Lifetime Fitness & Wellness Pursuits PISD CBE Semester 1 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. During a warm-up, you should...

A. Do a milder form of the workout.

B. Perform maximal intensity.

C. Complete only static stretches.

D. Rest completely for several minutes.

2. Which statement describes maximum heart rate?

A. The minimum heart rate you should maintain at rest.

B. The average heart rate during a workout.

C. The highest heart rate you can sustain for a short time without risk.

D. Calculated as 220 minus age.

3. What is a SMART goal?

A. Specific, Measurable, Achievable, Relevant, Time-bound.

B. Simple, Manageable, Adaptable, Realistic, Timed.

C. Strategic, Measurable, Accurate, Realistic, Timely.

D. Secure, Meaningful, Attainable, Reproducible, Timely.

4. What does body composition refer to?

A. The proportion of fat mass to lean mass in the body.

B. Total body weight.

C. Bone mineral density.

D. Muscle mass alone.

5. IT band syndrome is described as what?

A. A painful condition in which connective tissue rubs against the thighbone

B. Inflammation of the Achilles tendon

C. A stress fracture of the tibia

D. Nerve compression in the spine

6. Which is a third-class lever example?

A. Calf raise

B. Neck extension

C. Bicep curl

D. Ballistic squat

7. Which is listed as a type of training?

A. Interval training

B. Mindfulness

C. Dancing

D. Yoga

8. How is progressive overload achieved in the FITT framework?

A. Slowly overload our body by increasing or changing one aspect of FITT

B. Quickly overload our body by increasing all elements at once

C. Maintain FITT constant

D. Increase only time

9. What does the three points of contact rule state?

A. When mounting or dismounting exercise equipment, maintain contact with two points and place a foot on a third.

B. Stand on one foot when mounting equipment.

C. Never touch the equipment with hands at any time.

D. Maintain three points of contact during lifting exercises only.

10. Which type of stretching is most appropriate during a dynamic warm-up?

A. Dynamic stretching (moving, through range of motion).

B. Static stretching after a workout.

C. Ballistic stretching.

D. PNF stretching before any activity.

Answers

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

Explanations

1. During a warm-up, you should...

A. Do a milder form of the workout.

B. Perform maximal intensity.

C. Complete only static stretches.

D. Rest completely for several minutes.

A warm-up should gradually prepare the body for exercise by raising heart rate, increasing blood flow to the muscles, and improving joint mobility. The idea is to ease into activity so muscles, nerves, and the cardiovascular system are ready for what comes next. Start with a few minutes of light cardio to gently elevate temperature and circulation, then include dynamic movements that mimic the upcoming workout to improve range of motion and neuromuscular readiness. Static stretches held for long periods are best saved for after the workout, because they can temporarily reduce power and performance if done before activity. Resting completely for several minutes won't achieve these goals, since rest keeps the body in a low-activity state and leaves muscles cool, making the upcoming workout less efficient and potentially increasing injury risk.

2. Which statement describes maximum heart rate?

A. The minimum heart rate you should maintain at rest.

B. The average heart rate during a workout.

C. The highest heart rate you can sustain for a short time without risk.

D. Calculated as 220 minus age.

Maximum heart rate is the highest number of times your heart can beat per minute during all-out effort. In fitness practice, we estimate it with age-based formula: 220 minus your age. This simple calculation is what many training plans rely on to set intensity zones, because it provides a practical ceiling for safe, vigorous work. That makes the statement about being calculated as 220 minus age the best fit, since it directly describes how max heart rate is determined and used in workouts. The other statements describe different concepts. Resting heart rate is the minimum rate when you're at rest, not the maximum. The average heart rate during a workout is simply an average, not the peak capability. While maximum heart rate can be reached only briefly and isn't sustained, the key point here is how we estimate it, which is captured by the 220 minus age rule.

3. What is a SMART goal?

A. Specific, Measurable, Achievable, Relevant, Time-bound.

B. Simple, Manageable, Adaptable, Realistic, Timed.

C. Strategic, Measurable, Accurate, Realistic, Timely.

D. Secure, Meaningful, Attainable, Reproducible, Timely.

A SMART goal is a goal that is well-defined and trackable. Specific means you spell out exactly what you want to accomplish, leaving no ambiguity about the target. Measurable means you attach a way to quantify progress, so you can see how close you are to reaching the goal. Achievable means the goal is realistic given your available resources and constraints, challenging but doable. Relevant means the goal matters in the bigger context of your objectives and priorities, so the effort matters. Time-bound means you set a deadline or timeframe, which creates urgency and keeps you on a schedule. This standard wording—Specific, Measurable, Achievable, Relevant, Time-bound—has the clearest, most practical criteria for planning and evaluating goals. Other options replace these terms with different words (like Simple, Manageable, Adaptable, Realistic, Timed or variations), which don't align with the familiar framework and can blur what you're committing to and how you'll measure success.

4. What does body composition refer to?

A. The proportion of fat mass to lean mass in the body.

B. Total body weight.

C. Bone mineral density.

D. Muscle mass alone.

Body composition is about what the body is made of, especially the balance between fat mass and lean mass (which includes muscle, bone, water, and organs). The option that describes the relative amounts of fat versus lean tissue best captures this idea. Total body weight just adds up all components without showing how much is fat versus lean tissue. Bone mineral density focuses only on bones, not the overall makeup of the body. Muscle mass alone ignores fat and other lean components. So, the proportion of fat mass to lean mass is the best description of body composition.

5. IT band syndrome is described as what?

A. A painful condition in which connective tissue rubs against the thighbone

B. Inflammation of the Achilles tendon

C. A stress fracture of the tibia

D. Nerve compression in the spine

IT band syndrome is a painful overuse condition caused by friction where the iliotibial band rubs against the outer knee as the leg moves, typically during running. The iliotibial band is a thick band of connective tissue that runs from the hip to the knee, and when it tightens or becomes overused it can irritate against the thighbone area near the knee, producing lateral knee pain. The other options describe problems in different tissues or locations: inflammation of the Achilles tendon happens at the back of the ankle, a stress fracture of the tibia is a bone injury in the shin, and nerve compression in the spine involves nerves in the back, not the knee. So the description of connective tissue rubbing against the thighbone to cause knee pain best captures IT band syndrome.

6. Which is a third-class lever example?

A. Calf raise

B. Neck extension

C. Bicep curl

D. Ballistic squat

This question tests how lever classes are arranged in the body, specifically where the effort sits relative to the pivot (fulcrum) and the load. A third-class lever has the effort between the fulcrum and the load. In a bicep curl, the elbow acts as the pivot. The weight in the hand is the load at the far end, and the biceps muscle pulls on the forearm to lift that load. The muscle's force (the effort) is applied between the elbow (fulcrum) and the hand (load), matching the third-class lever setup. This arrangement makes it easier to move the hand quickly and through a larger range of motion, though it requires more muscular force to lift the same weight. Calf raises and neck extensions don't fit this pattern: calf raises place the load between the joint and the muscle force, describing a second-class lever, while neck extension involves the head on one side of a neck joint, typically treated as a first-class lever. Ballistic squats involve multiple joints and aren't a single lever type.

7. Which is listed as a type of training?

A. Interval training

B. Mindfulness

C. Dancing

D. Yoga

Interval training is a type of training that alternates short bursts of high-intensity effort with periods of lower intensity or rest. This structure is a formal training modality used to boost cardiovascular fitness, speed, and endurance efficiently. Mindfulness is a mental practice rather than a physical training method. Dancing is a form of movement and activity, but not a labeled training modality in the same way. Yoga focuses on flexibility, balance, and breathing; it's a practice rather than a specific interval-based training approach. So interval training best fits the description of a distinct training type.

8. How is progressive overload achieved in the FITT framework?

A. Slowly overload our body by increasing or changing one aspect of FITT

B. Quickly overload our body by increasing all elements at once

C. Maintain FITT constant

D. Increase only time

Progressive overload is about making the body work harder over time to drive improvement. In the FITT framework—Frequency, Intensity, Time, Type—you achieve this by gradually increasing or changing one component at a time. This keeps the demand on the body rising in a controlled way, allowing adaptations to occur while reducing injury risk. For example, you might add a (slightly) more frequent workout, increase the resistance or pace, or add a few extra minutes, but you wouldn't increase every factor at once. Keeping FITT constant means no progression, and changing only time without adjusting intensity can limit how much the body is challenged, potentially slowing gains.

9. What does the three points of contact rule state?

A. When mounting or dismounting exercise equipment, maintain contact with two points and place a foot on a third.

B. Stand on one foot when mounting equipment.

C. Never touch the equipment with hands at any time.

D. Maintain three points of contact during lifting exercises only.

Maintaining stable balance by keeping three contact points with the equipment is the idea. When you mount or dismount, you should have two points of contact and add a third point with a foot on a step or platform. This setup gives you a secure grip with your hands and a solid base with a foot, helping prevent slips as you climb on or off. Other choices aren't right because standing on one foot while mounting isn't stable, never touching the equipment with your hands removes the grip you need for safety, and the rule isn't limited to lifting—it's about staying stable during mounting, dismounting, and use of the equipment.

10. Which type of stretching is most appropriate during a dynamic warm-up?

A. Dynamic stretching (moving, through range of motion).

B. Static stretching after a workout.

C. Ballistic stretching.

D. PNF stretching before any activity.

During a dynamic warm-up, you want movements that activate muscles and joints through their natural ranges of motion. Dynamic stretching involves moving through a full range of motion with control, which raises blood flow and muscle temperature, primes the nervous system, and mirrors the actions of the upcoming activity. This readiness helps improve performance and reduces injury risk, making it the best fit for warming up. In contrast, static stretching—holding a stretch—is better after exercise, as it can temporarily decrease muscle force production if done first. Ballistic stretching uses bouncing movements and can increase injury risk, while PNF stretching is a more advanced flexibility technique not suited for a pre-activity warm-up.

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://lifetimefitnesswellnesspisdsem1.examzify.com

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