

Fitness, Wellness, Stress Management 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 statement describes the transfer of stress between work and home life?**
 - A. Public scrutiny**
 - B. Shift work disruption**
 - C. Cynicism from job**
 - D. Work stress comes home, home stress goes to work**

- 2. Which is a stressor in the work itself?**
 - A. Rigors of shift work, especially rotating shifts**
 - B. Fears regarding job competence**
 - C. Necessity to conform to occupational subculture**
 - D. The officer's life is under public scrutiny**

- 3. Which division of the nervous system primarily arouses the body during stress?**
 - A. Parasympathetic nervous system**
 - B. Central nervous system**
 - C. Sympathetic nervous system**
 - D. Somatic nervous system**

- 4. What is the physiological effect of chronic stress on the immune system and recovery from exercise?**
 - A. Chronic stress has no effect on immunity**
 - B. It enhances immune function**
 - C. It slightly increases muscle growth**
 - D. Chronic stress suppresses immune function, increases inflammation, and slows recovery and healing after exercise**

- 5. Which nutrient primarily provides insulation and protection for body organs?**
 - A. Proteins**
 - B. Fats**
 - C. Carbohydrates**
 - D. Vitamins**

- 6. Which safety measure is essential for beginners starting resistance training?**
- A. Lifting heavy weights without a warm-up.**
 - B. Proper warm-up, technique instruction, start with light loads, progressive overload, balanced muscle groups, breathing technique, and use of spotters/equipment safety.**
 - C. Skipping warm-up to save time.**
 - D. Holding breath during lifts.**
- 7. What should a warm-up and cool-down include to best support injury prevention?**
- A. Warm-up is optional; cool-down is unnecessary**
 - B. Warm-up enhances muscle temperature and ROM; cool-down aids HR normalization and reduces stiffness; include dynamic warm-up and stretching**
 - C. Warm-up should be maximal intensity; cool-down should be high-intensity cardio**
 - D. Warm-up should be static stretching only; cool-down should be sprinting**
- 8. Which nervous system is responsible for rest, digestion, and nutrient absorption?**
- A. Sympathetic**
 - B. Parasympathetic**
 - C. Central nervous system**
 - D. Peripheral nervous system**
- 9. Which term describes negative stress associated with events like injury, illness, divorce, or being fired?**
- A. Stress**
 - B. Distress**
 - C. Eustress**
 - D. Chronic Stress**

10. What is the difference between macro- and micro-nutrients, and give two examples of each in the context of fitness?

- A. Macronutrients provide energy (carbs, protein, fats); micronutrients support functions (vitamins, minerals).**
- B. Micronutrients support functions (vitamins, minerals); macronutrients provide energy.**
- C. Both macro- and micro-nutrients provide energy.**
- D. There is no practical difference between macro- and micro-nutrients in fitness.**

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Answers

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

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Explanations

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1. Which statement describes the transfer of stress between work and home life?

- A. Public scrutiny**
- B. Shift work disruption**
- C. Cynicism from job**
- D. Work stress comes home, home stress goes to work**

Stress spillover describes how emotions and pressure from one area of life can carry into another. The statement that work stress comes home and home stress goes to work best captures this bidirectional transfer, showing that tension from work can affect family interactions and evenings, while stress from home can influence mood and performance at work. This explains why fatigue, irritability, or rumination after a workday can spill into family time, and why conflicts or worries at home can spill into the workplace the next day. The other options don't describe this cross-domain transfer: public scrutiny refers to external evaluation, not how stress moves between work and home; shift work disruption describes how schedules affect rest, not the transfer of stress itself; cynicism from the job describes a consequence rather than the actual transfer mechanism.

2. Which is a stressor in the work itself?

- A. Rigors of shift work, especially rotating shifts**
- B. Fears regarding job competence**
- C. Necessity to conform to occupational subculture**
- D. The officer's life is under public scrutiny**

Stress in this context comes from how the job is perceived and evaluated by others. For police officers, actions and decisions are frequently observed, reported, and judged by the public and the media. That constant public scrutiny creates a psychological burden: it raises the stakes of everyday decisions, fuels anxiety about mistakes, and can influence behavior under pressure. So, even though shift demands or conformity pressures are real stressors, the stress described here arises from the social evaluation tied to the job itself—the officer's life being under public scrutiny—making it a stressor embedded in the work environment.

3. Which division of the nervous system primarily arouses the body during stress?

- A. Parasympathetic nervous system**
- B. Central nervous system**
- C. Sympathetic nervous system**
- D. Somatic nervous system**

When stress hits, the body needs to be ready to act quickly, and that readiness is driven by the sympathetic division of the autonomic nervous system. This system triggers the fight-or-flight response, increasing heart rate and blood pressure, speeding up breathing, dilating pupils, and mobilizing energy stores so muscles can respond. This is the arousal you feel during stress, preparing you for action. In contrast, the parasympathetic division calms the body down after the threat passes, promoting rest and digestion. The central nervous system (brain and spinal cord) is the main processing center for signals but isn't the specific driver of automatic arousal in stress. The somatic nervous system handles voluntary movements and conscious sensation, not the automatic arousal involved in stress.

4. What is the physiological effect of chronic stress on the immune system and recovery from exercise?

A. Chronic stress has no effect on immunity

B. It enhances immune function

C. It slightly increases muscle growth

D. Chronic stress suppresses immune function, increases inflammation, and slows recovery and healing after exercise

Chronic stress keeps the body in a prolonged fight-or-flight state, with sustained cortisol and sympathetic activity that disrupt immune function and recovery after exercise. Persistently elevated cortisol can suppress the production and activity of immune cells, reduce natural killer cell function, and blunt antibody responses, making the body less capable of fighting infections. At the same time, chronic stress promotes a pro-inflammatory environment, so baseline inflammation can rise, which can interfere with how efficiently tissues repair after exercise. All of this means repair processes slow down, muscle healing takes longer, and recovery from workouts is delayed. In short, chronic stress dampens immunity, heightens inflammation, and slows recovery and healing after exercise.

5. Which nutrient primarily provides insulation and protection for body organs?

A. Proteins

B. Fats

C. Carbohydrates

D. Vitamins

Insulation and protection for body organs come from stored fat, or adipose tissue. Subcutaneous fat lies under the skin and helps reduce heat loss, while fat that surrounds internal organs cushions them from bumps and trauma. That makes fats the nutrient most responsible for insulation and protection. Proteins mainly build and repair tissues, carbohydrates provide quick energy, and vitamins support metabolism in smaller amounts—none of these primarily insulate or cushion the body like fat does.

6. Which safety measure is essential for beginners starting resistance training?

A. Lifting heavy weights without a warm-up.

B. Proper warm-up, technique instruction, start with light loads, progressive overload, balanced muscle groups, breathing technique, and use of spotters/equipment safety.

C. Skipping warm-up to save time.

D. Holding breath during lifts.

Starting resistance training safely for beginners means building a prepared, controlled foundation before lifting heavy. A proper warm-up raises body temperature and joint readiness, which helps muscles move more smoothly and reduces the risk of strains. Technique instruction ensures you learn correct form so joints and connective tissues aren't overloaded, and you're targeting the right muscles. Beginning with light loads and using progressive overload lets your body adapt gradually, strengthening tendons and muscles without sudden spikes in stress. Training with balanced muscle groups prevents imbalances that can cause compensations and injuries, while breathing technique supports spinal stability during lifts. Using spotters or appropriate safety equipment adds an extra layer of protection as you gain confidence and strength. This integrated approach is essential for building safe, sustainable habits right from the start.

7. What should a warm-up and cool-down include to best support injury prevention?

A. Warm-up is optional; cool-down is unnecessary

B. Warm-up enhances muscle temperature and ROM; cool-down aids HR normalization and reduces stiffness; include dynamic warm-up and stretching

C. Warm-up should be maximal intensity; cool-down should be high-intensity cardio

D. Warm-up should be static stretching only; cool-down should be sprinting

Preparing the body for activity and then winding it down afterwards are key moves for injury prevention. A warm-up that raises muscle temperature and improves range of motion helps tissues become more compliant and the nervous system more ready for work. Using a dynamic warm-up—light cardio, gentle movement, and movement-specific drills—gets blood flowing, increases core and muscle temperatures, and primes joints and muscles for the loads to come. Including some mobility or gentle stretching as part of this phase can be helpful, but avoid long static holds before activity because they can temporarily reduce strength and power. For the cool-down, the goal is a gradual return toward resting conditions. A brief period of easy activity helps normalize heart rate and blood flow, while light mobility work or stretching after exercise helps reduce stiffness and aids in recovery. Together, these elements support safer, more effective training and help prevent injuries. Other options fall short because they either skip warming up and cooling down, push the body into high intensity at inappropriate times, or rely on static stretching as the sole warm-up while using aggressive activity in the cooldown.

8. Which nervous system is responsible for rest, digestion, and nutrient absorption?

- A. Sympathetic
- B. Parasympathetic**
- C. Central nervous system
- D. Peripheral nervous system

The tendency to rest, digest, and absorb nutrients is governed by the parasympathetic side of the autonomic nervous system. This branch is activated during restful states and supports energy conservation, digestion, and nutrient uptake. It stimulates digestive secretions (like saliva and gastric enzymes), increases gut motility to move food through the digestive tract, and directs more blood flow to the digestive organs to aid nutrient absorption. In contrast, the sympathetic branch gears the body toward action, slowing digestion and redirecting resources away from the gut. The central nervous system and peripheral nervous system describe broad parts of the nervous system, but the specific function of promoting digestion and nutrient absorption in a rest-and-repair context is carried by the parasympathetic division.

9. Which term describes negative stress associated with events like injury, illness, divorce, or being fired?

- A. Stress
- B. Distress**
- C. Eustress
- D. Chronic Stress

Negative stress that springs from events that threaten your well-being—like injury, illness, divorce, or losing a job—fits best with the term distress. Distress refers to the adverse emotional and physical reactions you have when demands exceed your coping resources, leading to feelings such as worry, frustration, or overwhelm and potentially impairing functioning. It's the opposite of eustress, which is positive, motivating stress that can be manageable and even beneficial. While stress is a broad, neutral term, and chronic stress describes how long stress lasts, distress specifically captures the harmful, adverse aspect tied to challenging life events.

10. What is the difference between macro- and micro-nutrients, and give two examples of each in the context of fitness?

- A. Macronutrients provide energy (carbs, protein, fats); micronutrients support functions (vitamins, minerals).**
- B. Micronutrients support functions (vitamins, minerals); macronutrients provide energy.**
- C. Both macro- and micro-nutrients provide energy.**
- D. There is no practical difference between macro- and micro-nutrients in fitness.**

The main idea here is how the body uses different nutrients in training and performance. Macronutrients are the fuels we rely on for energy during workouts and daily activity, and we consume them in larger amounts. They include carbohydrates, fats, and proteins. Carbohydrates provide quick, readily available energy for high-intensity efforts and help refill muscle glycogen after training; fats supply a dense energy source for longer, less intense activity and support the absorption of fat-soluble vitamins; protein mainly supports tissue repair and growth, which is essential for recovery and adaptation. Micronutrients, on the other hand, are vitamins and minerals required in much smaller amounts. They don't supply usable energy themselves, but they are essential cofactors that enable energy production, oxygen transport, immune function, bone health, and recovery processes. Two macro examples in fitness context: - Carbohydrates (e.g., oats or rice) as a primary energy source for workouts. - Fats (e.g., olive oil or avocado) as a secondary, dense energy source and for essential nutrient absorption. Two micro examples: - Iron (important for oxygen transport in the blood, supporting endurance performance). - Calcium (crucial for bone health and muscle function). So macros provide the calories that drive activity, while micros enable those processes and support recovery and overall health.

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://fitnesswellnessstressmgmt.examzify.com>

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

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