

Health Promotion, Fitness, and Wellness (HPFW) Exam 2 Practice (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. A landscaping worker carries wood and loads it (5.5 METs). This activity represents:**
 - A. Light intensity**
 - B. Moderate intensity**
 - C. Low-moderate intensity**
 - D. Vigorous intensity**

- 2. Which statement best describes how neuromuscular factors influence range of motion?**
 - A. Decreased tone leads to hypermobility, increased tone leads to restricted ROM.**
 - B. Increased tone always increases ROM.**
 - C. Muscle mass has no effect on ROM.**
 - D. Tone only affects balance, not ROM.**

- 3. Open kinetic chain exercise is characterized by?**
 - A. Distal segment moves freely**
 - B. Movement occurs at multiple joints**
 - C. Usually weight bearing**
 - D. Distal segment fixed to surface**

- 4. Functional excursion relates to movement needed for daily activities and ADLs.**
 - A. Movement tied to daily activities**
 - B. Maximum ROM**
 - C. Muscle lengthening**
 - D. Joint stability**

- 5. Which test estimates VO₂max using a 1-mile walk and heart rate?**
 - A. Rockport 1-Mile Walk Test**
 - B. 12-Minute Walk Test**
 - C. Timed Up and Go**
 - D. Astrand & Ryhming Cycle Ergometer Test**

- 6. Which HRR range corresponds to Vigorous Intensity?**
- A. 60-89% HRR**
 - B. <40% HRR**
 - C. 40-59% HRR**
 - D. \geq 90% HRR**
- 7. Functional movement capacity describes the ability to perform tasks such as stepping overhead or clearing a step.**
- A. Functional movement capacity**
 - B. Neuromuscular factors**
 - C. Normal ROM**
 - D. Hypermobility**
- 8. Passive insufficiency can be exemplified by tight structures that cannot reach a position.**
- A. Tight structures \rightarrow cannot reach position**
 - B. Nerve damage**
 - C. Pain during movement**
 - D. Dehydration after exercise**
- 9. In children and adolescents, what intensity range is recommended for aerobic activity?**
- A. Light to moderate**
 - B. Moderate to vigorous**
 - C. Vigorous only**
 - D. Low to moderate**
- 10. A patient's target intensity is moderate. Which HRR range should the PT prescribe?**
- A. 40-59%**
 - B. 20-39%**
 - C. 60-89%**
 - D. \geq 90%**

Answers

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

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Explanations

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1. A landscaping worker carries wood and loads it (5.5 METs). This activity represents:
- A. Light intensity
 - B. Moderate intensity**
 - C. Low-moderate intensity
 - D. Vigorous intensity

The key idea is using METs to categorize how hard an activity makes your body work. MET stands for metabolic equivalent, with 1 MET being the oxygen cost of resting. Activities are grouped by energy cost: light (<3 METs), moderate (3-6 METs), and vigorous (>6 METs). A task that involves carrying and loading wood at about 5.5 METs requires more effort than light activities and raises your heart rate and breathing to a noticeable, sustainable level without reaching maximal effort. Therefore, it fits the moderate-intensity category. The other options don't match because light intensity would be under 3 METs, and vigorous would be above 6 METs; "low-moderate" isn't a standard category here.

2. Which statement best describes how neuromuscular factors influence range of motion?
- A. Decreased tone leads to hypermobility, increased tone leads to restricted ROM.**
 - B. Increased tone always increases ROM.
 - C. Muscle mass has no effect on ROM.
 - D. Tone only affects balance, not ROM.

Neuromuscular tone sets how much resistance a muscle offers to being stretched. When tone is high, muscles stay stiff and resist lengthening, so a joint's range of motion becomes more limited. When tone is low, muscles are lax and offer less resistance, which can allow greater movement and, in some cases, hypermobility if the joint isn't well stabilized. ROM is shaped by how the nervous system regulates muscle activation in addition to the passive properties of tissues, so tone directly influences how far a joint can move. The other statements don't fit because higher tone doesn't increase ROM, muscle mass can affect ROM through bulk and tension, and tone influences ROM beyond balance alone.

3. Open kinetic chain exercise is characterized by?
- A. Distal segment moves freely**
 - B. Movement occurs at multiple joints
 - C. Usually weight bearing
 - D. Distal segment fixed to surface

Open kinetic chain exercises are defined by the distal segment moving freely in space, with the end of the limb not fixed to a surface. This allows the hand or foot to move independently while the rest of the limb can stay relatively stable, making it easier to target and isolate specific muscles. Examples include a seated leg extension or a biceps curl, where the hand or foot travels through space rather than being anchored. Because the end is not fixed, these movements typically involve non-weight-bearing, in contrast to closed kinetic chain activities (like squats or push-ups) where the distal segment is fixed to a surface and multiple joints move together. So the best characteristic is that the distal segment moves freely.

4. Functional excursion relates to movement needed for daily activities and ADLs.

A. Movement tied to daily activities

B. Maximum ROM

C. Muscle lengthening

D. Joint stability

Functional excursion is about the amount of joint movement required to perform everyday tasks and ADLs. It focuses on task-specific ROM—the portion of motion you actually need to complete daily activities—rather than the joint’s full, maximum range. That’s why the statement describing movement tied to daily activities is the best fit: it captures the practical, function-based goal of restoration or assessment. Maximum ROM describes how far a joint can move in theory, which isn’t necessarily needed for daily tasks. Muscle lengthening refers to changes in muscle length, not the needed movement for activities, and joint stability concerns how well a joint stays aligned, not how much motion is required to function. In rehab, targeting functional excursion ensures movement that supports independence and safety in daily life.

5. Which test estimates VO₂max using a 1-mile walk and heart rate?

A. Rockport 1-Mile Walk Test

B. 12-Minute Walk Test

C. Timed Up and Go

D. Astrand & Ryhming Cycle Ergometer Test

Estimating VO₂max from simple field tests relies on the relationship between work rate, heart rate, and oxygen uptake. The Rockport 1-Mile Walk Test uses a one-mile walk as fast as possible and records the heart rate immediately after finishing. By combining the completion time with the final heart rate and adjusting for age, weight, and gender, it provides an estimated VO₂max without needing laboratory equipment. This makes it a practical choice when you want a quick, accessible measure of cardiorespiratory fitness using just a walking test and a pulse. The other tests pull from different approaches: the 12-minute walk test uses distance covered in 12 minutes (and doesn’t hinge on heart rate in the standard VO₂max estimation), the Timed Up and Go is a mobility and balance assessment rather than a VO₂max estimate, and the Astrand-Ryhming cycle ergometer test uses a graded cycling protocol with heart rate data but requires a cycle ergometer, not a walk.

6. Which HRR range corresponds to Vigorous Intensity?

- A. 60-89% HRR**
- B. <40% HRR**
- C. 40-59% HRR**
- D. \geq 90% HRR**

Using heart rate reserve (HRR) to gauge intensity means you account for both resting heart rate and maximal capacity. HRR is calculated as HR_{max} minus HR_{rest} , and the exercise target heart rate is HR_{rest} plus a fraction of that reserve: $THR = HR_{rest} + (\text{percent} \times HRR)$. Vigorous intensity falls in the 60% to 89% range of HRR because at this level you're tapping into a large portion of your available cardiovascular capacity without pushing into near-maximal effort. For example, with a resting heart rate of 60 bpm and a max heart rate of 190 bpm, HRR is 130 bpm. The vigorous zone would roughly be $60 + (0.60 \times 130) = 138$ bpm up to $60 + (0.89 \times 130) \approx 175$ bpm. Lower ranges (below 60% HRR) reflect light to moderate effort, while approaching or exceeding 90% HRR aligns with near-maximal effort rather than typical vigorous intensity.

7. Functional movement capacity describes the ability to perform tasks such as stepping overhead or clearing a step.

- A. Functional movement capacity**
- B. Neuromuscular factors**
- C. Normal ROM**
- D. Hypermobility**

Functional movement capacity is the overall ability to perform purposeful tasks—like stepping overhead or clearing a step—through coordinated mobility, strength, balance, and control. The statement describes this capacity directly, making it the best fit. The other options point to underlying pieces or conditions rather than the integrated ability: neuromuscular factors cover the neural and muscular processes behind movement, normal ROM speaks only to how much a joint can move and doesn't ensure task performance, and hypermobility refers to excessive, potentially unstable motion rather than the successful execution of functional tasks.

8. Passive insufficiency can be exemplified by tight structures that cannot reach a position.

A. Tight structures → cannot reach position

B. Nerve damage

C. Pain during movement

D. Dehydration after exercise

Passive insufficiency occurs when a muscle that crosses more than one joint is so tight that it cannot lengthen enough to allow full passive range of motion at all the joints it crosses. When a structure is tight, it can't reach the end position because the muscle can't lengthen further to accommodate that position. A classic example is a two-joint muscle like the gastrocnemius, which crosses the knee and ankle: with the knee straight, the muscle is relatively short and can limit ankle dorsiflexion; bending the knee allows more dorsiflexion, illustrating how the muscle's length across both joints prevents reaching the full end range. This is why the statement about tight structures that cannot reach a position fits passive insufficiency. Nerve damage would cause neurological deficits, pain during movement is a symptom rather than a limitation imposed by muscle length, and dehydration after exercise is unrelated to passive range of motion.

9. In children and adolescents, what intensity range is recommended for aerobic activity?

A. Light to moderate

B. Moderate to vigorous

C. Vigorous only

D. Low to moderate

The key idea is that aerobic activity for children and adolescents should be performed at a moderate to vigorous intensity. This level of effort increases heart rate and breathing enough to provide health benefits while still allowing most daily activities to be feasible. In practical terms, moderate intensity is when you can talk in short sentences but singing is difficult, and vigorous intensity is when talking becomes very hard. Most guidelines encourage about 60 minutes of aerobic activity most days, with the bulk at moderate intensity and some time incorporated at vigorous intensity. Light to moderate alone wouldn't provide the necessary cardiovascular stimulus, and vigorous-only can be hard to sustain for about daily activity over time. So, the recommended range is moderate to vigorous.

10. A patient's target intensity is moderate. Which HRR range should the PT prescribe?

- A. 40-59%**
- B. 20-39%**
- C. 60-89%**
- D. $\geq 90\%$**

The concept here is using heart rate reserve (HRR) to prescribe exercise intensity with the Karvonen method. HRR combines your resting heart rate and your maximum heart rate to tailor intensity, rather than just using a straight percent of max HR. The target heart rate is calculated as HR_{rest} plus a percentage of HRR, so the workout intensity stays aligned with your current fitness level. Moderate intensity corresponds to about 40% to 59% of HRR. This range provides a steady, sustainable effort that improves aerobic capacity without being too easy or too hard. For example, if a patient has a resting heart rate of 60 bpm and a maximum of 180 bpm, the HRR is 120 bpm. The moderate zone would be 40% to 59% of 120, which is 48 to 70 bpm above rest, giving a target range of roughly 108 to 130 bpm. This illustrates why 40-59% of HRR is the appropriate choice for moderate intensity. Ranges below this are lighter work, and ranges around or above 60% HRR approach vigorous intensity, so they don't fit the moderate category.

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://hpfw2.examzify.com>

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

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