

Lifetime Fitness and Wellness Pursuits PISD CBE Semester 2 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

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- 1. What effect does regular aerobic exercise have on mood due to endorphins?**
 - A. It elevates mood by releasing endorphins to fight physical stress during exercise.**
 - B. It reduces appetite immediately after workouts.**
 - C. It decreases motivation to train.**
 - D. It causes fatigue that lasts all day.**

- 2. Active relaxation involves which of the following?**
 - A. Engaging in a relaxing activity that you enjoy that makes you feel present in the moment**
 - B. Hiking in nature**
 - C. Binge-eating**
 - D. Scrolling social media**

- 3. What is a potential impact of social media on fitness?**
 - A. Directly Lowers BMI**
 - B. Makes You Self Conscious**
 - C. Improves Hydration**
 - D. Increases Bone Density**

- 4. How many calories are in each gram of carbohydrate, protein, and fat?**
 - A. Carbohydrate 4 kcal/g, Fat 9 kcal/g, Protein 4 kcal/g**
 - B. Fat 9 kcal/g, Carbohydrate 4 kcal/g, Protein 4 kcal/g**
 - C. Carbohydrate 4 kcal/g, Protein 4 kcal/g, Fat 9 kcal/g**
 - D. Carbohydrate 4 kcal/g, Protein 9 kcal/g, Fat 4 kcal/g**

- 5. Define muscular strength versus muscular endurance with examples.**
 - A. Strength is the ability to sustain repeated contractions; example many push-ups**
 - B. Strength is the maximal force a muscle can produce in a single effort; Endurance is the ability to perform repeated contractions; example many push-ups**
 - C. Strength is endurance; example long-distance running**
 - D. Strength is speed; example sprint**

- 6. Which device is used in medical settings to measure weight, height, and BMI?**
- A. Home Scales**
 - B. Physician Scale**
 - C. Pedometer**
 - D. Body Fat Analyzer**
- 7. Which are commonly cited components of health-related fitness?**
- A. Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition**
 - B. Agility, balance, reaction time, power**
 - C. Cardiovascular endurance, speed, flexibility, muscle tone**
 - D. Body composition, coordination, stamina, flexibility**
- 8. Explain the difference between isotonic and isometric muscle contractions with examples.**
- A. Isometric involves movement with joint angle change; isotonic involves no length change.**
 - B. Isotonic involves movement with joint angle change (Concentric/Eccentric phases), isometric involves contraction without length change.**
 - C. Both are identical.**
 - D. Isometric contractions require moving a weight through a range of motion.**
- 9. Which of the following lists includes common risks associated with overtraining?**
- A. Short-term gains in strength with no fatigue.**
 - B. Muscle soreness, poor performance, longer recovery, insomnia, irritability, weakened immune function, increased injuries and stress fractures, chronic joint pain, burnout.**
 - C. Improved sleep and mood with faster recovery.**
 - D. No impact on performance or health.**

10. What is the primary goal of a cool-down after exercise?

- A. Gradually return heart rate to resting levels and aid in recovery by stretching and light activity.**
- B. Increase heart rate for improved endurance.**
- C. Cool-down is optional.**
- D. Focus only on static stretching.**

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Answers

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

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Explanations

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1. What effect does regular aerobic exercise have on mood due to endorphins?

- A. It elevates mood by releasing endorphins to fight physical stress during exercise.**
- B. It reduces appetite immediately after workouts.**
- C. It decreases motivation to train.**
- D. It causes fatigue that lasts all day.**

Regular aerobic exercise boosts mood through endorphin release. Endorphins are natural chemicals in the brain that act as mood elevators and pain reducers, so when you regularly engage in activities like running, cycling, or swimming, these endorphins help create a sense of well-being and reduce stress during and after workouts. Over time, this chemical boost contributes to a more consistently positive mood. The other ideas—immediate appetite changes, decreased motivation to train, or persistent all-day fatigue—don't capture the mood-enhancing effect that endorphins specifically provide during and after aerobic activity.

2. Active relaxation involves which of the following?

- A. Engaging in a relaxing activity that you enjoy that makes you feel present in the moment**
- B. Hiking in nature**
- C. Binge-eating**
- D. Scrolling social media**

Active relaxation means deliberately engaging in a relaxing activity you enjoy that helps you stay present in the moment and lowers stress. The best choice fits this idea by describing doing an activity you personally enjoy, which brings your attention to the here and now. This combination of enjoyment, intentional engagement, and mindfulness is what makes it effective for reducing tension. Hiking in nature can be refreshing but is more about physical activity than a chosen relaxing activity aimed at mindfulness. Binge-eating is not a relaxation strategy and can worsen stress. Scrolling social media is a passive, often distracting activity that doesn't promote present-moment relaxation.

3. What is a potential impact of social media on fitness?

- A. Directly Lowers BMI**
- B. Makes You Self Conscious**
- C. Improves Hydration**
- D. Increases Bone Density**

Social media often exposes people to highly polished images and fitness ideals, which can trigger comparisons and heightened attention to one's own body. This can lead to feeling more self-conscious about appearance, performance, or progress, especially when comparing oneself to others' curated posts. That heightened self-awareness is a plausible impact because it directly influences how someone thinks about themselves in relation to fitness, which can affect motivation, consistency, and satisfaction with their workouts. Directly lowering BMI isn't something social media causes by itself; BMI changes result from long-term energy balance and activity. Hydration and bone density are physiological factors that depend on actual behaviors and biology, not just exposure to online content. So the most fitting impact among the options is the increased self-consciousness.

4. How many calories are in each gram of carbohydrate, protein, and fat?

- A. Carbohydrate 4 kcal/g, Fat 9 kcal/g, Protein 4 kcal/g**
- B. Fat 9 kcal/g, Carbohydrate 4 kcal/g, Protein 4 kcal/g**
- C. Carbohydrate 4 kcal/g, Protein 4 kcal/g, Fat 9 kcal/g**
- D. Carbohydrate 4 kcal/g, Protein 9 kcal/g, Fat 4 kcal/g**

Energy content per gram of macronutrients is the key idea. Fat provides about 9 kcal per gram, because it yields more stored energy when metabolized, while carbohydrates and proteins each provide about 4 kcal per gram. This difference is why foods high in fat carry more calories per gram than those high in carbs or protein, and it's the standard used on nutrition labels. So the best match assigns 4 kcal per gram to carbohydrate, 4 kcal per gram to protein, and 9 kcal per gram to fat. Other options mix up these values, which wouldn't reflect how the body derives energy from these nutrients.

5. Define muscular strength versus muscular endurance with examples.

- A. Strength is the ability to sustain repeated contractions; example many push-ups**
- B. Strength is the maximal force a muscle can produce in a single effort; Endurance is the ability to perform repeated contractions; example many push-ups**
- C. Strength is endurance; example long-distance running**
- D. Strength is speed; example sprint**

Muscular strength is the maximum force a muscle can generate in a single effort, while muscular endurance is the ability to perform repeated contractions or sustain a contraction over time. A one-repetition maximum lift tests strength, whereas many push-ups test endurance because you're repeatedly contracting the same muscles. The statement aligns with this distinction by defining strength as maximal single-effort force and endurance as repeated contractions, using many push-ups as the endurance example. Other ideas like sprinting emphasize fast, powerful movement rather than maximal single-effort force, and long-distance running emphasizes endurance in a broader sense rather than a single strong contraction, so they don't fit the definitions as cleanly.

6. Which device is used in medical settings to measure weight, height, and BMI?

A. Home Scales

B. Physician Scale

C. Pedometer

D. Body Fat Analyzer

Measuring weight and height together to calculate BMI in medical settings requires a device that captures both measurements in one setup. The physician scale is designed for this purpose, combining a platform scale for weight with a stadiometer to measure height. This allows BMI to be calculated accurately from the patient's weight and height in the clinic. Other devices have different primary functions: home scales typically measure only weight; a pedometer tracks steps and activity; a body fat analyzer estimates body fat and may not provide BMI directly or rely on height measurements in the same way. Since BMI depends on both weight and height, the device that provides both measurements in a clinical context is the physician scale.

7. Which are commonly cited components of health-related fitness?

A. Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition

B. Agility, balance, reaction time, power

C. Cardiovascular endurance, speed, flexibility, muscle tone

D. Body composition, coordination, stamina, flexibility

Health-related fitness is traditionally defined by five components that reflect overall health and daily functioning: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. The option that lists exactly these five elements is the best match, because it covers the full set recognized for health-related fitness, not just performance traits. The other sets mix in skills-focused abilities like agility, balance, reaction time, coordination, power, or speed. These are important for performance and athletic skill, but they're not the standard components used when talking about health-related fitness. Some options also omit one or more health-related components (for example, cardiovascular endurance or body composition), which is why they don't align with the commonly cited framework.

8. Explain the difference between isotonic and isometric muscle contractions with examples.

A. Isometric involves movement with joint angle change; isotonic involves no length change.

B. Isotonic involves movement with joint angle change (Concentric/Eccentric phases), isometric involves contraction without length change.

C. Both are identical.

D. Isometric contractions require moving a weight through a range of motion.

Isotonic and isometric contractions differ in whether the muscle changes length as the joint moves. In isotonic contractions the joint moves and the muscle changes length. The muscle shortens when you lift a load (concentric) and lengthens when you control the lowering (eccentric). A classic example is a bicep curl: the arm's angle changes and the biceps shorten during the lift, then lengthen as you lower the weight. Isometric contractions, on the other hand, generate force without changing the length of the muscle, so the joint angle stays the same. Think of holding a weight steady at a fixed angle or pressing against a wall—the muscle is active, but there's no movement and no change in muscle length. So the best description is that isotonic involves movement with joint angle change (including concentric and eccentric phases), while isometric involves contraction without length change.

9. Which of the following lists includes common risks associated with overtraining?

A. Short-term gains in strength with no fatigue.

B. Muscle soreness, poor performance, longer recovery, insomnia, irritability, weakened immune function, increased injuries and stress fractures, chronic joint pain, burnout.

C. Improved sleep and mood with faster recovery.

D. No impact on performance or health.

Overtraining happens when training load exceeds the body's ability to recover, so a cluster of negative effects tends to show up. The listed signs—muscle soreness that lasts beyond normal, a drop in performance, longer recovery times, trouble sleeping, irritability, weaker immune function, more frequent injuries and stress fractures, chronic joint pain, and burnout—all reflect how fatigue, impaired recovery, and physiological stress accumulate. When the body is pushed too hard without enough rest, tissues don't repair properly, immune defenses dip, sleep and mood suffer, and injury risk rises, which is why these symptoms commonly occur together. The other options describe scenarios that don't align with overtraining. Short-term gains with no fatigue would not be a hallmark of overtraining, and typically isn't sustainable. Improved sleep and mood with faster recovery contradicts the pattern seen in overtraining, where sleep disturbances and mood changes are common. No impact on performance or health also isn't accurate, since overtraining tends to undermine both performance and well-being.

10. What is the primary goal of a cool-down after exercise?

- A. Gradually return heart rate to resting levels and aid in recovery by stretching and light activity.**
- B. Increase heart rate for improved endurance.**
- C. Cool-down is optional.**
- D. Focus only on static stretching.**

After exercise, your body is in a heightened state of circulation and heart rate. The main goal of a cool-down is to ease that transition smoothly back toward resting levels while supporting recovery. Continuing with light activity, like a slow walk or easy pedal, keeps blood circulating to prevent pooling in the legs and helps the heart rate drop gradually. Following up with gentle stretching can reduce muscle stiffness and improve flexibility, aiding recovery. This isn't about making the heart work harder or about skipping the cool-down. It isn't optional, since cooling down helps safety and recovery. And it isn't only about static stretching; a brief period of light activity plus stretching gives a more complete, effective transition than stretching alone.

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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://lifetimefitnesswellnesspidsem2.examzify.com>

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

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