

Higher Physical Education (PE) Practice Exam (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 best defines kinetic analysis?**
 - A. It studies motion without forces.**
 - B. It examines forces such as torque, GRFs, and moments causing motion.**
 - C. It describes velocity only.**
 - D. It measures distance traveled.**

- 2. On the outside of each PPW section, what is written?**
 - A. the outside label**
 - B. a sub-factor**
 - C. a date**
 - D. a color legend**

- 3. What is identified as wrong with the pupil's answer about comparing data to retests?**
 - A. It confuses reliability**
 - B. The cause and the effect are mixed up**
 - C. It uses incorrect units**
 - D. It ignores norms**

- 4. Which is an example of self-talk that helps regulate performance?**
 - A. Stay relaxed**
 - B. Breathe deeply during tight moments**
 - C. Focus on form and tempo**
 - D. Ignore feedback during performance**

- 5. In the PPW self-assessment, what does more blue than red indicate?**
 - A. Weakness**
 - B. Strength**
 - C. Model performer**
 - D. Balance**

- 6. Guided discovery coaching is most effective in which scenario?**
- A. Novice learners on simple tasks.**
 - B. Skilled or autonomous performers handling complex tasks.**
 - C. When feedback is withheld entirely.**
 - D. When tasks are prescriptive and unchanging.**
- 7. What is a short-term goal?**
- A. A short-term goal is one that you want to achieve by the end of your season**
 - B. A short-term goal is one that you want to achieve by the end of the training cycle**
 - C. A short-term goal is one that you want to achieve by the end of your PDP**
 - D. A short-term goal is one that you want to achieve by the end of your individual training session**
- 8. Describe a short term goal for a physical session?**
- A. By the end of the session, I want to have ran 3.5km in 18 minutes**
 - B. By the end of the session, I want to improve balance**
 - C. By the end of the session, I want to run 5 miles**
 - D. By the end of the session, I want to lose 2 kg**
- 9. Which scenario best illustrates part practice?**
- A. Practicing the entire movement from start to finish in one session**
 - B. Breaking the skill into components and practicing them separately**
 - C. Using visualization only**
 - D. Performing the skill under the same conditions repeatedly**
- 10. Which statement best describes imagery usage in practice?**
- A. Imagery involves rehearsing movements mentally to improve technique**
 - B. Imagery replaces physical practice entirely**
 - C. Imagery has no effect on confidence**
 - D. Imagery is used solely for warm-up timing**

Answers

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

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Explanations

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1. Which statement best defines kinetic analysis?

- A. It studies motion without forces.
- B. It examines forces such as torque, GRFs, and moments causing motion.**
- C. It describes velocity only.
- D. It measures distance traveled.

Kinetic analysis focuses on the forces that produce or influence motion. It looks at how torques at joints, joint moments, and external forces such as ground reaction forces drive accelerations and changes in movement. This is different from describing motion itself—kinematics covers position, velocity, and acceleration without considering the forces behind them. For example, in a sprint start, kinetic analysis would quantify the ground reaction forces and the knee and hip moments that generate forward acceleration, explaining why speed changes occur. Describing motion only, like velocity or distance, doesn't explain why the motion happens, which is why those options aren't about kinetics.

2. On the outside of each PPW section, what is written?

- A. the outside label
- B. a sub-factor**
- C. a date
- D. a color legend

Labels outside each PPW section are meant to identify the exact sub-factor being assessed, so you can see at a glance which precise element of performance that section covers. This kind of labeling organizes the content into clear, measurable parts and helps scoring stay consistent by tying the observed performance to a specific sub-factor. A date would not convey what is being measured; it would only indicate when something was created or updated. A color legend is typically used for charts or graphs to explain color coding, not to label the content of each section. An ambiguous outside label wouldn't tell you the specific aspect under review. So the sub-factor label is the informative, functional choice that best communicates the content of each section.

3. What is identified as wrong with the pupil's answer about comparing data to retests?

- A. It confuses reliability
- B. The cause and the effect are mixed up**
- C. It uses incorrect units
- D. It ignores norms

The main idea is evaluating reliability by comparing data across occasions. When you retest, you're checking if scores stay consistent over time, not saying the retest creates the differences. If you say the retest caused the data to change, you're mixing up cause and effect. The retest is a separate measurement that reveals whether the original result is stable; small differences between test and retest suggest good reliability, while large differences point to measurement error or other factors. So the flaw in the pupil's answer is treating the retest as the source of change rather than recognizing that variation across occasions indicates how reliable the measurement is.

4. Which is an example of self-talk that helps regulate performance?

- A. Stay relaxed**
- B. Breathe deeply during tight moments**
- C. Focus on form and tempo**
- D. Ignore feedback during performance**

Self-talk that focuses on technique and pacing helps regulate performance because it directly guides how the movement should be executed and timed. By verbalizing cues about form and tempo, the performer maintains consistent mechanics, keeps a steady rhythm, and prevents drift in technique as fatigue or pressure rises. This task-focused self-talk supports precise, efficient performance by aligning mental cues with motor actions, making it easier to perform smoothly under pressure. Other forms of self-talk, like simply trying to stay relaxed or cueing breath during tight moments, are about managing arousal or physiology rather than actively steering the movement itself, and ignoring feedback during performance undermines the ability to adapt and refine technique in real time.

5. In the PPW self-assessment, what does more blue than red indicate?

- A. Weakness**
- B. Strength**
- C. Model performer**
- D. Balance**

In the PPW self-assessment, colors are used to show how you're performing: blue marks stronger, more solid performance, while red highlights weaker areas. When blue outnumbers red, it means you have more areas where you meet or exceed expectations than gaps you need to address, so the overall takeaway is strength. It isn't signaling weakness, since red isn't the dominant color. It isn't necessarily saying you're a model performer, because that would require consistently high blue across every area, not just more blue than red overall. And it doesn't imply balance, since balance would mean roughly equal blue and red, whereas more blue emphasizes stronger performance.

6. Guided discovery coaching is most effective in which scenario?

- A. Novice learners on simple tasks.**
- B. Skilled or autonomous performers handling complex tasks.**
- C. When feedback is withheld entirely.**
- D. When tasks are prescriptive and unchanging.**

Guided discovery coaching works best when the learner can think for themselves and adapt to complexity, yet still benefits from structure that nudges them toward the right solution. It uses questions, prompts, and cues to guide problem-solving rather than telling the learner exactly what to do. This helps skilled or autonomous performers refine their decision-making and transfer what they know to new or changing situations. In complex tasks, there isn't a single fixed recipe, so letting the learner uncover effective approaches with timely coaching keeps them engaged, fosters deeper understanding, and supports autonomous performance. In other scenarios, the fit isn't as strong: novices on simple tasks generally benefit from direct instruction to build a solid base quickly; withholding feedback removes a crucial part of the learning process that helps guide discovery; and prescriptive, unchanging tasks don't require exploration, so a clear, step-by-step approach is more efficient.

7. What is a short-term goal?

- A. A short-term goal is one that you want to achieve by the end of your season**
- B. A short-term goal is one that you want to achieve by the end of the training cycle**
- C. A short-term goal is one that you want to achieve by the end of your PDP**
- D. A short-term goal is one that you want to achieve by the end of your individual training session**

Short-term goals are targets set to be achieved in the near future to guide your current practice and give quick feedback on progress. They are most effectively tied to a single training session, focusing on a specific skill or performance you want to improve right now. That makes ending at the conclusion of your individual training session the best fit for a short-term goal. Goals tied to a season, a training cycle, or a Personal Development Plan involve longer timeframes and broader planning, which align with medium- or long-term aims rather than the immediate, in-session focus of short-term targets. For example, within this session you might aim to complete 8 out of 10 passes with correct technique, providing clear, achievable focus and instant feedback.

8. Describe a short term goal for a physical session?

- A. By the end of the session, I want to have ran 3.5km in 18 minutes**
- B. By the end of the session, I want to improve balance**
- C. By the end of the session, I want to run 5 miles**
- D. By the end of the session, I want to lose 2 kg**

Short-term goals for a single training session should be specific and measurable so you can see clear progress by the end of the session. They aim for a concrete performance target you can complete in that session. The option that fits best states a precise distance to cover and a timeframe to hit, giving a clear pace and endpoint: by the end, run 3.5 km in 18 minutes. This is actionable, measurable, and achievable within one session. Aims like improving balance are vague because they don't specify a measurable outcome you can hit during the session. Running 5 miles lacks a defined pace or time, making it harder to assess performance within one session. Losing 2 kg concentrates on weight change, which isn't realistically achievable in a single session and isn't a direct measure of performance in that moment.

9. Which scenario best illustrates part practice?

- A. Practicing the entire movement from start to finish in one session**
- B. Breaking the skill into components and practicing them separately**
- C. Using visualization only**
- D. Performing the skill under the same conditions repeatedly**

Part practice means breaking a skill into parts and practicing those parts separately before putting them together. This approach helps manage complexity and reduces cognitive load, so learners can refine each element with correct technique. It's especially useful for skills with multiple stages or components, where errors in one part can throw off the whole movement. By isolating and perfecting individual segments, you build a solid foundation that can later be integrated into the complete skill. The scenario described aligns with this idea because it focuses on practicing the skill's components in isolation rather than all at once. For example, in a sport skill, you might drill the first phase or each distinct component separately before combining them into the full sequence. Other options don't illustrate breaking the skill into parts. Practicing the entire movement from start to finish in one session is whole practice. Using visualization only involves mental rehearsal without practicing the physical components. Repeating the skill under the same conditions addresses practice structure or specificity rather than dividing the skill into parts.

10. Which statement best describes imagery usage in practice?

- A. Imagery involves rehearsing movements mentally to improve technique**
- B. Imagery replaces physical practice entirely**
- C. Imagery has no effect on confidence**
- D. Imagery is used solely for warm-up timing**

Imagery in practice centers on mentally rehearsing a movement to refine technique. By visualizing the steps, timing, and feel of the skill, you reinforce the correct pattern and sequencing, which helps improve accuracy and smoothness when you move for real. This mental practice primes the neural pathways involved in the action, making physical execution more efficient and confident. It's not about replacing physical practice—imagery serves as a supplement that can be used before, during, or after practice to boost focus and self-belief. It isn't limited to warm-up timing either; its benefits extend to planning, troubleshooting, and mental readiness.

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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://higherpe.examzify.com>

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

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