IGCSE Physical Education 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

1. Which body type is associated with broad hips and large fat stores, often linked to strength and power, such as rugby forwards or sumo wrestlers?

A. Mesomorph

B. Ectomorph

C. Athletic type

D. Endomorph

2. What does the standing stork test primarily assess?

A. Power

B. Coordination

C. Balance

D. Speed

3. Which statement describes sponsorship in sport?

A. Businesses and corporations provide financial backing for clubs, events, and individuals

B. Sponsorship has no impact on a sponsor's image

C. Sponsorship is always beneficial for all parties

D. Sponsorship is primarily about promoting ticket sales

4. Which is a direct result of progressive overload on skeletal muscles?

A. Decreased muscle strength

B. Decreased endurance

C. Increased muscle size (hypertrophy)

D. No change in strength

5. What is the primary function of blood within the cardiovascular system?

A. Produces hormones

B. Filters waste from the body

C. Supplies oxygen and nutrients

D. Regulates body temperature only

6. Which somatotype is described as fatness with wide hips and large fat stores, associated with strength and power?

A. Mesomorph

B. Endomorph

C. Ectomorph

D. Athletic type

7. If media fails to promote sport, what is likely to happen?

A. Sponsorship increases with less media coverage.

B. Media failures have no impact on participation.

C. If media fails to promote sport, people are less likely to understand it and won't take part.

D. People understand sport better without media.

8. The main activity focuses on which of the following?

A. Improving specific components of fitness and skills

B. Focus on rehabilitating injuries only

C. Improving flexibility only

D. Lowering heart rate

9. Which is a consequence of an efficient respiratory system?

A. Higher resting heart rate

B. More oxygen can reach blood and muscles

C. More carbon dioxide can be stored

D. Decreased lung capacity

10. Which of the following is a factor affecting people's leisure time activities?

A. Height

B. Weather

C. Age

D. Blood pressure

Answers

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

Explanations

1. Which body type is associated with broad hips and large fat stores, often linked to strength and power, such as rugby forwards or sumo wrestlers?

A. Mesomorph

B. Ectomorph

C. Athletic type

D. Endomorph

Understanding body types helps explain why different athletes perform well in different roles. Endomorphs tend to store more body fat and have wider hips, giving them a rounder, heavier torso and a strong base. That extra mass can translate into raw power and stability, which is advantageous in roles like rugby forwards or sumo wrestlers where driving, pushing, and maintaining grip or balance are key. The fat stores also support longer exertions in short bursts and can aid in withstanding contact. In contrast, a mesomorph is typically muscular and lean with broader shoulders and narrower hips, suited for power and speed rather than bulk. An ectomorph is usually slim with low fat and narrow hips, making it harder to gain mass. The athletic type is a general, less precise description of a well-proportioned, sporty build and doesn't specifically describe fat distribution like endomorph does. So the traits described fit best with the endomorph body type.

2. What does the standing stork test primarily assess?

A. Power

B. Coordination

C. Balance

D. Speed

Balance is what this test mainly measures. The standing stork test has you stand on one leg, place the other foot against the knee, and hold still for as long as possible. This challenges your static balance and proprioceptive control—the ability to sense where your body is in space and keep your center of gravity over your base of support. There's no jumping, sprinting, or explosive effort, so power and speed aren't the focus. While some coordination helps you settle into the stance, the key idea is maintaining balance.

3. Which statement describes sponsorship in sport?

A. Businesses and corporations provide financial backing for clubs, events, and individuals

B. Sponsorship has no impact on a sponsor's image

C. Sponsorship is always beneficial for all parties

D. Sponsorship is primarily about promoting ticket sales

Sponsorship in sport is about a business providing financial backing to a club, event, or athlete in return for marketing exposure and a public link with the sport. This description fits sponsorship well because the core purpose is funding tied to branding and promotion—getting the sponsor's name, logo, and messaging in front of fans, media, and the wider public. Sponsorship can influence a sponsor's image by creating positive association with sport, success, teamwork, and healthy lifestyles, but it can also carry risk if the match between sponsor and sport isn't right or if events unfold unfavorably. It's not guaranteed to be beneficial for everyone involved; outcomes depend on alignment, execution, and audience perception. And while increasing attendance or ticket sales can be a byproduct, the main aim is marketing visibility and brand partnership rather than merely pushing ticket sales.

4. Which is a direct result of progressive overload on skeletal muscles?

A. Decreased muscle strength

B. Decreased endurance

C. Increased muscle size (hypertrophy)

D. No change in strength

Progressive overload pushes muscles to adapt by increasing workload over time. When you steadily lift heavier, or increase training volume or reduce rest, the muscles respond by growing new contractile proteins and adding more sarcomeres in parallel. This leads to hypertrophy, meaning the muscle fibers get larger and the muscle cross-sectional area increases, which boosts the force the muscle can generate. That hypertrophy is the direct muscular change we expect from progressive overload. While stronger muscles can also improve endurance or become more efficient due to neural adaptations, the most immediate and direct muscle-level result is an increase in muscle size. The other outcomes described—muscle strength decreasing, endurance decreasing, or no change in strength—do not align with the effect of progressively overloading skeletal muscles; consistent overload tends to produce growth and gains in strength rather than reductions or stagnation.

5. What is the primary function of blood within the cardiovascular system?

A. Produces hormones

B. Filters waste from the body

C. Supplies oxygen and nutrients

D. Regulates body temperature only

Blood's job in the circulatory system is to act as the transport system for the body. It carries what cells need to function to every part of the body. Oxygen from the lungs and nutrients from the digestive system are carried by the blood to all cells. Red blood cells use haemoglobin to pick up and deliver oxygen where it's needed for energy production, while nutrients travel in the plasma to fuel metabolism. The blood also transports waste products to be removed by the lungs or kidneys, but the central idea is the delivery of oxygen and nutrients to sustain cellular activity. Other options point to things blood helps with, but they aren't its main purpose. Producing hormones happens in glands, not in the blood itself, though hormones travel in the blood. Filtering waste is done by organs like the kidneys; blood carries waste but doesn't filter it. Regulating temperature involves blood flow, but that's a secondary effect of circulation, not the primary function.

6. Which somatotype is described as fatness with wide hips and large fat stores, associated with strength and power?

A. Mesomorph

B. Endomorph

C. Ectomorph

D. Athletic type

Somatotypes describe body shape and how fat is distributed, which helps explain why some people carry more fat and have different strength or endurance patterns. The description of fatness with wide hips and large fat stores fits the endomorph pattern: a rounder, softer build with a tendency to store fat around the trunk and hips. This type can show notable strength and power in many activities, especially those requiring mass or leverage, though higher fat stores can make sustained endurance more challenging. The other options don't fit as well: a mesomorph is typically muscular and well-proportioned with less fat, an ectomorph is lean and long with little fat, and the term athletic type is less of a formal category and would describe someone with mixed traits rather than a classic endomorph profile.

7. If media fails to promote sport, what is likely to happen?

A. Sponsorship increases with less media coverage.

B. Media failures have no impact on participation.

C. If media fails to promote sport, people are less likely to understand it and won't take part.

D. People understand sport better without media.

Media promotion helps people understand what sports are, how to take part, and why they might want to get involved. When sports aren't promoted, fewer people know about them, what's needed to participate, or the benefits, so motivation and participation tend to drop. That's why this choice best fits: lack of promotion leads to lower understanding and less participation. The other ideas don't fit because media coverage typically boosts interest and involvement, not sponsorship when media is reduced, and promotion isn't irrelevant—promoting sport generally increases awareness and participation rather than having no effect or improving understanding without media.

8. The main activity focuses on which of the following?

A. Improving specific components of fitness and skills

B. Focus on rehabilitating injuries only

C. Improving flexibility only

D. Lowering heart rate

The main idea here is that the session is designed to develop targeted components of fitness and sport-specific skills. A training session aims to push the exact abilities you need to perform well, so the focus is on improving particular fitness qualities (like speed, strength, endurance, or agility) and the technical skills relevant to the activity. That's why improving specific components of fitness and skills is the best fit: it directly builds what matters for performance. In contrast, rehabilitation is about recovering from injury, which isn't the usual aim of the main activity; improving flexibility alone is too narrow, and lowering heart rate is more about recovery or staying relaxed rather than driving performance improvements.

9. Which is a consequence of an efficient respiratory system?

A. Higher resting heart rate

B. More oxygen can reach blood and muscles

C. More carbon dioxide can be stored

D. Decreased lung capacity

An efficient respiratory system improves gas exchange and oxygen delivery to the muscles. The lungs provide a large surface area of thin alveolar membranes where oxygen from the air diffuses into the blood and carbon dioxide diffuses out. When this process works well, more oxygen enters the blood and can be carried to working muscles, supporting aerobic respiration and sustaining activity. That's why the consequence described—more oxygen reaching the blood and muscles—is the best choice. Storing carbon dioxide isn't something the lungs do; they remove it as a waste product. Decreased lung capacity would indicate reduced, not increased, function, and a higher resting heart rate isn't a direct result of efficiency—often, efficiency can help keep resting heart rate lower because the body meets its oxygen needs more readily.

10. Which of the following is a factor affecting people's leisure time activities?

A. Height

B. Weather

C. Age

D. Blood pressure

Age influences the kinds of activities people choose in their leisure time because it affects energy levels, interests, and responsibilities. Young children tend to enjoy active, playful activities; teenagers often seek social sports and group hobbies; adults balance work, family, and time, so they pick activities that fit their schedules or help them relax; older adults may prefer low-impact, social activities that keep them active without excessive strain. This progression shows how age shapes the typical choices people make for leisure. While weather can affect what you do on a given day, and height or blood pressure can impose specific limits, age is the factor that most consistently guides the overall selection of leisure activities.

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://igcsepe.examzify.com

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