

LEAVING CERTIFICATE PHYSICAL EDUCATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://leavingcertpe.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	15

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 term describes organisations recognised as the national administrators of sport?**
 - A. National Federations
 - B. National Governing Bodies
 - C. Sports Councils
 - D. Provincial Associations
- 2. Which term describes a physical quantity that has magnitude but no direction?**
 - A. Scalars
 - B. Sedentary Behaviour
 - C. Skills
 - D. Sports Sponsorship
- 3. Which sequence best describes the information processing model of skill execution?**
 - A. Input (sensory signals) Decision-making (cue interpretation) Output (movement execution); Feedback guides adjustments.
 - B. Output Input Decision-making
 - C. Decision-making Input Output
 - D. Input Output Decision-making
- 4. Which combination of factors primarily increases cardiac output during exercise?**
 - A. Heart rate and blood pressure
 - B. Stroke volume and respiratory rate
 - C. Heart rate and stroke volume
 - D. Blood viscosity and heart rate
- 5. Which cycle is the smallest unit of training planning?**
 - A. Microcycle
 - B. Macrocycle
 - C. Mesocycle
 - D. Periodisation

- 6. Which assessment refers to a previous test result when calculating progress?**
- A. Formative assessment
 - B. Norm-referenced assessment
 - C. Ipsative assessment
 - D. Summative assessment
- 7. Which quantity has both magnitude and direction?**
- A. Speed
 - B. Distance
 - C. Velocity
 - D. Time
- 8. Which term refers to waking activities characterized by low energy expenditure?**
- A. Sedentary Behaviour
 - B. Sports Sponsorship
 - C. Sportsmanship
 - D. Social Regulation of the Body
- 9. Largely based on coaches or athletes' feelings and opinions.**
- A. Subjective assessment
 - B. Subjective data
 - C. Stereotype
 - D. Strategies
- 10. Reducing energy waste during movement improves which concept?**
- A. Momentum
 - B. Velocity
 - C. Movement economy
 - D. Inertia

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which term describes organisations recognised as the national administrators of sport?

- A. National Federations
- B. National Governing Bodies**
- C. Sports Councils
- D. Provincial Associations

National Governing Bodies are the organisations given formal authority to oversee a sport across the whole country. They set the rules for competition within the nation, organise major national events, and manage essential functions like coaching standards, refereeing/umpiring, development programs, and the selection and support of national teams. This broad, nationwide governance role—recognized by the sport's international federation and often coordinated with the government or national Olympic committee—defines them as the national administrators of the sport. Other terms describe related but different roles. A national federation is often used interchangeably in everyday language, but the governing-body emphasis highlights authority over governance and nationwide oversight. Sports councils tend to refer to government-backed bodies that fund and coordinate sport across multiple sports rather than running a single sport. Provincial associations operate at a subnational level, not across the entire country.

2. Which term describes a physical quantity that has magnitude but no direction?

- A. Scalars**
- B. Sedentary Behaviour
- C. Skills
- D. Sports Sponsorship

In physical quantities, there are scalars and vectors. A scalar is described by its magnitude alone—how much there is—without any direction. Examples include mass, temperature, time, and distance. In contrast, a vector has both magnitude and direction, like displacement, velocity, or force. So a quantity that has magnitude but no direction fits the idea of a scalar. The other terms listed don't describe physical quantities with magnitude only: sedentary behaviour relates to activity levels, skills are abilities, and sports sponsorship is a financial/marketing concept.

3. Which sequence best describes the information processing model of skill execution?

- A. Input (sensory signals) Decision-making (cue interpretation) Output (movement execution); Feedback guides adjustments.**
- B. Output Input Decision-making
- C. Decision-making Input Output
- D. Input Output Decision-making

The information processing model of skill execution unfolds in three stages: input, processing, and output, with feedback looping back to improve future actions. You first receive sensory signals from the environment (input), which the brain interprets to understand cues and decide on a plan (processing). That plan is then transformed into motor commands that produce the movement (output). Feedback from the movement, including how it felt and the outcomes, is used to adjust future actions. This order is essential because you need information before you can interpret it and decide what to do, and you need a plan to guide the movement. Sequences that place movement before interpretation or place input after the action don't reflect how skilled actions are produced or improved.

4. Which combination of factors primarily increases cardiac output during exercise?

- A. Heart rate and blood pressure
- B. Stroke volume and respiratory rate
- C. Heart rate and stroke volume**
- D. Blood viscosity and heart rate

Cardiac output is how much blood the heart pumps each minute, and it depends on two things: how fast the heart beats (heart rate) and how much blood is ejected with each beat (stroke volume). During exercise, both of these rise, so the overall output increases. The heart speeds up because the fight-or-flight signals raise heart rate, and the heart contracts more forcefully, increasing stroke volume. Venous return also grows as muscles squeeze veins and help push blood back to the heart, making the heart fill more and pump out more with each beat. Other factors listed don't drive the increase in cardiac output. Blood pressure itself rises as a consequence of the higher output, not the cause. Respiratory rate helps with oxygen delivery and venous return to some extent, but it isn't the primary factor boosting cardiac output. Higher blood viscosity makes it harder for blood to flow and actually would tend to reduce cardiac output, not increase it. So, the combination that most directly increases cardiac output during exercise is a rise in both heart rate and stroke volume.

5. Which cycle is the smallest unit of training planning?

- A. Microcycle**
- B. Macrocycle
- C. Mesocycle
- D. Periodisation

In training planning, cycles are used to organize how load and recovery are applied over time. The smallest unit is the microcycle, usually about one week long, and it brings together a set of training sessions with a clear focus and a planned progression. This weekly block is the building block for larger blocks: mesocycles, which span several weeks to a few months, and the macrocycle, which covers the whole season or year. Periodisation is the overall framework that ties all these cycles together to peak at the right times. Why this fits best: the microcycle is the most specific time frame coaches manipulate to steer adaptations, manage fatigue, and adjust intensity, volume, and recovery from week to week. It provides the granularity needed to implement day-to-day plans while still fitting into the bigger picture of the season. The longer blocks—mesocycle and macrocycle—plan broader goals, and periodisation describes the overall approach, not a single cycle.

6. Which assessment refers to a previous test result when calculating progress?

- A. Formative assessment
- B. Norm-referenced assessment
- C. Ipsative assessment**
- D. Summative assessment

The idea being tested is measuring progress by comparing a learner's current performance to their own previous results. This self-referenced approach is called Ipsative assessment. It focuses on personal growth over time—using a baseline measure and tracking improvements against it, like retesting and noting how much a skill or score has improved since the last attempt. The other options don't fit this idea: formative assessment is about ongoing checks and feedback to guide learning, not specifically about progress against one's own past results; norm-referenced assessment compares a student to peers; and summative assessment evaluates achievement at the end of a period.

7. Which quantity has both magnitude and direction?

- A. Speed
- B. Distance
- C. Velocity
- D. Time

Quantities that have both magnitude and direction are vectors. In physics, a vector conveys not just how much, but which way. Velocity is a vector because it describes how fast something is moving and the direction it is moving in—for example, 60 km/h north. Speed, distance, and time are scalars; they have magnitude only and give no directional information. So velocity uniquely provides both size and orientation, making it the correct choice.

8. Which term refers to waking activities characterized by low energy expenditure?

- A. Sedentary Behaviour
- B. Sports Sponsorship
- C. Sportsmanship
- D. Social Regulation of the Body

Sedentary behaviour is the category for waking activities that use very little energy. It describes being awake but mostly still—sitting or lying down and moving only minimally. These activities typically expend about 1.5 METs or less, like sitting at a desk, watching TV, or driving. This term is distinct from the other options: sponsorship is about financial support for sport, sportsmanship means fair play and respectful conduct, and the social regulation of the body refers to societal rules about how we use or regulate our bodies. Understanding sedentary behaviour helps explain why long periods of quiet, low-energy activity during the day can impact health, even if you're otherwise meeting exercise guidelines.

9. Largely based on coaches or athletes' feelings and opinions.

- A. Subjective assessment
- B. Subjective data
- C. Stereotype
- D. Strategies

Subjective assessment is an evaluation based on personal opinions, feelings, and judgments rather than purely numerical data. When a coach or athlete bases an appraisal on how something looks or feels—technique quality, decision-making, effort, or overall performance—it's driven by their perceptions and experiences. This fits the prompt because the assessment hinges on subjective impressions rather than objective measurements like times, distances, or scores. In practice, this approach is useful for capturing aspects of performance that aren't easily measured with numbers, such as consistency of technique or tactical understanding. To make it more reliable, it's common to use clear rubrics, involve multiple assessors, and combine with objective data where possible.

10. Reducing energy waste during movement improves which concept?

- A. Momentum
- B. Velocity
- C. Movement economy**
- D. Inertia

Reducing energy waste during movement improves movement economy because it focuses on how efficiently the body uses energy to move. Movement economy is about the energy cost of moving at a given speed or distance. When you minimize wasted movements, unnecessary muscle work, or inefficient technique, you use less oxygen and fuel for the same pace, so performance can be maintained longer with less fatigue. Momentum, velocity, and inertia are more about the physics of motion: momentum is mass times velocity, velocity is speed, and inertia is the resistance to changing motion. While technique can influence speed or the way momentum is applied, those properties aren't directly improved by reducing energy waste in the same way as movement economy is.

SAMPLE

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://leavingcertpe.examzify.com>

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

SAMPLE