

IB SPORTS, EXERCISE AND HEALTH SCIENCE (SEHS) PRACTICE EXAM (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

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1. What is systolic blood pressure?

- A. Force exerted by blood on arterial walls during ventricular relaxation
- B. Force exerted by blood on arterial walls during ventricular contraction
- C. Force exerted by blood on arterial walls during atrial contraction
- D. Force exerted by blood on arterial walls during ventricular filling

2. Which statement best defines VO₂ max?

- A. The maximum amount of oxygen (ml) one can use in a minute
- B. The average amount of oxygen used during light activity
- C. The maximum heart rate achievable during exercise
- D. The amount of oxygen dissolved in blood at rest

3. Skinfold measurements estimate body fat by assessing fat at how many sites?

- A. Two sites
- B. Three or more sites
- C. One site
- D. Four sites

4. Which rating of perceived exertion (RPE) test is noted as suitable only for children?

- A. CERT
- B. Borg
- C. OMNI
- D. RPE-6/20

5. What does $F = ma$ describe?

- A. Law of conservation of energy
- B. The relationship between mass, acceleration, and applied force
- C. Action-reaction pairs
- D. Equilibrium of forces

- 6. Which principle involves gradually increasing intensity over time?**
- A. Specificity
 - B. Progression
 - C. Overload
 - D. Reversibility
- 7. Which is an example of a coactive activity?**
- A. Football Match
 - B. Archery
 - C. High Jump
 - D. Swimming
- 8. Inertia in sport, where a stationary object tends to stay stationary, is best illustrated by which scenario?**
- A. A cyclist coasting at constant velocity
 - B. A ball accelerated by kicks
 - C. An Olympic lifter before the lift remains still
 - D. A gymnast performing a flip
- 9. What type of feedback comes from outside sources such as a coach or stopwatch?**
- A. Intrinsic
 - B. Extrinsic
 - C. Knowledge of results
 - D. Knowledge of performance
- 10. What is the total ATP yield from one glucose molecule under aerobic conditions according to the source material?**
- A. 34
 - B. 38
 - C. 30
 - D. 26

Answers

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

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Explanations

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1. What is systolic blood pressure?

- A. Force exerted by blood on arterial walls during ventricular relaxation
- B. Force exerted by blood on arterial walls during ventricular contraction**
- C. Force exerted by blood on arterial walls during atrial contraction
- D. Force exerted by blood on arterial walls during ventricular filling

Systolic blood pressure is the arterial pressure created when the ventricles contract and push blood into the arteries. This moment of ventricular systole produces the peak in arterial pressure, which is why it's the higher number in a blood pressure reading. When the heart relaxes, arterial pressure falls to its lowest point, the diastolic pressure. The other phases—atrial contraction and ventricular filling—occur at different times and do not determine the peak pressure used to define systolic blood pressure.

2. Which statement best defines VO2 max?

- A. The maximum amount of oxygen (ml) one can use in a minute**
- B. The average amount of oxygen used during light activity
- C. The maximum heart rate achievable during exercise
- D. The amount of oxygen dissolved in blood at rest

VO2 max is the greatest rate at which the body can take in, transport, and use oxygen during intense, all-out exercise. It reflects the combined capacity of the lungs, heart, blood vessels, and muscles to deliver and utilize oxygen, and is often expressed as ml of O2 per minute (absolute) or ml per kilogram of body weight (relative). According to the Fick principle, $VO_2 \text{ max} = \text{maximum cardiac output} \times \text{maximum arteriovenous oxygen difference}$, highlighting why it's a measure of overall aerobic capacity. The other statements don't fit because VO2 max is about maximal oxygen use during strenuous activity, not average oxygen use during light activity, not heart rate, and not the small amount of oxygen dissolved in blood at rest.

3. Skinfold measurements estimate body fat by assessing fat at how many sites?

- A. Two sites
- B. Three or more sites**
- C. One site
- D. Four sites

Skinfold analysis relies on measuring subcutaneous fat at multiple locations rather than a single spot. Taking measurements from three or more sites captures how fat distribution varies across the body and allows the use of established prediction equations to estimate overall body fat more accurately. In practice, a three-site method is common for quick estimates, while seven sites are used for greater precision; measuring only one or two sites would not provide a reliable assessment.

4. Which rating of perceived exertion (RPE) test is noted as suitable only for children?

A. CERT

B. Borg

C. OMNI

D. RPE-6/20

Perceived exertion scales must match a person's developmental level. The CERT, or Children's Effort Rating Table, was developed specifically for children, using simple language and often visual cues that align with kids' understanding of how hard a workout feels. It has been validated for pediatric use, so it's appropriate for kids and not intended for adults. Other scales like the Borg 6–20 or the CR10 were designed with adults in mind and assume a certain level of numeracy and familiarity with the heart-rate relationship, which can make them less reliable or harder for children to use. The OMNI scale has child-friendly versions as well, but CERT is the one noted as suitable exclusively for children, making it the best answer for this item.

5. What does $F = ma$ describe?

A. Law of conservation of energy

B. The relationship between mass, acceleration, and applied force

C. Action-reaction pairs

D. Equilibrium of forces

Newton's second law describes how motion responds to force: the net force acting on an object equals its mass times the acceleration it experiences. The acceleration points in the same direction as the net force, and its magnitude scales with both the net force and the object's mass—doubling the net force doubles the acceleration, while doubling the mass for the same force halves the acceleration. If no net force acts, the acceleration is zero, so the object moves with constant velocity or stays at rest. The equation also tells us the units: force is measured in newtons, which are kilograms meters per second squared. This relationship illustrates how mass, force, and motion are linked, and it's distinct from energy conservation, action–reaction pairs, or equilibrium, which describes a balance of forces with zero net force.

6. Which principle involves gradually increasing intensity over time?

A. Specificity

B. Progression

C. Overload

D. Reversibility

Progression means gradually increasing the training stimulus over time as your body adapts. As you get fitter, you add a little more challenge each session—this could be more weight, more time, higher intensity, or more frequent sessions. The idea is to keep nudging the body just beyond what it's comfortable with so adaptations continue rather than plateauing. A practical example is starting a running plan with 20 minutes at an easy pace, then after a week or two increasing either the duration or the pace little by little each week. This slow, planned escalation helps improve endurance, strength, and speed while reducing the risk of injury from too big a jump too soon. Overload is about imposing a stress greater than the body's current capacity to elicit adaptation, but progression is the process of making that stress increase gradually over time. Specificity focuses on training that targets the exact demands of a sport or goal. Reversibility is the loss of adaptations when training stops.

7. Which is an example of a coactive activity?

- A. Football Match
- B. Archery
- C. High Jump
- D. Swimming**

Coactive activities involve many people performing the same movement at roughly the same time, in the same environment, and coordinating their actions toward a common outcome rather than directly opposing each other. In swimming, multiple competitors are in the pool at once, each executing the same stroke and propulsion pattern in their own lane. They move together in time, sharing the space and goal of finishing the race, but without directly fighting against one another in the way opponents do in some other sports. This parallel, synchronized execution across several athletes is what makes swimming an example of a coactive activity. The other options don't fit as well because football involves direct opposition and tactical interaction with opponents, while archery and high jump are typically performed by individuals without simultaneous, shared action across many performers.

8. Inertia in sport, where a stationary object tends to stay stationary, is best illustrated by which scenario?

- A. A cyclist coasting at constant velocity
- B. A ball accelerated by kicks
- C. An Olympic lifter before the lift remains still**
- D. A gymnast performing a flip

Inertia is the tendency of an object to remain at rest or to continue moving at a constant speed in a straight line unless acted on by a net external force. This question points to the resting side of that idea. An Olympic lifter standing still before the lift is the clearest illustration: the barbell and lifter would stay at rest unless the lifter applies a net force sufficient to overcome the weight and any friction, starting the movement upward. This directly shows a stationary object tending to stay stationary. The other scenarios involve motion already underway or changes in motion, not a stationary state: a cyclist coasting is moving, a ball being kicked is being set into motion, and a gymnast flipping is in motion and rotation.

9. What type of feedback comes from outside sources such as a coach or stopwatch?

- A. Intrinsic
- B. Extrinsic**
- C. Knowledge of results
- D. Knowledge of performance

Extrinsic feedback is information provided by sources outside the performer, such as a coach, a stopwatch, or video. This contrasts with intrinsic feedback, which comes from the performer's own senses during movement. The question emphasizes the source being external, which is why extrinsic feedback best fits. Knowledge of results and knowledge of performance describe what kind of information is being given (outcome vs technique), but both can be delivered externally; the key distinction in this context is that the feedback comes from outside the body.

10. What is the total ATP yield from one glucose molecule under aerobic conditions according to the source material?

- A. 34
- B. 38**
- C. 30
- D. 26

Total ATP yield from glucose under aerobic conditions is found by adding up all the ATP produced during glycolysis, pyruvate oxidation, and the citric acid cycle, using the convention this source material specifies for how many ATP each NADH and FADH₂ generates. Glycolysis gives 2 ATP directly, plus 2 NADH. If each NADH is worth 3 ATP, that adds 6 ATP from the NADH, bringing glycolysis to 8 ATP total. Pyruvate oxidation produces 2 NADH, which equals 6 ATP. In the citric acid cycle per glucose, you get 6 NADH (18 ATP), 2 FADH₂ (4 ATP), and 2 GTP (2 ATP). That stage contributes 24 ATP. Add them up: 8 from glycolysis, 6 from pyruvate oxidation, and 24 from the citric cycle, totaling 38 ATP. Note this is based on the older convention (NADH = 3 ATP, FADH₂ = 2 ATP). Some modern counts using different shuttle mechanisms give about 30–32 ATP, but the source material here uses 38.

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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://ibsehs.examzify.com>

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

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