

# Music, Arts, PE, and Health (MAPEH) Periodic Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## Questions

- 1. What does "PE" stand for in MAPEH?**
  - A. Professional Education**
  - B. Physical Education**
  - C. Performance Excellence**
  - D. Public Engagement**
- 2. Which dance style combines elements from different dance forms and focuses on a simple forward/backward sequence?**
  - A. Foxtrot**
  - B. Cumbia**
  - C. Tango**
  - D. Bossa Nova**
- 3. What is a mural?**
  - A. A painting done on a large wall or surface**
  - B. A small canvas painting**
  - C. A type of sculpture**
  - D. A technique in digital art**
- 4. Which of the following is a side-blown cane flute played year-round?**
  - A. Siku**
  - B. Tarkas**
  - C. Ocarina**
  - D. Rasp**
- 5. What is a primary focus of the Responsible Parenthood and Reproductive Act?**
  - A. Public Safety**
  - B. Health Education**
  - C. Global Trade**
  - D. Consumer Rights**



- 6. What does the term "aesthetic" refer to in the context of art?**
- A. The study of art techniques**
  - B. The appreciation of beauty and taste in artworks**
  - C. The historical context of artworks**
  - D. The financial value of art pieces**
- 7. What instrument is shaped like a large goblet and played with bare hands?**
- A. Djembe**
  - B. Conga**
  - C. Tabla**
  - D. Bongos**
- 8. What type of music is characterized by strong rhythms from African percussion instruments combined with Portuguese melodies?**
- A. Maracatu**
  - B. Jit**
  - C. Blues**
  - D. Afrobeat**
- 9. What defines the quality of a surface or the representation of any work of art?**
- A. Texture**
  - B. Color**
  - C. Form**
  - D. Value**
- 10. Which music style incorporates elements from swing dance, Afro-Cuban, and Afro-Caribbean forms?**
- A. Salsa**
  - B. Mambo**
  - C. Ballroom**
  - D. Tango**

## **Answers**

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

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## **Explanations**

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## 1. What does "PE" stand for in MAPEH?

- A. Professional Education
- B. Physical Education**
- C. Performance Excellence
- D. Public Engagement

In the context of MAPEH, "PE" stands for Physical Education. This subject focuses on teaching students about the importance of physical fitness, health, and well-being through various forms of physical activities and sports. It emphasizes the development of physical skills, understanding of movement, and the promotion of an active lifestyle. Physical Education plays a crucial role in fostering teamwork, discipline, and social interaction among students while promoting lifelong fitness habits. The other options do not align with the curriculum of MAPEH. Professional Education pertains to teaching practices and methodologies, Performance Excellence refers to achieving high standards in any field, and Public Engagement is more related to community involvement, which are not the focus of the MAPEH curriculum.

## 2. Which dance style combines elements from different dance forms and focuses on a simple forward/backward sequence?

- A. Foxtrot**
- B. Cumbia
- C. Tango
- D. Bossa Nova

The style that truly embodies a combination of elements from various dance forms while emphasizing a straightforward forward and backward movement is the Foxtrot. This dance originated in the early 20th century and is characterized by its smooth, flowing movements which involve a basic step pattern that can easily be learned and performed by beginners. The Foxtrot incorporates influences from ragtime music and other dance styles, allowing dancers to express themselves through variations in rhythm and style while still maintaining a foundational sequence. Other dance styles, while distinct in their own right, do not primarily focus on the same level of blending and simplicity in sequences. Cumbia, for instance, has its roots in Colombian folk music and features a different rhythmic structure and dance style. Tango, known for its intricate footwork and dramatic poses, requires a level of intimacy and connection that does not emphasize simple forward and backward movements. Bossa Nova, on the other hand, is a Brazilian music genre and dance style which includes a more relaxed and flowing rhythm, but does not primarily focus on a straightforward dance sequence like the Foxtrot. Therefore, the essence of the Foxtrot's integration of diverse dance influences and its straightforward movement pattern makes it the correct choice in this context.

### 3. What is a mural?

**A. A painting done on a large wall or surface**

**B. A small canvas painting**

**C. A type of sculpture**

**D. A technique in digital art**

A mural is defined as a painting that is specifically created on a large wall or surface, often intended to be a part of the architectural context in which it is placed. Murals can serve various purposes; they may aim to beautify a space, tell a story, or convey social and political messages. This form of art often engages the community and can transform public places, making art accessible to a wider audience. The scale and integration of murals into their environment distinguish them from smaller art forms like canvas paintings, which are meant to be displayed independently and are not permanent fixtures in a particular location. The other options do not accurately reflect the essence of a mural since they describe different forms of art, such as smaller paintings, sculptures, and techniques in digital art.

### 4. Which of the following is a side-blown cane flute played year-round?

**A. Siku**

**B. Tarkas**

**C. Ocarina**

**D. Rasp**

The side-blown cane flute played year-round is known as the Siku. This traditional musical instrument is particularly associated with the Andean cultures of South America, specifically in countries like Peru and Bolivia. The Siku is crafted from bamboo or cane, and it is designed to be held horizontally while the player blows air into one end to produce sound. Its year-round usage highlights its importance in cultural festivities, rituals, and everyday music. The Siku is often played in groups, which contributes to its popularity in communal settings and celebrations, reinforcing social ties and cultural identity. In contrast, the other instruments listed are not categorized as side-blown cane flutes or do not possess the same year-round significance. The Tarkas, while similar in tradition, can vary in format and isn't recognized as a primary flute type like the Siku. The Ocarina is a ☐based wind instrument with a different structure and is not made from cane. The Rasp, typically made from metal or another hard material, is used for creating percussive sounds rather than for melodic playing like that of a flute. This distinction reinforces the unique nature and cultural relevance of the Siku in musical traditions.

**5. What is a primary focus of the Responsible Parenthood and Reproductive Act?**

- A. Public Safety**
- B. Health Education**
- C. Global Trade**
- D. Consumer Rights**

The Responsible Parenthood and Reproductive Health Act primarily aims to improve health education, particularly concerning reproductive health and family planning. This legislation emphasizes the importance of providing individuals and couples with comprehensive information regarding their reproductive health options. It seeks to ensure that everyone has access to the necessary resources to make informed choices about family planning, contraception, and other health-related matters. By focusing on health education, the Act encourages responsible parenthood by equipping people with knowledge about family size, reproductive rights, and available health services. This is essential for promoting healthier families and communities, addressing issues such as maternal and child health, and ultimately leading to better outcomes for individuals and society as a whole. In contrast, other options such as public safety, global trade, and consumer rights, while important in their own contexts, do not directly relate to the core objectives of the Act, which centers around health education and awareness in reproductive health matters.

**6. What does the term "aesthetic" refer to in the context of art?**

- A. The study of art techniques**
- B. The appreciation of beauty and taste in artworks**
- C. The historical context of artworks**
- D. The financial value of art pieces**

In the context of art, the term "aesthetic" specifically refers to the appreciation of beauty and taste in artworks. It encompasses the perception of what is beautiful or appealing within various artistic expressions, whether in visual arts, music, literature, or performance. This concept involves subjective experiences and emotional responses to art, allowing individuals to engage with and interpret artworks based on their personal sense of beauty and value. In contrast to the appreciation of beauty, the study of art techniques focuses on the methods and practices artists use to create their works. The historical context of artworks examines the time period and circumstances under which art was created, which can influence its meaning and interpretation. The financial value of art pieces deals with market dynamics and the monetary worth assigned to artworks, which is separate from their aesthetic qualities. Thus, the appreciation of beauty is central to understanding aesthetics in the realm of art.

**7. What instrument is shaped like a large goblet and played with bare hands?**

**A. Djembe**

**B. Conga**

**C. Tabla**

**D. Bongos**

The instrument that is shaped like a large goblet and played with bare hands is the djembe. This West African drum features a unique design that allows it to produce a rich and varied sound, which is accomplished by using different hand techniques when striking the drumhead. The goblet shape contributes to the djembe's deep tones and resonant qualities, making it distinct compared to other hand-played drums. While congas and bongos are also played with the hands, they have a different shape and construction, which affects their sound and how they are played. The tabla, on the other hand, consists of two differently sized drums and requires different playing methods, further distinguishing it from the djembe.

**8. What type of music is characterized by strong rhythms from African percussion instruments combined with Portuguese melodies?**

**A. Maracatu**

**B. Jit**

**C. Blues**

**D. Afrobeat**

The correct choice is Maracatu, which is a traditional music genre that originated in Brazil, particularly in the state of Pernambuco. It is a vibrant fusion of African rhythms and Portuguese melodies, reflecting the cultural influences that came together during the colonial period. The strong rhythms are typically provided by a range of African percussion instruments, such as the alfaia (a type of drum), gonguê, and cabaca, which contribute to the energetic and celebratory nature of Maracatu music. The incorporation of Portuguese melodic structures distinguishes it from purely African musical forms, creating a unique sound that represents both African heritage and local Brazilian culture. This genre plays a significant role in Brazilian Carnival celebrations, showcasing festive parades where the music and dance bring communities together in a display of cultural pride. Maracatu is not to be confused with other options like Jit, which is a dance music genre from Zimbabwe with different rhythmic elements, Blues, rooted in African American history and characterized by specific chord progressions and emotional expression, or Afrobeat, which combines West African musical styles with jazz and funk influences, leading to a different rhythmic and instrumental structure. Each of these styles carries its distinct characteristics, making Maracatu the correct answer in this context.



**9. What defines the quality of a surface or the representation of any work of art?**

**A. Texture**

**B. Color**

**C. Form**

**D. Value**

Texture is a fundamental element in the visual arts that defines the quality of a surface or the representation of a work of art. It refers to the tactile quality or the way a surface feels or appears to feel, which can be smooth, rough, soft, hard, and so on. In addition to being a physical attribute, texture can also be implied through techniques in painting and drawing that suggest how an object might feel if touched. This element plays an essential role in how art is perceived, as it can evoke emotions and set the overall mood of the piece. For instance, a rough texture in a painting might evoke feelings of harshness or turmoil, while a smooth texture might suggest calmness or gentleness. Texture can enhance the visual depth of the work and create a more engaging viewer experience. Color, form, and value are also important aspects of art; however, they serve different roles. Color relates to the hues used in the artwork; form pertains to the shape and structure of objects, and value deals with the lightness or darkness of colors. While all these elements contribute to the overall aesthetic and effectiveness of an artwork, texture is specifically what defines the quality of the surface itself.

**10. Which music style incorporates elements from swing dance, Afro-Cuban, and Afro-Caribbean forms?**

**A. Salsa**

**B. Mambo**

**C. Ballroom**

**D. Tango**

Salsa is a vibrant music and dance style that indeed incorporates diverse elements from various musical traditions, particularly swing dance, Afro-Cuban rhythms, and Afro-Caribbean forms. Its origins stem from a mixture of Latin, African, and jazz influences, creating a dynamic and rich sound that is fully embraced in salsa music. The syncopated rhythms and diverse instrumentation found in salsa music highlight its Afro-Cuban roots, while the energetic and social aspects of the dance reflect influences from swing dance styles. While both mambo and other styles like ballroom and tango have their own unique characteristics and share some similarities with salsa, they do not encompass the same blend of influences that define salsa as a distinct genre. Mambo, for example, has its own historical context and rhythmic style that is more focused on the Cuban dance scene and does not integrate swing dance elements to the same extent as salsa. Similarly, ballroom and tango represent different cultural experiences and structures that do not incorporate the same blend of Afro-Caribbean and swing influences found in salsa.

## 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://mapehperiodic.examzify.com>**

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