

LIFETIME FITNESS AND WELLNESS PURSUITS PISD CBE SEMESTER 2 PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS



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THE FULL VERSION STUDY GUIDE**

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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 is the ideal body fat percentage range for women?**
 - A. 8-19%
 - B. 21-32%
 - C. 30%
 - D. 35%
- 2. Nutrition labels in meal planning help to:**
 - A. Identify nutrient content and calorie intake; assist with portion control and meeting daily goals
 - B. Ensure meals are tasty
 - C. Determine shopping store location
 - D. Create dietary restrictions
- 3. Which option lists the factors that influence energy needs for active adolescents?**
 - A. Growth
 - B. Climate
 - C. Growth, puberty, activity level, body size, climate, and metabolic rate
 - D. Sleep duration
- 4. Identify three cardiovascular risk factors that students should monitor.**
 - A. High blood pressure, high cholesterol, and elevated blood glucose levels
 - B. Low blood pressure, low cholesterol, and low glucose
 - C. Normal blood pressure with high cholesterol
 - D. Regular exercise and good sleep
- 5. Which statement best describes VO₂ max?**
 - A. The maximal oxygen uptake, reflecting aerobic capacity
 - B. The rate of energy production during digestion
 - C. A measure of resting metabolic rate
 - D. The oxygen-carrying capacity of the blood in the lungs

- 6. Which statement best describes a bone health benefit of regular physical activity for teens?**
- A. Decreased bone density
 - B. Stronger bones and muscles
 - C. Slower growth
 - D. Higher likelihood of injury on a daily basis
- 7. Which nutrient is most involved in muscle repair and growth?**
- A. Carbohydrates
 - B. Proteins
 - C. Fats
 - D. Vitamins
- 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. Muscular endurance is best described as...**
- A. How much force can you exert in one contraction
 - B. Range of motion
 - C. Ratio of bone, fat, and muscle
 - D. How long muscles can contract without tiring
- 10. Which device is best described as a step-counter?**
- A. Body Fat Analyzer
 - B. BMI Calculator
 - C. Pedometer
 - D. Physician Scale

Answers

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

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Explanations

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1. What is the ideal body fat percentage range for women?

- A. 8–19%
- B. 21–32%**
- C. 30%
- D. 35%

Healthy body fat levels for women balance energy reserves with hormonal function and reproductive health. Women typically require a higher percentage of body fat than men, and for most adults a range around 21–32% supports these functions and overall metabolic health. Values far below this (8–19%) can disrupt menstruation and fertility, while values well above this (like 35%) are linked to higher health risks. A range such as 21–32% captures the typical healthy spread across ages and activity levels, making it the best reflection of an ideal range.

2. Nutrition labels in meal planning help to:

- A. Identify nutrient content and calorie intake; assist with portion control and meeting daily goals**
- B. Ensure meals are tasty
- C. Determine shopping store location
- D. Create dietary restrictions

Nutrition labels tell you the nutrient content and calories per serving, which helps you plan meals by showing how a serving fits into your daily goals. With this information, you can compare products, adjust portion sizes, and manage overall intake of calories and nutrients to stay on target for your health plan. They aren't about making meals tastier, locating stores, or automatically creating dietary restrictions; they're a tool to understand what a serving contributes to your diet and to practice effective portion control.

3. Which option lists the factors that influence energy needs for active adolescents?

- A. Growth
- B. Climate
- C. Growth, puberty, activity level, body size, climate, and metabolic rate**
- D. Sleep duration

When figuring energy needs for active adolescents, several factors drive how many calories the body uses each day. Growth requires extra energy to build new tissues. Puberty brings hormonal changes that can alter metabolism and energy needs. Activity level directly increases energy expenditure through movement and exercise. Body size influences metabolic rate—larger bodies typically burn more calories at rest and during activity. Climate affects energy needs because staying warm in cooler environments requires additional energy. Metabolic rate itself determines how efficiently the body uses fuel and can vary between individuals. Taken together, these factors provide a complete picture of what sets an adolescent's energy needs. The other options miss multiple important pieces—for example, growth alone omits puberty, activity, size, climate, and metabolic rate; climate alone omits growth, puberty, activity, and size; sleep duration is not a primary driver of daily energy requirements for active teens.

4. Identify three cardiovascular risk factors that students should monitor.

- A. High blood pressure, high cholesterol, and elevated blood glucose levels
- B. Low blood pressure, low cholesterol, and low glucose
- C. Normal blood pressure with high cholesterol
- D. Regular exercise and good sleep

Monitoring cardiovascular health centers on factors that raise the risk of heart disease and stroke. The three risk factors students should keep an eye on are high blood pressure, high cholesterol, and elevated blood glucose levels. High blood pressure means the heart must pump harder to move blood through the arteries, which over time can damage vessel walls and promote atherosclerosis. Because it often has no noticeable symptoms, regular blood pressure checks are essential, and management typically includes physical activity, weight control, a heart-healthy diet, and medications if prescribed. High cholesterol, especially elevated LDL cholesterol, contributes to the buildup of plaques inside arteries. This narrowing can restrict blood flow and increase the chances of a heart attack or stroke. A lipid panel helps track cholesterol and triglyceride levels, and improvements come from healthier eating, more activity, weight management, and, when needed, medication. Elevated blood glucose indicates impaired insulin action or diabetes, which accelerates damage to blood vessels and raises cardiovascular risk. Monitoring with fasting glucose or an A1C test shows whether glucose is in a safe range. Controlling glucose involves weight management, regular activity, balanced nutrition, and medications as advised. The other options describe conditions that aren't risk factors—low values aren't typically dangerous in this context—and protective practices like regular exercise and good sleep, which help reduce risk rather than indicate higher risk.

5. Which statement best describes VO₂ max?

- A. The maximal oxygen uptake, reflecting aerobic capacity
- B. The rate of energy production during digestion
- C. A measure of resting metabolic rate
- D. The oxygen-carrying capacity of the blood in the lungs

VO₂ max is the maximum rate at which the body can take up, transport, and use oxygen during all-out, sustained exercise. This measure reflects the whole system's aerobic capacity, integrating how well the lungs oxygenate blood, how effectively the heart and circulatory system deliver that oxygen, and how efficiently muscles utilize it at high intensity. It's typically reported as milliliters of oxygen per kilogram of body weight per minute (mL/kg/min) and is determined during a graded exercise test with expired gas analysis. This isn't the rate of energy production during digestion, which occurs after eating and isn't tied to peak exercise performance. It isn't resting metabolic rate, the energy used at rest, and it isn't simply the oxygen-carrying capacity of the blood in the lungs. VO₂ max specifically describes the body's maximal ability to take in and use oxygen during peak effort, highlighting aerobic capacity.

6. Which statement best describes a bone health benefit of regular physical activity for teens?

- A. Decreased bone density
- B. Stronger bones and muscles**
- C. Slower growth
- D. Higher likelihood of injury on a daily basis

Regular physical activity, especially weight-bearing and resistance exercises, makes bones respond to the stress by becoming stronger. During adolescence, this mechanical loading increases bone mineral density and helps build peak bone mass that lasts into adulthood. Building stronger bones goes hand in hand with gaining stronger muscles, which supports the skeleton, improves balance, and reduces injury risk during growth spurts. Inactivity doesn't provide these benefits, and growth isn't slowed by regular activity; the overall takeaway is that regular activity yields stronger bones and muscles.

7. Which nutrient is most involved in muscle repair and growth?

- A. Carbohydrates
- B. Proteins**
- C. Fats
- D. Vitamins

Muscle repair and growth depend on delivering amino acids that serve as the building blocks for muscle proteins. Proteins supply these amino acids, which are used to repair micro-damage from training and to synthesize new muscle tissue, leading to stronger, larger muscles over time. Timing and adequate total daily protein help optimize this process, such as spreading intake across meals and having protein after workouts to boost muscle protein synthesis. Carbohydrates mainly replenish glycogen, fats provide energy and essential fatty acids, and vitamins support metabolism, but they don't supply the direct building blocks for muscle tissue the way protein does. So protein is the nutrient most involved in repairing and growing muscle.

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. Muscular endurance is best described as...

- A. How much force can you exert in one contraction
- B. Range of motion
- C. Ratio of bone, fat, and muscle
- D. How long muscles can contract without tiring**

Muscular endurance is the ability of a muscle or muscle group to sustain repeated contractions or a contraction over time without fatigue. The best description here is how long muscles can contract without tiring, because endurance focuses on resisting fatigue during prolonged effort. This differs from strength, which is about the maximum force produced in a single exertion. Range of motion relates to flexibility and how much a joint can move. Body composition is about the ratio of bone, fat, and muscle in the body. Training for endurance typically involves higher repetitions, shorter rests, or sustained effort over time, rather than lifting for maximum strength.

10. Which device is best described as a step-counter?

- A. Body Fat Analyzer
- B. BMI Calculator
- C. Pedometer**
- D. Physician Scale

Tracking daily movement relies on tools that measure activity. A device that tallies each step you take fits the role of a step-counter, which is what a pedometer does. Pedometers detect motion and count steps, providing a simple metric of everyday activity and helping you set goals like a daily step target. In contrast, a body fat analyzer estimates fat percentage, a BMI calculator uses height and weight to compute body mass index, and a physician scale simply weighs you. Because it directly counts steps, the pedometer is the best fit.

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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:

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

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