ILTS Physical Education (213) 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 of the following is a proactive measure to reduce risks of injuries in physical education?

A. Locating the exit doors

B. Engaging in a warm up

C. Contacting the principal in the event of an emergency

D. Assigning students to set up and break down equipment

2. Jumping fast and landing softly best describes which movement concepts?

A. Strong and weak

B. Strong and forceful

C. Tempo and force

D. Time and speed

3. What types of student feedback are recommended in physical education?

A. Verbal, positive

B. Verbal, kinesthetic, positive

C. Kinesthetic, review, kinesthetic

D. Verbal, visual, kinesthetic

4. Why are variation and goal setting important in physical education?

A. To minimize student complaints

B. To aid in curriculum development

C. To adhere to district guidelines

D. To promote interest and engagement

5. What is the best management system to ensure a safe transition of equipment between a fifth-grade and a first-grade class?

A. a. end class 10 minutes early for setup and breakdown

B. b. alternate between first grade and fifth grade for equipment management

C. c. train students to breakdown and set up equipment

D. d. use the same equipment for both groups

6. What is an essential component of a successful physical education program?

A. Strictly adhering to traditional methods

B. Acknowledging and adapting to students' needs

C. Eliminating technology from the curriculum

D. Prioritizing individual performance above all

7. Which physiological response is commonly observed during intense physical activity?

A. decreased heart rate

B. increased respiration rate

C. reduced blood flow to muscles

D. increased insulin production

8. What is a key factor in maintaining student engagement in physical education?

A. Providing a single type of activity for consistency

B. Engaging in highly competitive games only

C. Offering a variety of activities to meet diverse interests

D. Limiting participation based on skill levels

9. Which biomechanical principle is best illustrated during the arched position of the Fosbury Flop technique used during the high jump?

A. Force

B. Torque

C. Angular momentum

D. Projectile motion

10. What is the recommended duration of moderate-intensity aerobic activity for adults per week?

A. 100 minutes

B. 150 minutes

C. 200 minutes

D. 250 minutes

Answers

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

Explanations

1. Which of the following is a proactive measure to reduce risks of injuries in physical education?

A. Locating the exit doors

B. Engaging in a warm up

C. Contacting the principal in the event of an emergency

D. Assigning students to set up and break down equipment

Engaging in a warm-up is a proactive measure for reducing the risk of injuries in physical education because it prepares the body for physical activity by increasing blood flow to the muscles, enhancing flexibility, and improving overall coordination. Adequate warming up raises the body temperature and can help prevent strains and sprains by gradually increasing the intensity of workout activities. A well-structured warm-up can also mentally prepare students for physical activity, thus promoting focus and readiness. In contrast, locating the exit doors is a safety concern but does not directly contribute to injury prevention during activities. While knowing exits is important for emergency preparedness, it does not help to physically ready the body for exercise. Contacting the principal during an emergency addresses a crisis situation rather than proactively preventing injuries. Assigning students to set up and break down equipment ensures that procedures are followed but does not address the physical readiness of participants, which is crucial for injury prevention. Thus, while all options have their merits within a physical education context, engaging in a warm-up directly reduces the risk of injuries through physical preparation.

2. Jumping fast and landing softly best describes which movement concepts?

A. Strong and weak

B. Strong and forceful

C. Tempo and force

D. Time and speed

Jumping fast and landing softly relates closely to the concepts of tempo and force. Tempo refers to the speed or rhythm in which a movement takes place, and in this case, jumping fast indicates a quick tempo in the upward motion. Force, on the other hand, relates to the strength and intensity of a movement. Landing softly suggests a controlled and gentle application of force. This is important in managing the impact on the body and ensuring safety and proper technique. The combination of a rapid jump (high tempo) and a careful, controlled landing (appropriate force application) is crucial for agility and effectiveness in physical activities. The other concepts, such as strong vs. weak or time vs. speed, do not accurately encapsulate both aspects of jumping quickly and landing softly, which specifically involves the rhythm of the jump in relation to the force applied during both the jump and the landing.

3. What types of student feedback are recommended in physical education?

A. Verbal, positive

B. Verbal, kinesthetic, positive

C. Kinesthetic, review, kinesthetic

D. Verbal, visual, kinesthetic

The most effective types of feedback in physical education are verbal, visual, and kinesthetic. Each of these feedback types plays a crucial role in helping students understand their performance and improve their skills. Verbal feedback provides immediate and specific information about what students are doing well and what they can improve upon. This type of feedback can motivate students and reinforce proper techniques and strategies. Visual feedback can include demonstrations, video analysis, or visual aids that help students see what they are doing and how it compares to proper techniques. This method enhances students' understanding by allowing them to visualize their movements and make adjustments as necessary. Kinesthetic feedback involves providing hands-on assistance or adjustments to a student's movements. By physically guiding a student or providing tactile cues, teachers can help them develop a better sense of body awareness and coordination, which is fundamental in physical education. The combination of these three feedback types creates a comprehensive approach that caters to different learning styles, making it more effective for teaching and improving student performance in physical education.

4. Why are variation and goal setting important in physical education?

A. To minimize student complaints

B. To aid in curriculum development

C. To adhere to district guidelines

D. To promote interest and engagement

Variation and goal setting are crucial components in physical education as they play a significant role in promoting interest and engagement among students. When activities are varied, they cater to different skill levels, learning styles, and interests, which helps to keep students motivated and involved. Different types of physical activities can prevent monotony and help students discover their preferences, which can lead to a lifelong enjoyment of physical fitness. Setting goals provides students with clear objectives to work towards, fostering a sense of achievement and personal responsibility. When students have specific targets to aim for, they are more likely to stay committed and invested in their progress. This combination of engaging activities and targeted goals enhances students' enthusiasm for physical education, encouraging them to participate more actively and consistently. The other options, while potentially relevant to various aspects of physical education, do not specifically address the core benefits that variation and goal setting provide in terms of increasing student engagement and interest in the subject.

5. What is the best management system to ensure a safe transition of equipment between a fifth-grade and a first-grade class?

A. a. end class 10 minutes early for setup and breakdown

B. b. alternate between first grade and fifth grade for equipment management

C. c. train students to breakdown and set up equipment

D. d. use the same equipment for both groups

Training students to break down and set up equipment is the most effective management system for ensuring a safe transition of equipment between a fifth-grade and a first-grade class. When students are properly trained in the procedures for handling equipment, they develop not only the skills needed for safe practices but also a sense of responsibility and teamwork. This preparedness enhances their ability to work together efficiently during transitions, minimizing the risk of accidents or injuries. By involving students directly in the management of equipment, they learn important lessons about organization and cooperation. Additionally, since younger students may benefit from the assistance and guidance of older peers, this system fosters a supportive learning environment where fifth graders can mentor first graders. Other options, such as ending class earlier for setup and breakdown, may interrupt valuable instructional time and could create unnecessary pressure on teachers and students. Alternating equipment management responsibilities between the grades could lead to inconsistencies and confusion, especially for younger students who may struggle to remember different procedures. Using the same equipment for both groups may not be feasible if the activities differ significantly in terms of skill level and safety requirements. Therefore, training students represents a holistic approach that not only enhances safety but also enriches the educational experience.

6. What is an essential component of a successful physical education program?

A. Strictly adhering to traditional methods

B. Acknowledging and adapting to students' needs

C. Eliminating technology from the curriculum

D. Prioritizing individual performance above all

A critical aspect of a successful physical education program is acknowledging and adapting to students' needs. This approach ensures that the program is inclusive and caters to the diverse abilities, interests, and backgrounds of students. By understanding and accommodating varying fitness levels and learning styles, educators can create a more engaging and effective learning environment. This responsiveness helps foster positive attitudes toward physical activity, encouraging lifelong participation and promoting overall well-being. Adapting the curriculum to meet students' needs can include modifying activities for those with different physical abilities, integrating student feedback into lesson planning, or providing choices that allow students to explore different sports or fitness activities that resonate with them personally. This focus on individual student needs not only enhances the educational experience but also motivates students to become active participants in their health and fitness journeys.

7. Which physiological response is commonly observed during intense physical activity?

A. decreased heart rate

B. increased respiration rate

C. reduced blood flow to muscles

D. increased insulin production

During intense physical activity, the body requires more oxygen to fuel the muscles and to eliminate carbon dioxide, which is a byproduct of increased metabolic activity. As a result, the respiration rate increases to facilitate this exchange of gases. This physiological response ensures that the muscles receive the oxygen-rich blood they need for sustained activity while also helping to maintain pH balance by expelling carbon dioxide more effectively. Increased respiration rate is a critical adaptive response that supports improved endurance and performance during strenuous exercise. This adjustment reflects the body's ability to meet the heightened metabolic demands placed upon it when engaged in activities like running, cycling, or weightlifting. In contrast, decreased heart rate occurs during rest or less intense activities, reduced blood flow to muscles contradicts the demands of intense exercise, and increased insulin production does not align with the acute physiological responses needed to support high levels of exertion. All these factors contribute to why increased respiration rate is the correct response to this situation.

8. What is a key factor in maintaining student engagement in physical education?

A. Providing a single type of activity for consistency

B. Engaging in highly competitive games only

C. Offering a variety of activities to meet diverse interests

D. Limiting participation based on skill levels

Offering a variety of activities to meet diverse interests is essential for maintaining student engagement in physical education. This approach recognizes that students have different preferences, abilities, and motivations when it comes to physical activity. By providing a range of options, educators can cater to individual interests, encourage participation from all students, and help them find activities that they enjoy and can excel in. Variety not only keeps lessons fresh and exciting but also allows students to explore new skills and sports, fostering a lifelong interest in physical activity. When students are involved in choosing the activities they participate in, they are more likely to feel a sense of ownership and investment in their learning experience, which enhances their overall engagement and enthusiasm for physical education. In contrast, focusing on a single type of activity can create monotony, while engaging in highly competitive games may alienate those who are less skilled or do not enjoy competition. Limiting participation based on skill levels can discourage involvement and lead to a lack of confidence among students. Therefore, offering a range of activities is a key strategy to ensure that all students remain engaged and active in physical education.

9. Which biomechanical principle is best illustrated during the arched position of the Fosbury Flop technique used during the high jump?

A. Force

B. Torque

C. Angular momentum

D. Projectile motion

The arched position in the Fosbury Flop technique during the high jump illustrates the principle of projectile motion effectively. In this position, the athlete's body is shaped to create an optimal trajectory for clearing the bar while minimizing the height of the center of mass. The arched shape allows the jumper to maintain a horizontal velocity while maximizing vertical height. As the jumper takes off, they enter into a phase where their body follows a parabolic path—characteristic of projectile motion. The combination of their angle of takeoff and speed creates a pathway that ensures they clear the jump efficiently. By utilizing this technique, high jumpers can effectively convert their vertical and horizontal momentum into a successful clearance over the bar, demonstrating the principles of projectile motion in action. The other principles, while relevant in various contexts within biomechanics, are not the primary factors illustrated by the arched position during the Fosbury Flop. Force pertains to the push or pull affecting the body during the jump, torque relates to the rotational force caused by limbs in motion, and angular momentum involves the rotational aspects of the body in movement, which are not the primary focus in the arched position of this technique.

10. What is the recommended duration of moderate-intensity aerobic activity for adults per week?

A. 100 minutes

B. 150 minutes

C. 200 minutes

D. 250 minutes

The recommended duration of moderate-intensity aerobic activity for adults per week is 150 minutes. This guideline aligns with recommendations from reputable health organizations, such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). Engaging in 150 minutes of moderate-intensity exercise, such as brisk walking or cycling, helps to improve cardiovascular health, maintain a healthy weight, and provide various mental health benefits. This benchmark has been established to support overall health and well-being while allowing for a manageable approach to physical activity that can be incorporated into daily routines. It is widely recognized that meeting this guideline can contribute significantly to reducing the risk of chronic diseases, improving physical fitness, and promoting longevity. Hence, 150 minutes stands as a key figure for setting fitness goals within the context of public health recommendations.

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://iltsphysicaled213.examzify.com

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