these specific presidential groups. An Olympic Committee summit centers on Olympic-related matters, not national fitness policy. The National Education Association convention concentrates on broader education issues, not forming presidential fitness councils. An International Sports Conference would address global sports topics, not the U.S. national advisory structures tied to a First Family initiative.

4. Which approach is recommended for early elementary students (grades 1-3)?

- A. Emphasize only team sports**
- B. Incorporate movement concepts and practice motor skills**
- C. Focus only on fitness testing**
- D. Avoid skill progression**

For first through third graders, the best approach is to build a broad foundation of movement skills while teaching how to move effectively. This means blending movement concepts—where to move in space, how much effort to use, and how the body parts relate to objects and others—with plenty of practice on fundamental motor skills like running, jumping, throwing, catching, kicking, and balancing. When young students get lots of age-appropriate practice and learn to move in different ways, they gain confidence, enjoy physical activity, and become capable of participating in a wide range of activities beyond any single sport. This foundation also supports future skill development and lifelong activity. Focusing only on team sports can limit skill development and exclude beginners. Relying solely on fitness testing doesn’t help students learn how to move well. Avoiding progression prevents learners from building mastery and staying motivated. The integrated approach shown here keeps learning diverse, inclusive, and developmentally suitable.

5. In sports contest law, what term describes harmful, illegal contact of one person by another?

- A. Foul
- B. Battery**
- C. Assault
- D. Contact

The main concept here is distinguishing the legal terms for different kinds of unwanted physical interaction in sports. Battery is the term that describes intentional, harmful or offensive physical contact by one person against another. In contrast, assault refers to the threat or attempt to cause such contact, not the contact itself; a foul is a rule-based penalty for illegal play, and simply “contact” is too vague to capture the specific legal idea. So, when harmful contact occurs and it’s without the other person’s consent, that act is described as battery. For example, punching someone during a game would be battery, whereas a shove that occurs within the rules would be treated as a foul rather than battery.

6. Which concept creates an opportunity for children to define personal comfort levels with different types of physical interaction and establish guidelines for what is acceptable physical behavior as related to relationships and scenarios?

- A. Motor development milestones
- B. Structured play sessions
- C. Group fitness activities
- D. Physical activity in socialization process**

The idea being tested is how physical activity can support social development and boundary setting. When movement is used to help children socialize, they learn to navigate interactions with peers, discuss what kinds of touch feel comfortable, and establish rules about what is acceptable. This creates real opportunities for kids to define personal comfort levels with different types of physical interaction and to set guidelines for behavior in relationships and in various scenarios. For example, activities that involve asking for consent to partner up, practicing respectful touch in cooperative games, and establishing class norms about privacy give students practice in communication and boundaries. The other options focus more on skill development, organizing play, or fitness outcomes rather than the social and boundary aspects that connect movement to relationships and scenario-based behavior.

7. Which organization is the largest sports medicine and exercise science organization in the world?

- A. National Strength and Conditioning Association**
- B. American College of Sports Medicine**
- C. American Physical Education Association**
- D. American Medical Association**

In sports medicine and exercise science, the organization with the broadest reach and influence is the American College of Sports Medicine. It brings together clinicians, researchers, educators, and fitness professionals from all over the world and supports the field through peer-reviewed journals like *Medicine & Science in Sports & Exercise*, clinical and exercise guidelines, certifications, and a major annual conference. This wide scope and long-standing presence make it the largest organization in this area. The other groups have important roles but are more specialized or not as centrally focused on sports medicine and exercise science. The National Strength and Conditioning Association emphasizes strength and conditioning professionals; the American Physical Education Association isn't the leading global body for this field; and the American Medical Association is a broad medical association without the same targeted focus or reach in sports medicine and exercise science.

8. During the Bronze Age, which activities were common in physical culture?

- A. Video games, sailing, and architecture.**
- B. Bullfights, dancing, boxing, hunting, archery, running, and board games.**
- C. Ancient Greece rituals.**
- D. Modern sports leagues.**

In the Bronze Age, physical culture centered on activities that built strength, agility, and social ties through both practical and ceremonial means. Hunting and archery developed skill for survival and defense; running fostered endurance and speed for travel and pursuit; boxing offered athletic competition and display of force; dancing supported communal and ceremonial life; board games provided strategic play and social interaction in leisure time. Bulls were often part of performance contexts in some Bronze Age cultures, reflecting courage and agility in ritual or display. Together, these activities illustrate a breadth of physical culture from practical training to communal celebration, rather than modern or later-era practices.

9. Which sub-discipline focuses on understanding motivation within sport and physical activity?

- A. Pedagogy**
- B. Sport History**
- C. Sociology**
- D. Sport Psychology**

Motivation in sport and physical activity is a mental process that influences why people start, persist, and perform. Sport psychology is the field that concentrates on these psychological factors within sport contexts, looking at how motivation drives participation, effort, and adherence, and how to enhance it through methods like goal setting, feedback, and autonomy-supportive coaching. Pedagogy focuses on teaching methods and how people learn in physical education. Sport History examines how sports develop over time. Sociology studies how social groups, cultures, and institutions shape sport participation and norms. While these areas touch on motivation in broader ways, sport psychology specifically targets the mental processes that underlie motivation in athletic and physical activity settings.

10. Which developments accompanied the early formalization of physical education?

- A. P.E. became organized**
- B. Part of school curriculum**
- C. YMCA's were founded**
- D. All of the above**

The main idea is that physical education formalized when it moved into a structured, teachable system that could be implemented consistently. It became organized, with planned lessons, standards, and trained teachers, rather than ad-hoc games. At the same time, PE started to be included as a regular part of the school day and the broader curriculum, giving it a defined place in education rather than a secondary activity. Organizations like the YMCA amplified this momentum by providing facilities, leadership, and organized programs that promoted fitness, sport, and physical training for youth. Because these developments occurred together, the best answer is that all of them happened during the early formalization of physical education.

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://csetphysicaledsubtest131.examzify.com>

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

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