

FITNESS, WELLNESS, STRESS MANAGEMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://fitnesswellnessstressmgmt.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. What should you do to ensure the person is not left alone according to AID LIFE?**
 - A. Find someone to stay with the person
 - B. Leave the person alone
 - C. Notify police
 - D. Do nothing
- 2. Police officers are usually hired at what level of fitness?**
 - A. Below average fitness
 - B. Average or above average fitness
 - C. The demands placed on the body must be greater than those of daily activities
 - D. Progressive Overload
- 3. What is 'breathwork' and two methods commonly used for stress reduction?**
 - A. Controlled breathing techniques; box breathing (4-4-4-4) and diaphragmatic breathing.
 - B. Rapid breathing and breath-holding to tolerate stress.
 - C. Only aerobic exercise counts as breathwork.
 - D. Breathwork is a supplement.
- 4. What best describes the role of body awareness and mindful movement in stress reduction and injury prevention?**
 - A. It has no impact on stress or injury.
 - B. Increases sensitivity to fatigue and pain, reduces risk of overexertion, improves coordination and focus during activity.
 - C. It eliminates fatigue completely.
 - D. It reduces stress and injuries.
- 5. Who should you inform about the situation according to AID LIFE?**
 - A. Do nothing
 - B. Inform friends
 - C. Post on social media
 - D. Inform supervisor of the situation

- 6. Which sequence correctly lists the basic components of an exercise session with their typical durations?**
- A. Warm-up (5-10 min); Work out (20-30 min); Cool down (5-10 min)
 - B. Warm-up (20-30 min); Work out (5-10 min); Cool down (5-10 min)
 - C. Warm-up (5-10 min); Work out (5-10 min); Cool down (20-30 min)
 - D. Warm-up (5-10 min); Work out (20-30 min); Cool down (5-10 min)
- 7. Which division of the nervous system promotes rest and digestion?**
- A. Sympathetic nervous system
 - B. Central nervous system
 - C. Peripheral nervous system
 - D. Parasympathetic nervous system
- 8. What is a common outcome when policing work becomes routine?**
- A. Increased job satisfaction
 - B. Decreased stress
 - C. Improved family life
 - D. Cynicism, drugs, or alcohol may set in
- 9. Which of the following is NOT a component of the central nervous system?**
- A. Brain and spinal cord
 - B. Cerebral cortex
 - C. Spinal cord
 - D. Peripheral nerves
- 10. Which additional technique supports long-term adherence besides self-monitoring and implementation intentions?**
- A. Social support
 - B. Goal setting
 - C. Self-monitoring
 - D. Implementation intentions

Answers

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

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Explanations

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1. What should you do to ensure the person is not left alone according to AID LIFE?

- A. Find someone to stay with the person**
- B. Leave the person alone
- C. Notify police
- D. Do nothing

The main idea here is continuous supervision and support to keep someone from being left alone. Arranging for another person to stay with the individual ensures there's always someone present to monitor how they're doing, respond quickly if their condition changes, help with basic tasks, and provide reassurance. This reduces the risk of harm from neglect, confusion, or sudden needs that might arise, and it keeps the person safer until you can arrange longer-term help or medical assistance if needed. Leaving them alone, doing nothing, or escalating to police without a real emergency doesn't address the need for nearby supervision and can increase risk.

2. Police officers are usually hired at what level of fitness?

- A. Below average fitness
- B. Average or above average fitness**
- C. The demands placed on the body must be greater than those of daily activities
- D. Progressive Overload

Police work demands more physical capability than everyday life, so departments look for recruits who are at least average in fitness, and usually above average, to handle running, climbing, lifting, and sustaining effort under stress. This level provides the safety margin and ability needed for real-duty tasks. The other options describe training concepts or are not about the hiring level—one talks about training loads exceeding daily activities, another is a training principle, and below-average fitness would not meet job demands. So the best answer is average or above average fitness.

3. What is 'breathwork' and two methods commonly used for stress reduction?

- A. Controlled breathing techniques; box breathing (4-4-4-4) and diaphragmatic breathing.
- B. Rapid breathing and breath-holding to tolerate stress.**
- C. Only aerobic exercise counts as breathwork.
- D. Breathwork is a supplement.

Breathwork means using intentional breathing patterns to influence your body's stress response. For stress reduction, two widely used methods are box breathing and diaphragmatic breathing. Box breathing guides the breath with equal counts for inhaling, holding, exhaling, and holding again (for example, 4 counts in, 4 out, 4 hold, 4 hold). This steady, controlled pattern helps the nervous system tilt toward calm, slowing the heart rate and easing racing thoughts. Diaphragmatic breathing, or belly breathing, emphasizes deep breaths that expand the abdomen rather than just the chest. It increases oxygen exchange and activates the body's relaxation pathways, reducing tension and arousal. Rapid breathing and breath-holding, in contrast, can heighten stress responses for some people and aren't commonly used as a primary stress-reduction approach. Breathwork is not a supplement, and it isn't limited to aerobic exercise.

4. What best describes the role of body awareness and mindful movement in stress reduction and injury prevention?

- A. It has no impact on stress or injury.
- B. Increases sensitivity to fatigue and pain, reduces risk of overexertion, improves coordination and focus during activity.**
- C. It eliminates fatigue completely.
- D. It reduces stress and injuries.

Focusing on how your body feels and moves during activity trains you to listen for signals of fatigue, tension, or mild discomfort and to respond by adjusting effort, form, or duration. This heightened awareness is what makes mindful movement effective for both stress reduction and injury prevention. When you can sense fatigue early, you back off or modify the activity before overexertion occurs, which lowers the risk of injury and also keeps the stress response from escalating. At the same time, paying close attention to movement improves coordination and concentration, leading to smoother, more efficient mechanics and fewer missteps that can cause strain. The combination—being aware of fatigue and pain cues, steering effort accordingly, and maintaining focused, controlled movement—best captures how body awareness and mindful movement support safer, more relaxed exercise and quicker recovery. Other options miss the mechanism of how awareness changes behavior during activity (they either claim no impact, promise impossible outcomes, or oversimplify the benefits without the underlying process).

5. Who should you inform about the situation according to AID LIFE?

- A. Do nothing
- B. Inform friends
- C. Post on social media
- D. Inform supervisor of the situation**

In AID LIFE, the immediate priority is to escalate concerns to the person who has responsibility and authority to respond. Informing the supervisor ensures that a trained person can assess risk, coordinate a safe and appropriate action, and document what happened for follow-up. This channel preserves safety, privacy, and accountability, and it activates any required policies or supports. Telling friends or posting on social media bypasses official procedures, can spread incorrect information, and may violate privacy or organizational rules. Doing nothing leaves the situation unaddressed and potentially unsafe. So, directing the information to the supervisor aligns with proper procedure and timely intervention.

6. Which sequence correctly lists the basic components of an exercise session with their typical durations?

- A. Warm-up (5-10 min); Work out (20-30 min); Cool down (5-10 min)**
- B. Warm-up (20-30 min); Work out (5-10 min); Cool down (5-10 min)
- C. Warm-up (5-10 min); Work out (5-10 min); Cool down (20-30 min)
- D. Warm-up (5-10 min); Work out (20-30 min); Cool down (5-10 min)

The main idea here is that a typical workout starts with a brief warm-up, moves into a longer main training segment, and ends with a short cool-down. Warming up for about 5 to 10 minutes gradually increases heart rate, loosens joints, and warms the muscles, which helps prevent injuries when you start more intense work. The main portion usually lasts around 20 to 30 minutes, providing the primary stimulus for improvements in strength, endurance, or skill depending on your goals. Finishing with 5 to 10 minutes of cooling down helps bring heart rate and breathing back toward resting levels and supports recovery, sometimes including light stretching to maintain flexibility. This sequence—short warm-up, longer main workout, short cool-down—fits common practice for many exercise sessions, balancing safety, effectiveness, and recovery. Longer warm-ups or cool-downs or a shorter main workout would typically not align with standard guidelines for most sessions.

7. Which division of the nervous system promotes rest and digestion?

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

The body uses a specific branch of the autonomic nervous system to handle restorative, energy-saving activities after meals and during calm states. This division promotes rest and digestion by slowing the heart rate, increasing digestive secretions, and boosting gut movement to process and absorb nutrients. It helps the body conserve energy and recover, which is why it's often called the rest-and-digest system. In contrast, the sympathetic division gears the body up for action—fitting for stress or exercise—by speeding the heart, diverting blood to muscles, and dialing up energy availability. While the central nervous system (brain and spinal cord) and the peripheral nervous system (nerves outside the CNS) describe broader parts of the nervous system, the specific branch that promotes rest and digestion is the parasympathetic division.

8. What is a common outcome when policing work becomes routine?

- A. Increased job satisfaction
- B. Decreased stress
- C. Improved family life
- D. Cynicism, drugs, or alcohol may set in**

When policing work becomes routine, chronic stress and a sense of draining energy accumulate, leading to burnout. Burnout includes emotional exhaustion, detachment from the job, and a diminished sense of meaning or accomplishment. As the strain grows, officers often become cynical about their work and may cope through maladaptive means, such as using drugs or alcohol. This combination—cynicism paired with substance use—is a common pattern in burnout, especially in high-stress, repetitive environments like policing. The other options would imply improvements in well-being, which routine, high-stress work generally does not produce.

9. Which of the following is NOT a component of the central nervous system?

- A. Brain and spinal cord
- B. Cerebral cortex
- C. Spinal cord
- D. Peripheral nerves**

The central nervous system consists of the brain and the spinal cord. The cerebral cortex is part of the brain, so it's included in the CNS, and the spinal cord is the other major CNS structure. Peripheral nerves, however, lie outside the brain and spinal cord and form part of the peripheral nervous system, connecting the CNS to the rest of the body. So the item that is not a component of the CNS is peripheral nerves.

10. Which additional technique supports long-term adherence besides self-monitoring and implementation intentions?

- A. Social support
- B. Goal setting**
- C. Self-monitoring
- D. Implementation intentions

Setting goals provides a concrete target to work toward, which helps sustain effort and commitment over the long term. When you have a specific, attainable objective, you're more likely to plan actions that move you toward it, monitor progress, and stay motivated even when interest or energy dips. Using SMART goals—Specific, Measurable, Achievable, Relevant, Time-bound—makes the target actionable and easy to track. For example, committing to 150 minutes of moderate exercise per week for the next eight weeks creates clear milestones and a rhythm for your routine, supporting durable adherence. This technique complements self-monitoring and implementation intentions. Self-monitoring records what you actually do, so goals give you a destination to measure against. Implementation intentions lay out the exact situations and steps you'll take, while goals provide the overarching target that guides these plans. Social support can help, but goal setting is the direct mechanism that drives ongoing behavior change and persistence.

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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