

CSET PHYSICAL EDUCATION SUBTEST 131 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://csetphysicaledsubtest131.examzify.com>



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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. Motor skills are comprised of which categories?**
 - A. Locomotor, Non-locomotor, Manipulative, Coordination
 - B. Balance, Endurance, Flexibility, Strength
 - C. Fine motor, Gross motor, Eye-hand coordination, Reaction time
 - D. Locomotor, Non-locomotor, Manipulative, Endurance
- 2. Which sciences are intended to reinforce learning in physical education by underpinning concepts such as force, leverage, and nutrition?**
 - A. Mathematics and Language Arts
 - B. Life and physical sciences
 - C. Social sciences
 - D. Visual and performing arts
- 3. Edward Hitchcock is known for directing the first college physical education department. At which college was that department established?**
 - A. Amherst College
 - B. Dartmouth College
 - C. Williams College
 - D. Cornell University
- 4. Which type of play is characterized by a child playing alone, unaware of other children playing nearby?**
 - A. Solitary play
 - B. Parallel play
 - C. Cooperative play
 - D. Dramatic play
- 5. What is described as the best tool for learning?**
 - A. Rote memorization
 - B. Peer pressure
 - C. Self motivation
 - D. Standardized testing

- 6. Which publication is the official publication of Delta Psi Kappa?**
- A. The Foil
 - B. The Psi Kappa Shield
 - C. Journal of Physical Education
 - D. NEA Today's Education
- 7. _____ is a fundamental process for learning in young children, a method by which they come to grips with their reality and experiment with the world (playing with toys).**
- A. Solitary play
 - B. Cooperative play
 - C. Play
 - D. Parallel play
- 8. In sports contest law, what term describes harmful, illegal contact of one person by another?**
- A. Foul
 - B. Battery
 - C. Assault
 - D. Contact
- 9. Which trend emphasizes student-centered activities to promote identity?**
- A. Inclusion
 - B. Lifelong fitness
 - C. Increase in obesity
 - D. Student-centered activities
- 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. A
2. B
3. A
4. A
5. C
6. A
7. C
8. B
9. D
10. D

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Explanations

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1. Motor skills are comprised of which categories?

- A. Locomotor, Non-locomotor, Manipulative, Coordination
- B. Balance, Endurance, Flexibility, Strength
- C. Fine motor, Gross motor, Eye-hand coordination, Reaction time
- D. Locomotor, Non-locomotor, Manipulative, Endurance

Motor skills are typically grouped into four categories: locomotor movements (moving through space, such as walking, running, jumping), non-locomotor movements (in-place actions like bending, twisting, balancing), manipulative skills (handling objects like throwing, catching, kicking, striking), and coordination (the ability to smoothly synchronize movements and timing). This four-part framework captures how fundamental movement skills are organized for instructional and assessment purposes. Why this fits best: it separates movement through space, in-place actions, object-related skills, and the integration of actions, giving a comprehensive view of motor skill development. The other options mix in fitness components (like endurance, strength, flexibility), or combine skill types with measures or sub-skills (such as eye-hand coordination or reaction time), which aren't considered the primary categories of motor skills.

2. Which sciences are intended to reinforce learning in physical education by underpinning concepts such as force, leverage, and nutrition?

- A. Mathematics and Language Arts
- B. Life and physical sciences
- C. Social sciences
- D. Visual and performing arts

Understanding why science supports physical education starts with how movement and fueling the body work. Concepts like force, leverage, and motion come from physics and biomechanics. Nutrition and how the body uses energy come from biology and physiology, with chemistry playing a role in metabolism and nutrient use. Life sciences give students a picture of how muscles, bones, and energy systems respond to activity, while physical sciences explain the mechanical aspects of movement and how different levers and forces change effort and outcome. Together, these sciences provide the explanations PE teachers use to teach safe technique, effective conditioning, and proper fueling. Other disciplines don't directly anchor these movement mechanics and metabolic concepts in the way life and physical sciences do.

3. Edward Hitchcock is known for directing the first college physical education department. At which college was that department established?

- A. Amherst College
- B. Dartmouth College
- C. Williams College
- D. Cornell University

This question highlights the early development of organized physical education in American colleges and the pioneering role of Edward Hitchcock. He is credited with directing the first college physical education department, and that department was established at Amherst College. This places Amherst as the first institution to formalize a dedicated PE program, reflecting the mid-19th-century push to integrate health, fitness, and disciplined movement into higher education. The other colleges eventually developed their own PE offerings, but Amherst was the first to establish a formal department.

4. Which type of play is characterized by a child playing alone, unaware of other children playing nearby?

- A. Solitary play**
- B. Parallel play
- C. Cooperative play
- D. Dramatic play

In early childhood, play styles reflect how children explore and relate to others. Solitary play describes a child who plays alone, not aware of or engaging with nearby peers. They focus on their own activity rather than interacting, which distinguishes this type from others. The other forms involve some level of social interaction: parallel play is playing alongside others with similar toys but without interaction; cooperative play involves working with others toward a shared goal; dramatic play centers on role-playing with others. So the behavior described—playing alone and not noticing nearby children—fits solitary play.

5. What is described as the best tool for learning?

- A. Rote memorization
- B. Peer pressure
- C. Self motivation**
- D. Standardized testing

Self-motivation is the strongest driver of learning because it comes from within and sustains effort, curiosity, and persistence through practice and challenge. When a learner is motivated, they set personal goals, seek feedback, monitor progress, and keep practicing even when tasks are tough. In physical education this internal drive leads to regular practice, experimentation with techniques, and gradual skill development, producing durable learning and better performance in real-life activity. Rote memorization tends to lock in facts without fostering true understanding or the ability to apply skills in dynamic situations. Peer pressure might push someone to try in the short term, but it relies on others and can create anxiety or hinder personal growth when expectations aren't met. Standardized testing focuses on performance on a specific assessment rather than the ongoing process of learning or applying skills across varied contexts.

6. Which publication is the official publication of Delta Psi Kappa?

- A. The Foil**
- B. The Psi Kappa Shield
- C. Journal of Physical Education
- D. NEA Today's Education

The main idea here is recognizing which publication a professional organization designates as its official magazine. Delta Psi Kappa, a national professional fraternity for physical education educators, has a publication that carries the organization's name or a closely related title. The Foil is the magazine specifically associated with Delta Psi Kappa, serving as the official channel for news, articles, and updates for members. The other options are not connected to this organization: a general academic journal unrelated to Delta Psi Kappa, a publication from a different association, or a name that isn't used as the fraternity's official magazine.

7. _____ is a fundamental process for learning in young children, a method by which they come to grips with their reality and experiment with the world (playing with toys).

- A. Solitary play
- B. Cooperative play
- C. Play**
- D. Parallel play

Play is the fundamental process by which young children learn because it lets them actively explore, manipulate objects, and test ideas in a meaningful, self-directed way. Through playing with toys, children discover how things work, build motor skills, and develop problem-solving and creativity. Pretend or imaginative play also helps them practice language, social interaction, and understanding others' perspectives, all of which support overall learning growth. Different forms of play—solitary play, parallel play, and cooperative play—are all ways children engage in this same process, but the broad concept of playing captures the ongoing, exploratory activity that helps them grasp reality and experiment with the world.

8. 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.

9. Which trend emphasizes student-centered activities to promote identity?

- A. Inclusion
- B. Lifelong fitness
- C. Increase in obesity
- D. Student-centered activities**

Student-centered activities focus on giving learners choice, autonomy, and opportunities to connect what they do in PE with their own interests, backgrounds, and goals. When students select activities, set personal fitness targets, and reflect on their progress, they begin to see themselves as capable movers and decision-makers. This sense of ownership supports identity formation—peers, coaches, and the activities themselves become part of who they are as athletes and students, not just tasks to complete. Autonomy in learning, along with relevance to personal experiences, helps students feel a sense of belonging and competence, which reinforces who they are in physical education and beyond. Other trends may aim for inclusion, long-term fitness habits, or addressing health issues, but they don't center the student in shaping identity through choice and personal meaning in the same way.

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.

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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://csetphysicaledsubtest131.examzify.com>

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

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