

# MTEL Physical Education Practice Test (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. Which receptive manipulative skill involves receiving an object?**
  - A. Throwing**
  - B. Catching**
  - C. Kicking**
  - D. Striking**
  
- 2. What defines a first-class lever in biomechanics?**
  - A. The resistance is between the axis and force**
  - B. The force acts between the axis and resistance**
  - C. The axis is between the force and resistance**
  - D. The lever has no axis**
  
- 3. Which of the following is NOT one of the five fundamental movement concepts?**
  - A. Time**
  - B. Speed**
  - C. Height**
  - D. Force**
  
- 4. What is the minimum frequency of aerobic exercise required to maintain or improve an individual's fitness level for body composition?**
  - A. Three times a week**
  - B. Daily**
  - C. Every other day**
  - D. Once a week**
  
- 5. What is the optimal approach for time spent on flexibility exercises per session?**
  - A. At least 5 minutes**
  - B. At least 15 minutes**
  - C. At least 30 minutes**
  - D. At least 60 minutes**

- 6. Who expanded the American education system to include Physical Education in the 1890s?**
- A. John Dewey**
  - B. Charles McCloy**
  - C. Thomas Wood**
  - D. William James**
- 7. How does the musculoskeletal system function under physical exertion?**
- A. It remains passive to reduce fatigue**
  - B. It becomes less coordinated to accommodate weight**
  - C. It requires activation and control to enable movement**
  - D. It operates independently from other body systems**
- 8. What is the progression intensity for improved body composition?**
- A. 40% to 60% of THR**
  - B. 60% to 80% of THR**
  - C. 80% to 100% of THR**
  - D. 30% to 50% of THR**
- 9. What was the Battle of Systems about?**
- A. The debate on physical education systems**
  - B. The effectiveness of sports in schools**
  - C. The introduction of dance in physical education**
  - D. The impact of nutrition on student performance**
- 10. What is body awareness in the context of physical education?**
- A. A person's understanding of his or her body parts and their capability of movement**
  - B. A physical fitness level that is assessed during sports**
  - C. A type of exercise aimed at improving muscle strength**
  - D. A social interaction skill used in group activities**

## Answers

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

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## **Explanations**

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**1. Which receptive manipulative skill involves receiving an object?**

- A. Throwing**
- B. Catching**
- C. Kicking**
- D. Striking**

Catching is a receptive manipulative skill that specifically involves receiving an object, which can be a ball or any other thrown item. This skill requires the individual to react swiftly, demonstrate hand-eye coordination, and often to track the moving object with their eyes to position themselves appropriately for the catch. In contrast, throwing involves projecting an object away from oneself, while kicking focuses on using the foot to strike an object, typically a ball, to propel it away. Striking usually refers to hitting an object, such as a ball, with a bat or racket, which again is different from the act of receiving an object. Each of these skills has its own mechanics and objectives; however, catching distinctly centers around the action of receiving and controlling an object.

**2. What defines a first-class lever in biomechanics?**

- A. The resistance is between the axis and force**
- B. The force acts between the axis and resistance**
- C. The axis is between the force and resistance**
- D. The lever has no axis**

A first-class lever is defined by having the axis of rotation positioned between the force applied and the resistance the lever must overcome. This arrangement allows for the force and resistance to be on opposite sides of the axis, which can facilitate efficient movement and leverage. In practical terms, a classic example of a first-class lever is a seesaw or a pair of scissors, where the pivot or fulcrum is in the middle. When force is applied on one side (either by pushing down or pulling up), it causes the opposite side to move in response, effectively lifting or moving the resistance. This configuration allows for a considerable mechanical advantage, depending on the distances from the axis to the force and the resistance. The concept illustrates the importance of lever mechanics in physical performance and rehabilitation, where understanding the lever systems can help in designing effective training or therapy regimens.

**3. Which of the following is NOT one of the five fundamental movement concepts?**

- A. Time**
- B. Speed**
- C. Height**
- D. Force**

The concept of height is not considered one of the five fundamental movement concepts because the fundamental movement concepts primarily focus on the quantitative aspects of movement that can be applied across various physical activities. These concepts include time, speed, and force, each of which plays a significant role in informing how movements are executed and understood. Time refers to the duration of a movement or the timing of movement within a sequence. This concept helps individuals learn to coordinate their movements with precision and rhythm, which is essential in many physical activities. Speed pertains to how fast a movement is performed. Understanding speed allows individuals to manipulate their movements for different outcomes, whether that's sprinting in a race or making quick adjustments in a sport. Force involves the strength or energy applied during movement. It is crucial for activities that require power, such as throwing or jumping, as it influences the distance, height, and effectiveness of the movement. In contrast, height is a spatial measure that relates to the vertical position of a movement but does not address the dynamics of how the movement is executed in terms of timing, velocity, or energy. Therefore, height does not fit within the framework of fundamental movement concepts in the same way that the others do.

**4. What is the minimum frequency of aerobic exercise required to maintain or improve an individual's fitness level for body composition?**

- A. Three times a week**
- B. Daily**
- C. Every other day**
- D. Once a week**

While daily aerobic exercise is beneficial for overall health, the minimum frequency of aerobic exercise recommended to maintain or improve an individual's fitness level, particularly for body composition, is typically established at three times a week. Engaging in aerobic exercises—like running, swimming, cycling, or brisk walking—about three times a week is sufficient to stimulate the cardiovascular system and support metabolic functions necessary for improving body composition. This frequency allows the body to adapt to the physical demands while also promoting fat loss and muscle preservation when combined with a proper diet. Daily exercise, while effective for some individuals aiming for aggressive fitness goals, may not be sustainable or necessary for everyone seeking to maintain fitness levels alone. Other schedules, such as exercising every other day or only once a week, generally do not provide enough stimulus to significantly impact aerobic capacity or body composition changes. Thus, three times weekly strikes a balance between effectiveness and sustainability for most individuals.

**5. What is the optimal approach for time spent on flexibility exercises per session?**

- A. At least 5 minutes
- B. At least 15 minutes**
- C. At least 30 minutes
- D. At least 60 minutes

The optimal approach for time spent on flexibility exercises per session is at least 15 minutes. This duration is generally considered effective for improving flexibility, as it allows sufficient time to perform a variety of stretches targeting different muscle groups. A 15-minute interval can help enhance muscle elasticity, promote a full range of motion, and contribute to overall physical fitness. Engaging in flexibility exercises for this amount of time helps to adequately warm up the muscles and connective tissues, making them more pliable and reducing the risk of injury during physical activities. Additionally, it can aid in recovery after workouts and improve posture. While shorter sessions may provide some benefit, dedicating at least 15 minutes typically results in more noticeable improvements in flexibility and mobility.

**6. Who expanded the American education system to include Physical Education in the 1890s?**

- A. John Dewey**
- B. Charles McCloy
- C. Thomas Wood
- D. William James

The individual who played a significant role in expanding the American education system to include Physical Education during the 1890s is John Dewey. Dewey's educational philosophy emphasized the importance of experiential learning and the development of the whole child, which meant that education should not only focus on academic subjects but also include physical well-being as a crucial component of a well-rounded education. Dewey advocated for a progressive education model that integrated physical activity into the school curriculum, promoting health and fitness as essential aspects of students' overall development. His ideas contributed to a broader acceptance of Physical Education as a vital part of the schooling experience, influencing educators and policy-makers to recognize its value alongside traditional academic subjects. Therefore, Dewey's influence during this period laid foundational principles that advanced Physical Education in American schools, making him a central figure in its expansion within the education system.

**7. How does the musculoskeletal system function under physical exertion?**

- A. It remains passive to reduce fatigue**
- B. It becomes less coordinated to accommodate weight**
- C. It requires activation and control to enable movement**
- D. It operates independently from other body systems**

The musculoskeletal system plays a crucial role during physical exertion by actively enabling movement through the coordinated action of muscles and bones. This system requires deliberate activation and control, allowing for a variety of movements—such as lifting, running, and jumping—while also adjusting to the demands of the activity. Muscle fibers contract and relax under the direction of the nervous system, which facilitates controlled movements and supports various physical tasks. This activation ensures that the body can perform complex movements efficiently and with precision, adapting to changes in workload, intensity, and type of activity. In contrast, the other options do not accurately represent the active nature of the musculoskeletal system during physical activity. For instance, stating that it remains passive implies that there is no functional engagement, which contradicts the very essence of exercise and movement. A decrease in coordination suggests a deterioration of function, which is not inherent to a fit and active musculoskeletal system. Lastly, stating that it operates independently from other body systems overlooks the interconnectedness of the musculoskeletal system with the nervous and cardiovascular systems, which together enable sustained and effective physical exertion.

**8. What is the progression intensity for improved body composition?**

- A. 40% to 60% of THR**
- B. 60% to 80% of THR**
- C. 80% to 100% of THR**
- D. 30% to 50% of THR**

Improved body composition is generally associated with a moderate to vigorous level of physical activity, which is often quantified using the concept of Target Heart Rate (THR). The correct choice reflects a level of intensity that falls within the range that is effective for enhancing body composition. Exercising at 60% to 80% of THR is typically recognized as optimal for promoting metabolic changes, fat loss, and gaining muscle, all of which contribute to improved body composition. This intensity range is robust enough to elevate heart rate significantly, thus fostering a caloric deficit necessary for weight loss and promoting muscle retention or gain. Choosing an intensity lower than this, such as 40% to 60% of THR or 30% to 50% of THR, may not sufficiently challenge the body to elicit the desired adaptations for body composition improvement. On the other hand, exercising at 80% to 100% of THR might pose a risk for injury, especially for those who are not highly conditioned or beginning their fitness journey, making it less sustainable and not suitable for everyone aiming to improve body composition.

## 9. What was the Battle of Systems about?

- A. The debate on physical education systems**
- B. The effectiveness of sports in schools**
- C. The introduction of dance in physical education**
- D. The impact of nutrition on student performance**

The Battle of Systems refers to a significant debate in the history of physical education that centered around the various approaches and methodologies for teaching physical education in schools. It involved discussions surrounding different physical education systems, such as the German, Swedish, and Danish systems, each advocating its own unique philosophy and set of practices. This debate was critical in shaping modern physical education by highlighting the need to consider diverse methods and how they could contribute to the development of physical, mental, and social skills in students. In this context, it is clear that the focus of the Battle of Systems was specifically on the differing educational philosophies related to physical education rather than on other aspects of sport, dance, or nutrition. These other topics, while relevant to overall student health and performance, do not encapsulate the central theme of the Battle of Systems.

## 10. What is body awareness in the context of physical education?

- A. A person's understanding of his or her body parts and their capability of movement**
- B. A physical fitness level that is assessed during sports**
- C. A type of exercise aimed at improving muscle strength**
- D. A social interaction skill used in group activities**

Body awareness refers to a person's understanding of their own body parts, their positions, and how they move in space. This concept is fundamental in physical education as it plays a crucial role in developing motor skills and coordination. It involves not only recognizing different body parts but also understanding how these parts can work together effectively during physical activities. For instance, when children learn to perform a specific skill, such as jumping or throwing, they must be aware of how their arms, legs, and core contribute to the movement. This awareness helps them control their movements better and enhances their ability to engage in various physical activities. Understanding body awareness also improves balance, coordination, and overall physical performance, which are essential components of effective physical education. Recognizing the significance of body awareness in physical education emphasizes the importance of teaching students about their physical selves and how to navigate their environment through movement.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://mtelphysicaled.examzify.com>**

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

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