

ILTS PHYSICAL EDUCATION (213) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://iltsphysicaled213.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

1. Which principle of training is essential for improving physical fitness?

- A. Consistency
- B. Flexibility
- C. Intensity
- D. Recovery

2. What does the concept of 'lifetime sports' refer to?

- A. Sports that require specialized equipment
- B. Sports suitable only for children
- C. Activities individuals can enjoy throughout their lives
- D. Professional sports careers

3. Which level is primarily responsible for the development of physical education standards in the United States?

- A. a. national organizations
- B. b. state education agencies
- C. c. physical education teachers
- D. d. school districts

4. Which component of fitness is closely associated with cardiovascular endurance?

- A. Muscular strength
- B. Flexibility
- C. Body composition
- D. Aerobic capacity

5. What does the term "motor skills" encompass?

- A. The ability to memorize movement sequences
- B. Abilities required to perform physical activities with control and precision
- C. Skills related to mental focus during competition
- D. Creative expressions through dance movements

6. How does hearing impact learning a dance sequence?

- A. a. the sound of music informs the learner of the tempo of the dance sequence
- B. b. the sound of music has little impact on the ability to learn a dance sequence
- C. c. the sound of music informs when the learner performs the steps in a dance sequence
- D. d. the sound of music may confuse the learner's ability to learn a dance sequence

7. Which factor is important in developing a well-rounded physical education program?

- A. Focusing only on athletic skills
- B. Including activities that promote overall health and fitness
- C. Limiting activities due to budget constraints
- D. Encouraging competition over cooperation

8. What is the purpose of using a drum to teach dance?

- A. Better control of the tempo and effort
- B. Provide students with creative alternatives
- C. Allows students to take turns using the drum
- D. Closer alignment to convey movement concepts

9. What is the impact of sedentary behavior on health?

- A. Increased muscle strength
- B. Improved cardiovascular health
- C. Increased risk of obesity and cardiovascular disease
- D. Enhanced cognitive development

10. What physical activity is primarily focused on enhancing flexibility and balance?

- A. Weight training
- B. Aerobic exercise
- C. Yoga
- D. Team sports

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which principle of training is essential for improving physical fitness?

- A. Consistency
- B. Flexibility
- C. Intensity**
- D. Recovery

The principle of intensity is crucial for improving physical fitness because it directly affects how much effort is put into an exercise regimen. To achieve fitness gains, the body needs to be challenged beyond its normal limits, which is where intensity plays a vital role. When exercises are performed at a higher intensity, they stimulate physiological adaptations such as increased muscle strength, endurance, and cardiovascular efficiency. Training at varying levels of intensity allows individuals to target different energy systems and muscle fibers, which supports overall fitness improvement. For example, cardiovascular fitness improves when individuals train at high intensities that elevate their heart rate. Similarly, muscle strength increases when exercises are performed with heavier weights or increased resistance. While consistency, flexibility, and recovery are important aspects of a well-rounded fitness program, they do not inherently drive the physiological changes that come from challenging one's body through higher intensity workouts. Consistency ensures that training is sustained over time, flexibility enhances the range of motion and prevents injuries, and recovery allows the body to heal and adapt. However, it is the principle of intensity that provides the necessary stimulus for improvement in physical fitness levels.

2. What does the concept of 'lifetime sports' refer to?

- A. Sports that require specialized equipment
- B. Sports suitable only for children
- C. Activities individuals can enjoy throughout their lives**
- D. Professional sports careers

The concept of 'lifetime sports' refers to activities that individuals can enjoy throughout their lives, emphasizing the longevity and accessibility of the sport. These activities are typically low-impact, can be played at various skill levels, and often do not require specialized equipment, making them suitable for people of all ages, backgrounds, and physical abilities. Examples of lifetime sports include walking, swimming, golf, and tennis; these sports can be adjusted to meet individual fitness levels and can be continued well into older age. This approach encourages a lifelong commitment to physical activity, promoting overall health and well-being. In contrast, options that point to specialized equipment or focus solely on children limit the accessibility and broader appeal of a sport. Similarly, viewing sports in the context of professional careers focuses on a narrow aspect of athleticism, which does not encompass the broader, lifelong enjoyment that defines lifetime sports.

3. Which level is primarily responsible for the development of physical education standards in the United States?

- A. a. national organizations**
- B. b. state education agencies
- C. c. physical education teachers
- D. d. school districts

The development of physical education standards in the United States is primarily driven by national organizations. These organizations, such as the National Association for Sport and Physical Education (NASPE) and the Society of Health and Physical Educators (SHAPE America), play a crucial role in establishing a framework for what physical education should include at various educational levels. They provide guidelines, best practices, and resources that inform state agencies, school districts, and educators on how to implement effective physical education programs. While state education agencies, physical education teachers, and school districts all contribute to the implementation of these standards, it is the national organizations that take the lead in setting the overarching goals and recommendations for physical education at a national level. Their influence ensures a cohesive approach to developing physical education that promotes the health and well-being of students across the country.

4. Which component of fitness is closely associated with cardiovascular endurance?

- A. Muscular strength
- B. Flexibility
- C. Body composition
- D. Aerobic capacity**

Cardiovascular endurance refers to the ability of the heart, lungs, and blood vessels to deliver oxygen to the working muscles during prolonged physical activity. This endurance is directly linked to aerobic capacity, which measures how well the body can perform exercise involving large muscle groups over a sustained period. Aerobic capacity is typically assessed through activities that require sustained oxygen intake, such as running, swimming, or cycling. A well-developed aerobic capacity allows for increased efficiency in utilizing oxygen, enhancing endurance and overall cardiovascular health. Therefore, the connection between cardiovascular endurance and aerobic capacity is foundational in physical fitness, as improvements in one often lead to improvements in the other. Other options such as muscular strength, flexibility, and body composition do not directly relate to the efficiency of oxygen delivery and utilization during sustained activities, thus making them less relevant to the concept of cardiovascular endurance.

5. What does the term "motor skills" encompass?

- A. The ability to memorize movement sequences
- B. Abilities required to perform physical activities with control and precision**
- C. Skills related to mental focus during competition
- D. Creative expressions through dance movements

The term "motor skills" refers to the abilities required to perform physical activities with control and precision. Motor skills are crucial for executing movements effectively, whether in sports, everyday tasks, or other physical activities. They involve the integration of sensory input and muscle coordination, allowing individuals to perform tasks ranging from simple actions like walking to complex maneuvers involved in competitive sports. While the other options touch upon various aspects of physical and cognitive performance, they do not accurately capture the comprehensive nature of motor skills. For instance, memorizing movement sequences pertains more to cognitive function than to the physical execution of movements. Similarly, mental focus during competition is important, but it primarily concerns psychological aspects instead of the physical skills themselves. Lastly, creative expression through dance movements is a form of motor skill application but does not encompass the broader definition that includes all types of physical movement control and precision. Therefore, the correct answer effectively encapsulates the essence of what motor skills are.

6. How does hearing impact learning a dance sequence?

- A. a. the sound of music informs the learner of the tempo of the dance sequence
- B. b. the sound of music has little impact on the ability to learn a dance sequence
- C. c. the sound of music informs when the learner performs the steps in a dance sequence**
- D. d. the sound of music may confuse the learner's ability to learn a dance sequence

The impact of hearing on learning a dance sequence is significant, primarily because auditory cues facilitate timing and synchronization in movement. The sound of music provides rhythm and structure, helping learners identify when to execute specific dance steps. By hearing the music, dancers can align their movements with the beat, making it easier to remember and perform the sequence accurately. This connection between auditory signals and kinesthetic responses enhances muscle memory and overall performance, allowing learners to internalize the timing and flow of the choreography. Thus, the sound of music plays a crucial role in guiding how and when each step in a dance sequence is performed, directly supporting the learning process.

7. Which factor is important in developing a well-rounded physical education program?

- A. Focusing only on athletic skills
- B. Including activities that promote overall health and fitness**
- C. Limiting activities due to budget constraints
- D. Encouraging competition over cooperation

A well-rounded physical education program is essential for promoting not just physical skills but also overall health and fitness for students. This comprehensive approach ensures that students engage in a variety of activities that enhance cardiovascular health, build strength, improve flexibility, and teach important life skills such as teamwork, problem-solving, and self-discipline. By including activities that promote overall health and fitness, the program can cater to diverse interests and abilities, ensuring that all students can participate and benefit from physical education. In contrast, focusing solely on athletic skills ignores the broader goals of physical education, such as developing lifelong fitness habits and well-being. Limiting activities due to budget constraints can hinder students' exposure to a range of physical activities that might interest them or serve their needs. Encouraging competition over cooperation can foster an inappropriate emphasis on winning rather than personal growth and teamwork, which are critical aspects of a well-rounded education. Therefore, incorporating a variety of activities that promote overall health and fitness is crucial for developing a successful and inclusive physical education program.

8. What is the purpose of using a drum to teach dance?

- A. Better control of the tempo and effort**
- B. Provide students with creative alternatives
- C. Allows students to take turns using the drum
- D. Closer alignment to convey movement concepts

Using a drum to teach dance serves multiple purposes, one of which is to provide better control of the tempo and effort in the movement. The drum offers a rhythmic foundation that helps students internalize the timing and pace of their movements, ensuring that they can synchronize their dance steps to the beat. This can enhance the overall quality of the performance, as students are better able to express the music through their movements. In addition to tempo control, using a drum can also motivate students to feel the music more deeply. The physicality of drumming engages them in a way that abstract rhythms might not, allowing for a more embodied experience of the dance. While other options may also present relevant benefits—such as fostering creativity or promoting collaboration through turns—having a steady beat from the drum is fundamental for establishing a cohesive dance practice and enhancing the learning experience.

9. What is the impact of sedentary behavior on health?

- A. Increased muscle strength
- B. Improved cardiovascular health
- C. Increased risk of obesity and cardiovascular disease**
- D. Enhanced cognitive development

Sedentary behavior, which involves prolonged periods of inactivity, has a significant impact on health, particularly in relation to obesity and cardiovascular disease. Engaging in little to no physical activity can lead to weight gain due to an imbalance between calorie intake and calorie expenditure. As the body remains inactive, it begins to store excess energy in the form of fat, which contributes to obesity. Additionally, a sedentary lifestyle negatively affects cardiovascular health. Lack of physical activity can lead to increased blood pressure, elevated cholesterol levels, and poor circulation, all of which heighten the risk of developing cardiovascular disease. The heart and blood vessels require regular movement to maintain their strength and functionality, and prolonged inactivity undermines this. On the other hand, options that suggest increased muscle strength, improved cardiovascular health, or enhanced cognitive development do not align with the consequences of prolonged inactivity. Muscle strength tends to decrease without regular exercise, cardiovascular health declines due to the lack of physical activity, and cognitive development may also be affected negatively by sedentary behavior, especially in situations where physical activity is linked to enhanced mental health and cognitive function. Thus, the correct understanding of the repercussions of sedentary behavior is vital for promoting health and wellness.

10. What physical activity is primarily focused on enhancing flexibility and balance?

- A. Weight training
- B. Aerobic exercise
- C. Yoga**
- D. Team sports

Yoga is primarily focused on enhancing flexibility and balance through a series of postures and stretches that promote a greater range of motion and improve body awareness. This practice incorporates breathing techniques, meditation, and physical poses that engage various muscle groups, helping individuals develop strength while also increasing their overall flexibility. The emphasis on holding poses and maintaining equilibrium contributes significantly to improved balance, making yoga particularly beneficial for individuals looking to enhance their physical stability and flexibility. Other activities like weight training, aerobic exercise, and team sports may contribute to overall fitness and have components that improve balance and flexibility; however, they are not primarily designed around these components. Weight training focuses more on building muscular strength, aerobic exercises emphasize cardiovascular endurance, and team sports tend to enhance skills and fitness but within the context of playing a game rather than the dedicated practice of flexibility and balance found in yoga.

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!

SAMPLE