

EXOS XPS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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	15

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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. Tight calves limit which ankle movements?

- A. Dorsiflexion
- B. Plantar Flexion
- C. Plantar Flexion and Dorsiflexion
- D. Inversion

2. Which statement is true about assessment vs screen?

- A. Screen is performed by a medical professional
- B. An assessment is performed by a medical professional
- C. A quick check by a coach is considered an assessment
- D. A screen is more thorough than an assessment

3. If the deficit of NCM and CM is large, what should be the training focus?

- A. Speed strength
- B. Endurance
- C. Max strength
- D. Coordination

4. Which EXOS pillar focuses on recovery?

- A. Mindset
- B. Recovery
- C. Movement
- D. Nutrition

5. What is a goal of Absolute Speed?

- A. Increase hip flexion to increase ground force
- B. Increase knee extension without increasing ground force
- C. Maintain static posture to maximize speed
- D. Increase upper body movement to compensate

6. Define Power.

- A. Rate at Which Work Is Done
- B. Total Energy Expended
- C. Maximum Velocity
- D. Force Produced

7. Knowledge of Performance provides:

- A. Information about the outcome of the movement
- B. A summary of the practice session
- C. Visual cues
- D. Information about movement characteristics that led to the performance outcome

8. In the EXOS framework, S&P is developed through what approach and training scope?

- A. S&P stands for Speed and Power, and is trained with only sagittal plane movements
- B. S&P is the same as ESD
- C. S&P stands for Strength and Power and is developed through a movement-based approach
- D. S&P focuses on static posture

9. Which term is listed as an S-Factor?

- A. Coordination
- B. Reaction Time
- C. Endurance Capacity
- D. Flexibility/Suppleness

10. Which of the following is a takeaway for ESD?

- A. Identify weaknesses, have a balance, work all energy systems
- B. Rely on a single energy system
- C. Ignore weaknesses
- D. Delay training until weakness is fixed

Answers

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

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Explanations

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1. Tight calves limit which ankle movements?

- A. Dorsiflexion
- B. Plantar Flexion
- C. Plantar Flexion and Dorsiflexion**
- D. Inversion

Calf tightness reduces how freely the ankle can move because the main posterior muscle–tendon units surrounding the ankle are stiff and less compliant. The calf muscles (gastrocnemius and soleus) cross the ankle joint and act to push the foot downward (plantar flexion) and, when lengthened, to allow the foot to move upward toward the shin (dorsiflexion). When you try to dorsiflex, you lengthen the calf-tendon unit. If the calf is tight, this lengthening is resisted, so you can't dorsiflex as far as normal—especially with the knee straight, since the gastrocnemius crosses both the knee and ankle. If you try plantar flexion, the muscle-tendon unit must shorten to move the foot downward. A tight, stiff calf also resists this shortening and the surrounding tissues (like the Achilles tendon and fascia) limit how far you can go, reducing end-range plantar flexion. In short, tight calves curtail the ankle's range in both directions, so both plantar flexion and dorsiflexion can be limited. Inversion involves different joints and muscle groups, so it's not primarily affected by calf tightness.

2. Which statement is true about assessment vs screen?

- A. Screen is performed by a medical professional
- B. An assessment is performed by a medical professional**
- C. A quick check by a coach is considered an assessment
- D. A screen is more thorough than an assessment

The main idea is the difference in depth and who conducts the check. A screening is a quick, preliminary check used to flag potential issues and is often done by non-medical staff like coaches or teachers. An assessment is a more thorough evaluation carried out by a medical professional to determine health status, diagnose problems, or guide treatment. So, the true statement is that an assessment is performed by a medical professional because it reflects the formal, in-depth process used to understand a person's condition. Screens can be quick and broad, sometimes performed by non-clinical staff, whereas assessments are deeper, clinician-led evaluations.

3. If the deficit of NCM and CM is large, what should be the training focus?

- A. Speed strength**
- B. Endurance
- C. Max strength
- D. Coordination

When the nervous system's ability to activate muscles quickly and coordinate movement is notably reduced, the most effective focus is speed-strength. This approach trains how fast you can generate force, not just how much force you can produce or how long you can sustain activity. By using high-velocity movements with appropriate loads, you enhance rate of force development and motor-unit recruitment, which directly improves explosive performance and movement efficiency. Endurance targets fatigue resistance and won't specifically boost rapid force production. Max strength develops greater force at slower speeds and may not translate to faster contractions. Coordination work helps with timing and technique, but without improving the speed of force production, large neuromuscular deficits remain. So, focusing on speed-strength best addresses large deficits in neural activation and movement execution.

4. Which EXOS pillar focuses on recovery?

- A. Mindset
- B. Recovery**
- C. Movement
- D. Nutrition

Recovery is the EXOS pillar devoted to rest and restoration. It emphasizes sleep, rest days, active recovery, and stress management to allow the body to repair tissue, replenish energy stores, and adapt to training. This downtime is crucial because, without it, progress stalls and injury risk rises even when training hard. The other pillars focus on mindset, movement quality, and fueling, but recovery uniquely targets the downtime and strategies that keep you prepared for the next training stimulus.

5. What is a goal of Absolute Speed?

- A. Increase hip flexion to increase ground force**
- B. Increase knee extension without increasing ground force
- C. Maintain static posture to maximize speed
- D. Increase upper body movement to compensate

Maximizing speed comes from creating a strong, quick push into the ground each step. Increasing hip flexion helps you drive the leg forward into the stance phase quickly, creating a faster transition into the push-off. That rapid leg drive sets up a more explosive hip-knee-ankle extension at contact, which increases the ground reaction force and the horizontal impulse you generate per step. In other words, the faster, more forceful contact you achieve by pulling the leg up and through contributes directly to faster speed. Pushing for knee extension without boosting ground force won't raise speed, staying static limits the necessary explosive action, and more upper-body movement won't compensate for the ground-force you need.

6. Define Power.

- A. Rate at Which Work Is Done
- B. Total Energy Expended
- C. Maximum Velocity
- D. Force Produced**

Power is the rate at which work is done or energy is transferred. If you do W joules of work in t seconds, power equals W divided by t ($P = W/t$). Instantaneous power can also be expressed as $P = F \cdot v$, the force multiplied by the velocity in the direction of motion, showing how quickly energy is being delivered at that moment. The unit is the watt (joules per second). This matters because you can transfer the same amount of energy in different amounts of time, so moving something quickly uses more power than moving it slowly. The other ideas—total energy expended, maximum velocity, or force produced—describe energy, speed, and force, respectively, not the rate of energy transfer.

7. Knowledge of Performance provides:

- A. Information about the outcome of the movement
- B. A summary of the practice session
- C. Visual cues
- D. Information about movement characteristics that led to the performance outcome**

Knowledge of Performance is feedback about how the movement was carried out—the movement characteristics that produced the outcome. It describes technique, form, timing, sequencing, and coordination, showing the specific motor patterns that led to the result. This helps a performer adjust the underlying movements to improve future performance, not just know whether the attempt was successful. By contrast, information about the outcome (whether the goal was achieved) is Knowledge of Results, a practice session summary isn't focused on movement details, and while visual cues can point to certain aspects of performance, KP centers on the actual movement characteristics that led to the outcome.

8. In the EXOS framework, S&P is developed through what approach and training scope?

- A. S&P stands for Speed and Power, and is trained with only sagittal plane movements
- B. S&P is the same as ESD
- C. S&P stands for Strength and Power and is developed through a movement-based approach**
- D. S&P focuses on static posture

The main idea being tested is what S&P stands for in the EXOS framework and how it's developed. S&P means Strength and Power, and it's built through a movement-based approach. This means training uses functional, multi-joint movements that mimic real-world and athletic tasks, focusing on building both how much force you can produce (strength) and how quickly you can produce it (power). It's not limited to a single plane or to static positions; the movement-based approach trains across different directions, speeds, and loads to improve overall force production and transfer to practical tasks. So, the best choice is the one that identifies S&P as Strength and Power and describes its development as movement-based, since that captures both what S&P stands for and the way it's trained to mirror dynamic, functional movement rather than isolated or static patterns.

9. Which term is listed as an S-Factor?

- A. Coordination
- B. Reaction Time
- C. Endurance Capacity
- D. Flexibility/Suppleness**

Flexibility/Suppleness is listed as an S-Factor because this category captures the ability of muscles and connective tissues to move joints through a full range of motion—the "soft", mobility-related aspect of movement. The other options align with different domains: coordination and reaction time focus on neuromuscular timing and processing speed, while endurance capacity relates to sustaining energy production over time. So the term that fits the S-Factor grouping is flexibility/suppleness.

10. Which of the following is a takeaway for ESD?

A. Identify weaknesses, have a balance, work all energy systems

B. Rely on a single energy system

C. Ignore weaknesses

D. Delay training until weakness is fixed

In energy system development, the best takeaway is to identify weaknesses, have a balance, and work all energy systems. That approach targets what an athlete lacks and builds a program that develops every pathway: the fast-acting phosphagen system for explosive efforts, the glycolytic system for high-intensity work over short to moderate durations, and the oxidative system for endurance. Pinpointing weaknesses lets you tailor training to lift lagging systems without neglecting others, creating a balanced capacity that supports performance across a wide range of activities. Relying on a single energy system leaves gaps and limits performance when demands shift; ignoring weaknesses leads to plateaus; delaying training until a weakness is fixed simply slows progress and misses opportunities to improve overall fitness. Emphasizing a balanced, comprehensive approach is how you build robust energy system development.

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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://exosxps.examzify.com>

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

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