

GACE Health & Physical Education Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

- 1. How many calories must be in a negative energy balance to lose one pound per week?**
 - A. 2,000 calories**
 - B. 3,000 calories**
 - C. 3,500 calories**
 - D. 4,000 calories**
- 2. Which of the following practice alternatives would best promote motor learning and safety for potentially injurious sports such as pole vaulting and downhill skiing?**
 - A. Progressive-part**
 - B. Whole-part**
 - C. Fixed practice**
 - D. Random practice**
- 3. What is an example of the placebo effect?**
 - A. An increase in medication efficacy**
 - B. A patient feeling better after taking an ineffective treatment**
 - C. A radical change in health due to lifestyle changes**
 - D. An adverse reaction to a medication**
- 4. How does chronic stress affect physical health?**
 - A. It has no impact on physical wellbeing**
 - B. It can lead to high blood pressure and weakened immunity**
 - C. It improves overall physical health**
 - D. It only affects mental health**
- 5. Why is collaboration between health and education sectors important?**
 - A. To ensure health programs are solely academic**
 - B. To create comprehensive strategies for better student outcomes**
 - C. To enhance athletics without focusing on health**
 - D. To separate health from academic goals**

- 6. Which activity is considered the most aerobically demanding in terms of calories burned per hour?**
- A. Running a marathon**
 - B. Cycling**
 - C. Cross-country skiing**
 - D. Swimming**
- 7. Why is the presence of the ozone layer in the upper atmosphere important?**
- A. It absorbs harmful UV radiation**
 - B. It acts as a barrier for pollutants**
 - C. It regulates weather patterns**
 - D. It prevents extinction of certain species**
- 8. In what type of activity are students likely to best demonstrate their refusal skills?**
- A. Writing essays on peer pressure**
 - B. Participating in debates**
 - C. Having students role-play**
 - D. Listening to guest speakers**
- 9. How is the concept of "informed consent" relevant in health education?**
- A. It is not relevant at all.**
 - B. It ensures understanding of risks before participation.**
 - C. It is required only for medical procedures.**
 - D. It only applies to research contexts.**
- 10. What is regarded as the most lethal environmental problem affecting people worldwide?**
- A. Air pollution**
 - B. Water pollution**
 - C. Soil contamination**
 - D. Waste management**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. How many calories must be in a negative energy balance to lose one pound per week?

- A. 2,000 calories**
- B. 3,000 calories**
- C. 3,500 calories**
- D. 4,000 calories**

To lose one pound of body weight, it is established that a person must achieve a negative energy balance of approximately 3,500 calories. This figure is derived from the basic principle of caloric deficit, where the number of calories burned must exceed the number of calories consumed. When the energy expenditure surpasses the energy intake by 3,500 calories over the course of a week, this deficit results in the loss of one pound of body weight. This understanding is grounded in research surrounding weight management and energy balance, making it a critical concept in both health and physical education. Thus, achieving a weekly deficit of 3,500 calories can be approached through dietary changes, increased physical activity, or a combination of both methods to facilitate weight loss effectively.

2. Which of the following practice alternatives would best promote motor learning and safety for potentially injurious sports such as pole vaulting and downhill skiing?

- A. Progressive-part**
- B. Whole-part**
- C. Fixed practice**
- D. Random practice**

The progressive-part practice method is particularly effective for complex motor skills, such as those required in pole vaulting and downhill skiing, because it allows for the skill to be broken down into smaller, manageable components. Learners first master individual parts of the skill separately before gradually integrating these parts into a whole. This incremental approach not only enhances motor learning by allowing the athlete to focus on the specifics of each segment but also significantly promotes safety. By mastering each part of the skill, athletes can build confidence and technique before attempting the more challenging and potentially dangerous aspects of the activity. In inherently risky sports like pole vaulting and downhill skiing, breaking down the skill into progressive components helps to reduce the likelihood of injury by ensuring that athletes are well-prepared for every element of the skill they will ultimately perform as a whole. Other practice methods, while useful in specific situations, do not provide the same level of controlled mastery over complex, integrative movements. Whole-part practice could lead to athletes prematurely attempting to perform the entire skill without adequate preparation in its components, which may increase the risk of injury. Fixed practice does not allow for the adaptation of skills in varying environments, which is critical in dynamic sports. Random practice can enhance retention and transfer of skills but may not

3. What is an example of the placebo effect?

- A. An increase in medication efficacy
- B. A patient feeling better after taking an ineffective treatment**
- C. A radical change in health due to lifestyle changes
- D. An adverse reaction to a medication

The placebo effect refers to a phenomenon where a patient experiences a perceived improvement in their condition because they believe they are receiving treatment, even if that treatment is inactive or has no therapeutic value. This effect highlights the powerful influence of the mind and expectations on physical health outcomes. In this context, the correct example demonstrates a patient feeling better after taking an ineffective treatment, which encapsulates the essence of the placebo effect. The belief in the treatment's efficacy leads to real changes in the patient's experience of symptoms, even though the treatment itself does not possess active medicinal properties. The other options do not align with the definition of the placebo effect. An increase in medication efficacy relates to an actual improvement due to a treatment that is pharmacologically active. A radical change in health due to lifestyle changes reflects behavioral and environmental influences rather than psychological ones associated with believing in the effectiveness of a placebo. An adverse reaction to a medication involves a negative response to an actual pharmacological agent, which is unrelated to the placebo phenomenon.

4. How does chronic stress affect physical health?

- A. It has no impact on physical wellbeing
- B. It can lead to high blood pressure and weakened immunity**
- C. It improves overall physical health
- D. It only affects mental health

Chronic stress has significant adverse effects on physical health, which is accurately captured in the chosen response. When an individual experiences ongoing stress, the body is subjected to a prolonged release of stress hormones, such as cortisol and adrenaline. This sustained hormonal activity can lead to various health issues. One of the key impacts of chronic stress is the potential elevation of blood pressure. Prolonged exposure to stress can cause the heart rate to increase and blood vessels to constrict, contributing to hypertension. This condition further raises the risk of cardiovascular diseases, including heart attacks and strokes. Additionally, chronic stress takes a toll on the immune system. Elevated stress levels can hinder the body's ability to fight off infections and can slow down recovery from illnesses. A compromised immune system makes individuals more susceptible to colds, flu, and other infections, thereby affecting overall physical wellbeing. In contrast, the other options fail to acknowledge the measurable impacts of chronic stress. Suggesting that it has no impact on physical wellbeing overlooks the extensive research showing the physiological consequences of stress. Claiming that it improves overall physical health contradicts established knowledge about its negative effects. Lastly, stating that it only affects mental health diminishes the understanding of how mental and physical health are interconnected, as chronic stress can ultimately

5. Why is collaboration between health and education sectors important?

- A. To ensure health programs are solely academic**
- B. To create comprehensive strategies for better student outcomes**
- C. To enhance athletics without focusing on health**
- D. To separate health from academic goals**

Collaboration between health and education sectors is fundamentally important because it allows for the development of comprehensive strategies that can lead to significantly improved outcomes for students. When health and education professionals work together, they can create programs and initiatives that address various aspects of a student's life, such as physical well-being, mental health, and academic performance. This holistic approach recognizes that students thrive in environments that support their overall health, which in turn enhances their ability to learn and succeed academically. Incorporating health education into the school curriculum and ensuring that health programs align with academic goals enables students to make informed choices about their health. Additionally, this collaboration can help identify and address barriers to learning, such as nutrition, physical activity, and mental health challenges. Ultimately, a joint effort between these sectors promotes healthier lifestyles for students and leads to better educational achievements, creating a supportive atmosphere that benefits the entire school community.

6. Which activity is considered the most aerobically demanding in terms of calories burned per hour?

- A. Running a marathon**
- B. Cycling**
- C. Cross-country skiing**
- D. Swimming**

Cross-country skiing is regarded as the most aerobically demanding activity in terms of calories burned per hour for several reasons. This type of skiing engages multiple major muscle groups, including the arms, legs, and core, which leads to a higher overall energy expenditure compared to many other forms of exercise. The continuous movement against resistance—whether from the snow or the terrain—also adds to the aerobic demand significantly. Moreover, cross-country skiing often involves varying levels of intensity and can be sustained over long periods, enhancing cardiovascular fitness and calorie burning even further. The combination of endurance, strength, and coordination required in this activity contributes to its high calorie-burning potential. Other activities like running a marathon, cycling, and swimming are also effective for burning calories, but they do not engage as many muscle groups simultaneously or provide as much resistance as cross-country skiing does. Therefore, while they are great forms of aerobic exercise, they typically result in a lower total calorie burn when compared to cross-country skiing at a similar exertion level.

7. Why is the presence of the ozone layer in the upper atmosphere important?

- A. It absorbs harmful UV radiation**
- B. It acts as a barrier for pollutants**
- C. It regulates weather patterns**
- D. It prevents extinction of certain species**

The presence of the ozone layer in the upper atmosphere is crucial because it absorbs harmful ultraviolet (UV) radiation from the sun. UV radiation can penetrate the atmosphere and cause a range of harmful effects on living organisms, including skin cancer, cataracts, and negative impacts on the immune system in humans, as well as detrimental effects on various ecosystems and wildlife. By absorbing a significant portion of the sun's harmful UV rays, the ozone layer acts as a protective shield for life on Earth, helping to preserve health and biodiversity. In contrast, while other options mention barriers for pollutants or effects on weather patterns and species extinction, these are not the primary role or impact of the ozone layer. Its key function specifically relates to UV radiation absorption, making it invaluable for protecting both human health and the environment.

8. In what type of activity are students likely to best demonstrate their refusal skills?

- A. Writing essays on peer pressure**
- B. Participating in debates**
- C. Having students role-play**
- D. Listening to guest speakers**

Students are likely to best demonstrate their refusal skills through role-playing activities. Role-playing provides a practical and interactive environment in which students can practice responding to real-life scenarios involving peer pressure and other situations where refusal skills are necessary. In this context, students can enact different scenarios where they might be pressured to engage in unhealthy behaviors, allowing them to rehearse their responses in a safe space. This method of active participation fosters not only the verbal expression of refusal but also helps students build confidence in their ability to say no effectively. They receive immediate feedback from peers and teachers, which reinforces learning and helps them refine their responses. While writing essays on peer pressure, participating in debates, and listening to guest speakers can contribute to understanding the importance of refusal skills, they do not provide the same opportunity for practice and real-time application. Essays focus more on theoretical understanding, debates might not concentrate specifically on refusal scenarios, and guest speakers typically share experiences rather than allowing students to actively engage in practicing responses.

9. How is the concept of "informed consent" relevant in health education?

A. It is not relevant at all.

B. It ensures understanding of risks before participation.

C. It is required only for medical procedures.

D. It only applies to research contexts.

The concept of "informed consent" is essential in health education as it emphasizes the importance of individuals being fully aware of the risks, benefits, and implications of their choices before participating in any health-related activity or program. This principle is critical because it empowers individuals to make educated decisions regarding their health and well-being. Informed consent involves providing clear and comprehensive information to participants, which allows them to weigh the potential outcomes and make choices that align with their values and comfort levels. This practice fosters an environment of trust and respect between educators or health professionals and their audiences, ensuring that individuals are not subjected to unknown risks without their knowledge. Moreover, informed consent is not limited only to medical procedures or research contexts; it is a fundamental aspect of ethical health education across various domains. It signifies a commitment to transparency and ethical practice, demonstrating respect for individuals' autonomy in health matters. Thus, the relevance of informed consent in health education lies in its role in promoting informed decision-making, protecting individual rights, and ensuring ethical practices within all health-related activities.

10. What is regarded as the most lethal environmental problem affecting people worldwide?

A. Air pollution

B. Water pollution

C. Soil contamination

D. Waste management

Water pollution is recognized as one of the most lethal environmental problems affecting people worldwide due to its direct impact on human health and the environment. Contaminated water can transmit a wide range of serious diseases, such as cholera, dysentery, and typhoid fever, which are often fatal without proper treatment. Access to clean water is essential for drinking, sanitation, and food production, thus making its contamination a critical public health issue. Poor water quality not only endangers human life but can also lead to significant economic repercussions and environmental degradation as ecosystems are disrupted and biodiversity is lost. While air pollution, soil contamination, and waste management are also significant environmental issues that pose risks to human health and ecosystems, the immediacy and breadth of the impact of water pollution on populations globally often position it as a priority concern. Unsafe water is linked to higher mortality rates and has a more direct and widespread effect on communities, particularly in developing nations where resources for clean water access are limited.