

NES PHYSICAL EDUCATION PRACTICE TEST (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. The PACER test is used to estimate which of the following?**
 - A. Maximum rate of oxygen consumption during intense exercise.
 - B. Minimum oxygen consumption at rest.
 - C. Total oxygen stored in muscles.
 - D. Oxygen diffusion distance in lungs.
- 2. What factors influence a student's willingness to participate in PE?**
 - A. Perceived competence, enjoyment, social environment, task difficulty, and personal relevance.
 - B. Only fitness level.
 - C. Only gender.
 - D. Weather conditions.
- 3. Which mitigation strategy correctly addresses a safety hazard in PE?**
 - A. Wet floors — ignore and continue activity.
 - B. Inadequate supervision — ensure proper teacher-student ratio.
 - C. Equipment hazards — store equipment loosely.
 - D. Rusted equipment — use it anyway.
- 4. In a balanced PE program, which statement best distinguishes skill development from fitness development?**
 - A. Skill development prioritizes technique and movement patterns, while fitness development targets health-related attributes.
 - B. Skill development emphasizes technique and movement patterns, while fitness development emphasizes health-related attributes.
 - C. Skill development and fitness development are identical.
 - D. Fitness development focuses on social skills.
- 5. Who authored the Declaration of Independence?**
 - A. George Washington
 - B. Benjamin Franklin
 - C. Thomas Jefferson
 - D. John Adams

- 6. Which literary term describes a tale in which animals act like humans by speaking?**
- A. Fable
 - B. Tragedie
 - C. Comedie
 - D. Persuasive texts
- 7. Which term best describes the movement of people from Latin America to colonial towns along the Atlantic coast, with occupations such as blacksmiths, ministers, midwives, teachers, and governors?**
- A. Immigration
 - B. Migration
 - C. Relocation
 - D. Settlement
- 8. Which term refers to the combination of sound that has meaning in speech or writing?**
- A. Morpheme
 - B. Phoneme
 - C. Compound Sentence
 - D. Informational Texts
- 9. How can data-driven decision-making improve a PE program?**
- A. Use assessment data to adjust curriculum, monitor progress, and tailor instruction to student needs.
 - B. Increase class size to collect more data regardless of needs.
 - C. Rely on intuition rather than data for planning.
 - D. Only collect data on attendance, not learning outcomes.
- 10. Which ancient civilization is most associated with hieroglyphics and pyramids?**
- A. Egyptians
 - B. Sumerians
 - C. Shang
 - D. Romans

Answers

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

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Explanations

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1. The PACER test is used to estimate which of the following?

- A. Maximum rate of oxygen consumption during intense exercise.
- B. Minimum oxygen consumption at rest.
- C. Total oxygen stored in muscles.
- D. Oxygen diffusion distance in lungs.

The PACER test challenges your cardiovascular system by having you run with beeps that get faster, pushing your body to deliver and use oxygen as the effort climbs. The level of oxygen your body can use per minute at peak effort—your maximal oxygen uptake—defines VO₂ max, which is what this test indirectly estimates through performance data. In practice, how far you can go or how many shuttles you complete correlates with your aerobic capacity, making the PACER a practical field estimate of VO₂ max. This test isn't measuring oxygen used at rest, how much oxygen is stored in muscles, or how far oxygen must diffuse in the lungs, which are different physiological aspects not directly assessed by a shuttle-run approach.

2. What factors influence a student's willingness to participate in PE?

- A. Perceived competence, enjoyment, social environment, task difficulty, and personal relevance.
- B. Only fitness level.
- C. Only gender.
- D. Weather conditions.

Participation in PE is driven by motivation and how students view their own ability, enjoyment, and relevance of the activity within a social context. When students feel competent, they gain confidence to try and persist, so perceived competence strongly boosts the willingness to participate. Enjoyment keeps them engaged because activities that are fun naturally attract participation and sustain effort. The social environment matters too—support from peers and teachers, a sense of belonging, and a positive climate make it easier for students to join in and stay active. If the task matches their skill level, students experience an optimal challenge that is neither too easy nor too hard, which keeps them motivated. Finally, personal relevance or value—seeing PE as meaningful for health, goals, or everyday life—strengthens the desire to participate. Other factors like fitness level, gender, or weather can influence activity in some situations, but they don't capture the broader motivational and social dynamics that consistently shape a student's willingness to participate.

3. Which mitigation strategy correctly addresses a safety hazard in PE?

- A. Wet floors — ignore and continue activity.
- B. Inadequate supervision — ensure proper teacher-student ratio.
- C. Equipment hazards — store equipment loosely.
- D. Rusted equipment — use it anyway.

In PE, preventing injuries relies on proactive supervision that lets the teacher monitor activity, identify hazards, and intervene before problems become injuries. When the teacher-to-student ratio is appropriate, adults can keep everyone safe by enforcing rules, guiding proper technique, and quickly addressing hazards like wet floors, equipment that's out of place, or unsafe practices. That's why ensuring a proper teacher-student ratio best addresses safety hazards. More supervision means more eyes on the class, faster correction of risky behavior, and immediate steps to remove or reduce hazards—such as pausing activity to dry a spill, organizing equipment, or removing damaged gear from use. The other options miss that protective effect: ignoring wet floors keeps students at risk of slipping; storing equipment loosely creates tripping hazards and access problems; and using rusted equipment can lead to breaks or injuries. All of these fail to provide the quick, corrective action that adequate supervision enables.

4. In a balanced PE program, which statement best distinguishes skill development from fitness development?
- A. Skill development prioritizes technique and movement patterns, while fitness development targets health-related attributes.
 - B. Skill development emphasizes technique and movement patterns, while fitness development emphasizes health-related attributes.**
 - C. Skill development and fitness development are identical.
 - D. Fitness development focuses on social skills.

Balanced PE aims to develop both movement skills and overall fitness, and they are distinct goals. Skill development is about learning and refining how you move—technique and movement patterns—to perform activities smoothly and efficiently. Fitness development is about improving health-related attributes—cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition—to boost overall health and physical readiness. The best statement captures this clear distinction: it says skill development emphasizes technique and movement patterns, while fitness development emphasizes health-related attributes. Other options either blur the line between the two or add unrelated ideas, like focusing on social skills, which aren't the core focus of separating skill learning from fitness improvement.

5. Who authored the Declaration of Independence?

- A. George Washington
- B. Benjamin Franklin
- C. Thomas Jefferson**
- D. John Adams

Thomas Jefferson wrote the main draft of the Declaration of Independence. He was part of the Committee of Five chosen by the Continental Congress to draft the document, and he produced the initial text in June 1776. While Jefferson provided the core language, his colleagues Benjamin Franklin and John Adams helped revise and advocate for the final wording before the Congress adopted it on July 4, 1776. George Washington led the army and did not author the declaration.

6. Which literary term describes a tale in which animals act like humans by speaking?

- A. Fable**
- B. Tragedie
- C. Comedie
- D. Persuasive texts

Talking animals in a short tale signal that the piece is a fable. In fables, animals are given human traits—speaking, thinking, and taking actions—to illustrate a moral lesson. This use of anthropomorphism makes the story convey a message clearly and memorable, which is why a fable is the best fit for a tale where animals act like humans by speaking. The other forms describe drama or persuasive non-fiction, which don't center on animal characters delivering a moral through a short narrative. Classic examples include Aesop's fables.

7. Which term best describes the movement of people from Latin America to colonial towns along the Atlantic coast, with occupations such as blacksmiths, ministers, midwives, teachers, and governors?

A. Immigration

B. Migration

C. Relocation

D. Settlement

Immigration is the act of moving into a new place to live and work. In this scenario, people from Latin America are entering colonial towns along the Atlantic coast to make their homes and take on roles like blacksmiths, ministers, midwives, teachers, and governors. That focus on arrival and establishment in a new community is what makes immigration the best description. Migration is a broader term for moving from one place to another, but it doesn't specify entering a new place to reside. Relocation is a general move, often for work or personal reasons, without the emphasis on crossing borders. Settlement describes the creation of a community or the place itself after people arrive, whereas immigration describes the act of those newcomers arriving.

8. Which term refers to the combination of sound that has meaning in speech or writing?

A. Morpheme

B. Phoneme

C. Compound Sentence

D. Informational Texts

Smallest units of meaning in language are morphemes. A morpheme is the smallest piece of language that carries semantic content in speech or writing. It can be a whole word, like "cat," or a meaningful part of a word, such as the plural suffix in "cats" (the "-s" adds meaning about more than one) or the prefix in "unhappy" (the "un-" alters the meaning). Phonemes, on the other hand, are the basic sounds that distinguish words but don't themselves carry meaning. So the idea of a unit of sound that has meaning points to a morpheme.

9. How can data-driven decision-making improve a PE program?

- A. Use assessment data to adjust curriculum, monitor progress, and tailor instruction to student needs.**
- B. Increase class size to collect more data regardless of needs.
- C. Rely on intuition rather than data for planning.
- D. Only collect data on attendance, not learning outcomes.

Using assessment data to guide what you teach, how you teach, and how you measure progress is how data-driven decision-making works in PE. When you collect and examine results from skill checks, fitness tests, and ongoing observations, you can shape the unit to address real student needs rather than sticking to a rigid plan. This means changing the curriculum focus if certain skills or fitness components are weak, designing activities that build those areas, and ensuring the sequence of lessons supports meaningful progression. Monitoring progress over time lets you see who's improving and who still needs support, so you can intervene early with targeted instruction or practice opportunities. Tailoring instruction to individual needs means offering different levels of challenge, providing appropriate supports, and grouping students so everyone can build competence at a pace that suits them. All of this leads to more efficient learning, greater engagement, and better outcomes in movement skills and fitness. Why the other approaches don't fit as well: increasing class size to collect more data doesn't guarantee useful, actionable information and can reduce the quality of feedback you can give each student. Relying on intuition ignores objective evidence that helps you spot gaps and track growth. collecting data only on attendance tells you who showed up, not whether students learned or improved their skills or fitness.

10. Which ancient civilization is most associated with hieroglyphics and pyramids?

- A. Egyptians**
- B. Sumerians
- C. Shang
- D. Romans

Hieroglyphics are the ancient Egyptians' writing system, carved and painted on temple walls and tombs. Pyramids are monumental tombs built for pharaohs, especially during Egypt's Old Kingdom, reflecting their beliefs about the afterlife. While other civilizations had their own scripts and impressive structures, none are typically linked with both hieroglyphic writing and pyramids. Sumerians used cuneiform in Mesopotamia, Shang China is known for oracle bone script and bronze ritual objects, and Romans built arches, roads, and Latin writing. So the civilization most associated with both hieroglyphics and pyramids is ancient Egypt.

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://nesphysicaled.examzify.com>

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

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