HEALTH PROMOTION, FITNESS, AND WELLNESS (HPFW) EXAM 2 PRACTICE (SAMPLE)

STUDY GUIDE

SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

1. **Which RE-AIM dimension focuses on whether a program is accepted and used by settings or organizations?**

   A. Reach

   B. Adoption

   C. Implementation

   D. Maintenance

2. **A patient walks at a very brisk pace (4 mph), which equals 5.0 METs. What is the correct intensity classification?**

   A. Moderate

   B. Near-maximal

   C. Light

   D. Vigorous

3. **The 3 x 20 protocol is an example of which type of CR fitness interval training?**

   A. High Intensity Interval Training (HIIT)

   B. Sprint Interval Training (SIT)

   C. High Intensity Functional Training (HIFT)

   D. 4 x 4 protocol

4. **Which FITT combination best describes bone-strengthening activities for children and adolescents?**

   A. Greater than or equal to 2 days per week; light bone loading; 30 minutes per day; Walking and stretching

   B. Greater than or equal to 3 days per week; moderate to high bone loading; 60 minutes or more per day; Running, jump rope, basketball, tennis, resistance training, hopscotch

   C. Five days per week; high bone loading; 20 minutes per day; Jumping jacks only

   D. Daily; very high bone loading; 90 minutes per day; Sprinting and plyometrics

5. **What are key injury prevention strategies for physical activity programs?**

   A. Relying solely on post-injury treatment.

   B. Overloading participants immediately without protection.

   C. Proper warm-up, gradual progression, use of protective equipment, safe environments, and education on safe exercise techniques.

   D. Avoiding any safety guidelines.

6. How do you calculate waist-to-hip ratio and why is it important for cardiometabolic risk?

A. WHR = waist circumference divided by hip circumference; higher WHR indicates central adiposity and higher cardiometabolic risk.

B. WHR = hip circumference divided by waist circumference

C. WHR = waist circumference minus hip circumference

D. WHR = body mass / height

7. Which MET range defines Moderate Intensity?

A. 3-6 METs

B. <3 METs

C. >6 METs

D. 1-2.5 METs

8. Vigorous intensity corresponds to which Borg RPE value?

A. Borg RPE 9-11/20

B. Borg RPE > 14 / 20

C. Borg RPE 12-13/20

D. Borg RPE 6-8/20

9. Which SMART objective component is designed to be achieved within a limited timeframe to guide program progress?

A. Specific

B. Measurable

C. Time-bound

D. Achievable

10. For novice strength trainers, how often should major muscle groups be trained?

A. At least 2 days per week

B. Daily

C. At least 1 day per week

D. At least 4 days per week

Answers

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

Explanations

1. Which RE-AIM dimension focuses on whether a program is accepted and used by settings or organizations?

A. Reach

B. Adoption

C. Implementation

D. Maintenance

Adoption focuses on whether settings or organizations decide to take up and actually use the program. It looks at organizational acceptance and initial uptake—the decision by a clinic, school, or community group to start delivering the program. This differs from Reach, which measures how many individuals from the target population participate; Implementation, which assesses how faithfully the program is delivered in practice; and Maintenance, which examines whether the program continues to be used over time.

2. A patient walks at a very brisk pace (4 mph), which equals 5.0 METs. What is the correct intensity classification?

A. Moderate

B. Near-maximal

C. Light

D. Vigorous

Metabolic equivalents (METs) classify exercise intensity by energy cost: light is about 1.6–2.9 METs, moderate is 3–5.9 METs, and vigorous is 6 METs and above. A brisk walk at 4 mph is roughly 5.0 METs, which falls squarely in the moderate range. This level means you're elevating heart rate and breathing enough to notice effort, but you can still talk in phrases (not sing). Near-maximal would imply a much higher effort close to your max, which isn't indicated by 5.0 METs. So the correct classification is moderate.

3. The 3 x 20 protocol is an example of which type of CR fitness interval training?

A. High Intensity Interval Training (HIIT)

B. Sprint Interval Training (SIT)

C. High Intensity Functional Training (HIFT)

D. 4 x 4 protocol

Short, all-out efforts with brief, near-full recoveries define Sprint Interval Training. The 3 x 20 protocol fits this pattern: three 20-second maximal sprints with enough rest to recover between each push. This structure aims to tax the anaerobic energy systems quickly and repeatedly, boosting sprint speed and anaerobic capacity. If we contrast with the other options, you can see why this fits SIT best. High-intensity interval training often uses longer work bouts at high but not necessarily maximal effort, with varied rest and more flexible pacing. Four-minute work intervals, as in a 4 x 4 protocol, create a different endurance stimulus and are not the very short, all-out sprints that define SIT. High Intensity Functional Training is a broader method emphasizing functional moves and varied circuits rather than a defined short-sprint interval pattern. So the specific three 20-second, maximal-effort sprints with recovery align most closely with Sprint Interval Training.

4. Which FITT combination best describes bone-strengthening activities for children and adolescents?

A. Greater than or equal to 2 days per week; light bone loading; 30 minutes per day; Walking and stretching

B. Greater than or equal to 3 days per week; moderate to high bone loading; 60 minutes or more per day; Running, jump rope, basketball, tennis, resistance training, hopscotch

C. Five days per week; high bone loading; 20 minutes per day; Jumping jacks only

D. Daily; very high bone loading; 90 minutes per day; Sprinting and plyometrics

Bone-strengthening activities for children and adolescents should provide regular, substantial forces on the bones to stimulate growth and mineral accrual, while staying safe and age-appropriate. The best choice matches three key ideas: perform bone-loading activities on at least three days per week, use moderate to high loading that meaningfully stresses the bones, and accumulate a meaningful amount of time with a variety of weight-bearing activities that challenge the skeletal system. This option fits because it prescribes at least three days per week, involves moderate to high bone loading, and recommends 60 minutes or more per day with activities such as running, jump rope, basketball, tennis, resistance training, and playful weight-bearing moves like hopscotch. It combines enough frequency, intensity, and duration to promote bone health during growth, and it includes a range of activities to safely load the bones in different ways. The other choices fall short in either loading intensity, frequency, duration, or variety: one has only light loading and limited days; another emphasizes a single high-impact activity for a short duration; and the last suggests very high loading every day, which can increase injury risk for youth and isn't typically recommended as a daily routine.

5. What are key injury prevention strategies for physical activity programs?

A. Relying solely on post-injury treatment.

B. Overloading participants immediately without protection.

C. Proper warm-up, gradual progression, use of protective equipment, safe environments, and education on safe exercise techniques.

D. Avoiding any safety guidelines.

Injury prevention in physical activity programs relies on proactive, multi-faceted strategies that prepare the body, manage how demands increase, protect vulnerable areas, and teach safe practices. A proper warm-up increases blood flow and flexibility, helping muscles and joints handle activity and reducing strain. Gradual progression ensures the body adapts to higher demands over time instead of jumping into intense work that can cause injuries. Using protective equipment when needed, maintaining a safe environment, and delivering education on safe exercise techniques all support safer participation and proper form. This combination targets prevention before problems arise, rather than reacting after an injury. Options that focus only on treatment after injury, suddenly increasing intensity without protection, or ignoring safety guidelines do not provide the same protective effect.

6. How do you calculate waist-to-hip ratio and why is it important for cardiometabolic risk?

A. WHR = waist circumference divided by hip circumference; higher WHR indicates central adiposity and higher cardiometabolic risk.

B. WHR = hip circumference divided by waist circumference

C. WHR = waist circumference minus hip circumference

D. WHR = body mass / height

Waist-to-hip ratio measures how fat is distributed on the body, focusing on central or abdominal fat relative to hip fat. It's calculated by dividing the waist circumference by the hip circumference, using consistent units (both in cm or inches). For measurement, place the waist at the natural waistline (just above the navel) and measure the hips at the widest part of the buttocks, then compute WHR = waist ÷ hip. This measure matters because abdominal or central adiposity is more closely linked to cardiometabolic problems—such as insulin resistance, higher triglycerides and lower HDL, hypertension, inflammation, and an overall increased risk of type 2 diabetes and cardiovascular disease—than overall body weight alone. A higher WHR indicates more fat around the abdomen relative to the hips, signaling greater cardiometabolic risk. Thresholds commonly cited are about 0.90 or higher for men and 0.85 or higher for women, though exact cutoffs can vary by population. The other kinds of calculations don't capture fat distribution: reversing the ratio swaps the numerator and denominator, subtracting creates a difference rather than a ratio, and using body mass divided by height aligns with BMI, which reflects overall weight status rather than where fat is distributed.

7. Which MET range defines Moderate Intensity?

A. 3-6 METs

B. <3 METs

C. >6 METs

D. 1-2.5 METs

METs measure how much energy an activity costs compared with resting. Moderate intensity sits in the middle of the range: it's higher than light activities but not as high as vigorous effort. At this level your heart rate and breathing pick up, and you can still carry on a conversation in short phrases rather than sing a full song. Think brisk walking, casual cycling on level ground, dancing, or water aerobics—these kinds of activities are typically classified as moderate because they require noticeably more effort than resting, but they're still sustainable for a longer period. In contrast, light-intensity activities stay below this level, while vigorous activities push well above it. This mid-range classification is what defines moderate intensity in exercise guidelines.

8. Vigorous intensity corresponds to which Borg RPE value?

A. Borg RPE 9-11/20

B. Borg RPE > 14 / 20

C. Borg RPE 12-13/20

D. Borg RPE 6-8/20

Vigorous effort on the Borg RPE scale reflects a high level of perceived exertion, where breathing is heavy and talking becomes difficult. On the 6–20 Borg scale, this level of effort is typically around 14 or higher. So a choice describing exertion greater than 14 matches the vigorous range, since it denotes hard to very hard work. For context, about 12–13 is considered moderate, and 9–11 would feel light; the 6–8 range is very light. In practice, a vigorous workout usually sits in the roughly 15–17 zone, occasionally higher during intense efforts.

9. Which SMART objective component is designed to be achieved within a limited timeframe to guide program progress?

A. Specific

B. Measurable

C. Time-bound

D. Achievable

Time-bound is the part that anchors a SMART objective to a specific deadline. By setting a finish date or a tight timeframe, it creates a clear schedule for what needs to be done and by when, which helps guide progress, prompt timely actions, and make it easier to review progress at set points. This deadline keeps the effort focused and allows for milestones and adjustments if necessary. Specific explains what will be done, Measurable defines how success is quantified, and Achievable (or Attainable) assesses feasibility given constraints. Those aspects shape the scope, evidence of completion, and realism, but they don't pin down when the goal must be reached. In program planning, the time-bound element is what ensures regular tracking and timely movement toward outcomes.

10. For novice strength trainers, how often should major muscle groups be trained?

A. At least 2 days per week

B. Daily

C. At least 1 day per week

D. At least 4 days per week

Training frequency for beginners is about balancing enough stimulus with adequate recovery. For novices, hitting major muscle groups at least two days per week provides the right amount of training stimulus to drive strength and muscle adaptations while still giving the body time to recover between sessions. This supports learning proper technique on compound movements, progressive loading, and accumulating enough weekly volume to see progress. Training every day isn't necessary and can impede recovery, especially for someone just starting out. Training only one day per week provides too little stimulus to produce meaningful gains. Training four days per week can be appropriate for more advanced lifters, but beginners often don't need that much volume or frequency initially and may struggle to recover if volume isn't carefully managed. Therefore, the best fit for novices is at least two days per week.

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!