

IGCSE PHYSICAL EDUCATION 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. Which muscle group flexes and rotates the spine to bend forwards?**
 - A. Quadriceps
 - B. Abdominals
 - C. Hamstrings
 - D. Gastrocnemius
- 2. Which term describes not enough weight for your height?**
 - A. Overweight
 - B. Overfat
 - C. Obese
 - D. Underweight
- 3. Which test is used to measure power in the lower body?**
 - A. Ruler Drop Test
 - B. Harvard Step Test
 - C. Sergeant Jump Test
 - D. Standing Broad Jump Test
- 4. Which term is the ability to undertake strength performances quickly?**
 - A. Agility
 - B. Power
 - C. Balance
 - D. Coordination
- 5. 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

- 6. Which technological development associated with TV broadcasts increases viewers' understanding of sport?**
- A. Commercials during play.
 - B. Lack of commentary.
 - C. Replays and slow motion.
 - D. Fewer camera angles.
- 7. A tear in knee cartilage is often caused by which movement?**
- A. Pivoting too hard can cause tear in knee
 - B. Lifting heavy objects causes knee tear
 - C. Running on a flat surface causes tear
 - D. Resting heals tear
- 8. What is a consequence of sports being televised worldwide?**
- A. They become popular worldwide with international fans.
 - B. They lose all local support.
 - C. They are played in the same time zone globally.
 - D. Sponsorship decreases.
- 9. What is extrinsic feedback?**
- A. Internal feedback from body sensations.
 - B. Feedback from teammates only.
 - C. External from outside sources such as seeing/hearing results, coach advice.
 - D. Feedback from video analysis.
- 10. What term describes the loss of muscle mass due to stopping strength training?**
- A. Hypertrophy
 - B. Hyperplasia
 - C. Atrophy
 - D. Metaplasia

Answers

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

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Explanations

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1. Which muscle group flexes and rotates the spine to bend forwards?

- A. Quadriceps
- B. Abdominals**
- C. Hamstrings
- D. Gastrocnemius

Abdominal muscles are responsible for bending the trunk forward. The rectus abdominis pulls the ribs toward the pelvis to flex the spine, while the obliques help rotate the trunk, allowing twisting as you bend. The other muscles act on joints other than the spine: the quadriceps straighten the knee, the hamstrings bend the knee and assist hip movement, and the gastrocnemius points the toes and helps knee function. So the group that flexes the spine and can rotate the trunk to produce a forward bend is the abdominals.

2. Which term describes not enough weight for your height?

- A. Overweight
- B. Overfat
- C. Obese
- D. Underweight**

The concept here is weight status relative to height, usually assessed by Body Mass Index (BMI). When weight is too low for height, the person is described as underweight. BMI is calculated as weight in kilograms divided by height in meters squared, and values below 18.5 are considered underweight. For example, a person who is 1.70 m tall and weighs about 50 kg would have a BMI under 18.5, placing them in the underweight category. The other terms describe having too much weight or fat: overweight and obese refer to higher BMI ranges, while overfat emphasizes a high body fat percentage, which can occur even if overall weight isn't extremely high.

3. Which test is used to measure power in the lower body?

- A. Ruler Drop Test
- B. Harvard Step Test
- C. Sergeant Jump Test
- D. Standing Broad Jump Test**

Lower body power is about how quickly the leg muscles can generate a large amount of force to move the body. The Standing Broad Jump tests this by having you jump as far as possible from a still, standing start. The distance you land reflects how much explosive leg power you can produce in a short burst, since you must generate force rapidly without a run-up. It's simple, objective, and specifically targets the ability to convert strength into speed of movement in the lower limbs. Ruler Drop measures reaction time, not power. Harvard Step Test assesses cardiovascular endurance and recovery, not how much force your legs can produce. The Sergeant Jump Test also measures leg power but via a vertical jump, focusing on height rather than horizontal distance and can be influenced by technique and arm swing. The broad jump is the most direct measure of horizontal explosive power from a standing position.

4. Which term is the ability to undertake strength performances quickly?

- A. Agility
- B. Power**
- C. Balance
- D. Coordination

Think about the idea of performing strength tasks quickly. The ability to generate a large amount of force in a short time is power. Power blends how strong you are with how fast you can apply that strength, enabling explosive actions such as jumping, sprint starts, or throwing with speed. That distinguishes it from agility, which is about changing direction quickly; balance, which is about staying stable; and coordination, which is about smooth control of body movements. So power best fits the description of undertaking strength performances quickly.

5. 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.

6. Which technological development associated with TV broadcasts increases viewers' understanding of sport?

- A. Commercials during play.
- B. Lack of commentary.
- C. Replays and slow motion.**
- D. Fewer camera angles.

Seeing actions in replays and at slower speeds helps viewers understand sport by breaking down complex moments into clearer, analyzable parts. When a sequence is replayed, you can watch the moment again from different angles, which reveals details you might miss in real time—like a defender's foot placement, the exact point of contact, or how a foul influenced the play. Slowing things down lets you see timing and technique more precisely, so the sequence of actions becomes obvious: how a pass was released, how a goalkeeper reacted, or how a tactical move unfolded. This combination of multiple viewpoints and frame-by-frame analysis makes it easier to judge what happened and why a decision was made, and it also helps viewers understand the skills and strategies involved. The other options would hinder understanding. Commercials during play interrupt the action and draw attention away from the key moments. Lack of commentary removes explanations and context that help interpret what is happening. Fewer camera angles reduce visibility of important details from different perspectives, making it harder to grasp the full picture of the action.

7. A tear in knee cartilage is often caused by which movement?

- A. Pivoting too hard can cause tear in knee
- B. Lifting heavy objects causes knee tear
- C. Running on a flat surface causes tear
- D. Resting heals tear

Pivoting sharply while the knee is bearing weight puts twisting stress on the knee joint and can pinch and shear the cartilage (the menisci), making a tear likely. The other scenarios don't fit as well: lifting heavy objects mainly stresses muscles, tendons, and ligaments rather than causing a cartilage tear; running on a flat surface can lead to overuse problems or other knee issues but is less likely to cause a sudden cartilage tear; resting alone doesn't reliably heal a cartilage tear because the cartilage has limited blood supply, so symptoms may ease but the tear often persists.

8. What is a consequence of sports being televised worldwide?

- A. They become popular worldwide with international fans.
- B. They lose all local support.
- C. They are played in the same time zone globally.
- D. Sponsorship decreases.

When sports are televised worldwide, the main effect is exposure to a global audience, turning viewers from many countries into international fans. This wider reach increases the sport's popularity beyond its local base and helps develop a global fan culture, which also attracts more diverse sponsorship and media interest. The idea that local support would vanish isn't accurate, the sport can't be played in the same time zone everywhere, and sponsorship generally doesn't decrease with a larger audience—it often grows as more people around the world watch.

9. What is extrinsic feedback?

- A. Internal feedback from body sensations.
- B. Feedback from teammates only.
- C. External from outside sources such as seeing/hearing results, coach advice.
- D. Feedback from video analysis.

Extrinsic feedback is information about performance that comes from outside your own body. It's input provided by someone or something external, not the sensations you feel while performing. This includes advice from a coach, comments from teammates, or results you can see or hear after a performance, like a video replay or time/score shown to you. It contrasts with intrinsic feedback, which is the internal sense of effort, balance, and movement you feel during the task. Extrinsic feedback helps you understand what happened and what to adjust to improve. The description in the question matches this idea, since it refers to feedback from outside sources such as seeing or hearing results and coach advice.

10. What term describes the loss of muscle mass due to stopping strength training?

A. Hypertrophy

B. Hyperplasia

C. Atrophy

D. Metaplasia

When muscles aren't used regularly, they shrink because the body reduces the size of the muscle fibers in response to decreased demand. This loss of muscle mass from stopping strength training is called atrophy. Hypertrophy would be growth in muscle size from training, not loss. Hyperplasia refers to an increase in the number of muscle fibers (not common in skeletal muscle for strength changes), and metaplasia is a tissue-type change, not a reduction in muscle size.

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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://igcsepe.examzify.com>

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

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