

# PDHPE Preliminary Practice Exam (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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# 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**

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**1. What defines muscular strength?**

- A. The ability to exert force against a resistance in a single maximal effort**
- B. The endurance of muscles during long activities**
- C. The explosiveness of muscle contractions**
- D. The flexibility of joints during muscle contractions**

**2. What does social health refer to?**

- A. Our ability to interact with other people cooperatively**
- B. Managing financial relationships**
- C. Considering environmental factors**
- D. The physical condition of a community**

**3. Which principle of fitness stands for frequency, intensity, time, and type?**

- A. FIT**
- B. FITT**
- C. FITP**
- D. FICT**

**4. Which term describes a person who is romantically attracted to both genders?**

- A. Heterosexual**
- B. Bisexual**
- C. Asexual**
- D. Homosexual**

**5. What term describes the ability of muscle groups to contract at speed?**

- A. Strength**
- B. Power**
- C. Stamina**
- D. Flexibility**

**6. What term refers to the amount of matter in a body?**

- A. Mass**
- B. Weight**
- C. Volume**
- D. Density**

**7. What is the main function of the cardiovascular system?**

- A. To digest food**
- B. To transport oxygen and nutrients to cells**
- C. To provide a framework for the body**
- D. To coordinate body movements**

**8. Which of the following actions demonstrates effective assertiveness?**

- A. Being overly aggressive in discussions**
- B. Quitting when faced with disagreement**
- C. Expressing feelings without blaming others**
- D. Allowing others to make decisions for you**

**9. What is the process of people working together to resolve a difference of opinion and reach a common agreement?**

- A. Cooperation**
- B. Collaboration**
- C. Negotiation**
- D. Discussion**

**10. Which movement occurs when a body and all parts travel the same distance in the same direction and speed?**

- A. Linear motion**
- B. Circular motion**
- C. Rotational motion**
- D. Periodic motion**

## **Answers**

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

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## **Explanations**

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## 1. What defines muscular strength?

**A. The ability to exert force against a resistance in a single maximal effort**

**B. The endurance of muscles during long activities**

**C. The explosiveness of muscle contractions**

**D. The flexibility of joints during muscle contractions**

Muscular strength is defined as the capacity of a muscle or group of muscles to exert force against a resistance in a single maximal effort. This means that it involves the maximum amount of force that can be applied in a single instance, such as lifting the heaviest weight one can manage or performing a movement that requires the maximum exertion from the muscles. The importance of this definition lies in its focus on the maximal effort, which differentiates it from other related concepts such as endurance, explosiveness, and flexibility. Endurance refers to the ability of muscles to sustain prolonged activity, which is not the same as the maximum force produced in a single effort. Explosiveness pertains to the speed and power of muscle contractions over shorter, more dynamic movements, while flexibility encompasses the range of motion of joints and is not directly related to the force exerted by muscles. These distinctions clarify why the correct definition of muscular strength is centered on exerting force in a maximal effort scenario.

## 2. What does social health refer to?

**A. Our ability to interact with other people cooperatively**

**B. Managing financial relationships**

**C. Considering environmental factors**

**D. The physical condition of a community**

Social health specifically refers to our ability to interact and communicate with others effectively and cooperatively. It encompasses the quality of our relationships, social networks, and how we engage with our community. A strong social health foundation contributes to our overall well-being, encouraging collaboration, support, and a sense of belonging. It highlights the importance of social interactions and the ability to maintain healthy relationships, which can significantly impact mental and emotional wellness. The other choices address different aspects that are not central to the definition of social health. For example, managing financial relationships touches on economic health and financial literacy, while considering environmental factors relates to environmental health. The physical condition of a community refers more to public health and the infrastructure of society rather than to the social dimensions of health. Thus, while all these elements are important in a broader sense, they do not define social health as precisely as the concept of cooperative interactions does.

**3. Which principle of fitness stands for frequency, intensity, time, and type?**

- A. FIT**
- B. FITT**
- C. FITP**
- D. FICT**

The principle of fitness that stands for frequency, intensity, time, and type is represented by the acronym FITT. Each element plays a crucial role in developing a well-rounded and effective exercise program. - Frequency refers to how often you engage in physical activity, which is essential for improving fitness levels. - Intensity indicates the difficulty level of the activity, influencing the effectiveness of the workout and its impact on fitness. - Time refers to the duration of the workout, highlighting that longer sessions can yield greater benefits, provided they are performed at appropriate intensity levels. - Type specifies the kind of exercise being performed, focusing on the need for variety in activities to enhance overall fitness and prevent boredom. Together, these components guide individuals in structuring their training programs to maximize health and performance benefits. Understanding and applying the FITT principle allows for tailored workouts that align with specific fitness goals.

**4. Which term describes a person who is romantically attracted to both genders?**

- A. Heterosexual**
- B. Bisexual**
- C. Asexual**
- D. Homosexual**

The term that describes a person who is romantically attracted to both genders is bisexual. Bisexuality encompasses the capacity to form emotional and romantic relationships with individuals of more than one gender, acknowledging that attraction can occur regardless of the person's gender identity. This term is significant in understanding the spectrum of sexual orientation because it highlights the diversity of human relationships and recognizes that attraction can be fluid. Bisexual individuals may have varying degrees of attraction to different genders, and their experiences can contribute to the broader conversation about sexual identity and inclusivity.

**5. What term describes the ability of muscle groups to contract at speed?**

- A. Strength**
- B. Power**
- C. Stamina**
- D. Flexibility**

The term that describes the ability of muscle groups to contract at speed is power. Power combines both strength and speed, referring to the capacity to exert maximum force in the shortest amount of time. This is particularly important in athletic performance, where explosive movements are often required, such as in sprinting, jumping, or throwing. Strength, while related to the force application, does not focus on the aspect of speed in contractions. Stamina relates to endurance and the ability to sustain prolonged physical activity, and flexibility concerns the range of motion in joints and muscles rather than the speed of contraction. Therefore, power is the most accurate descriptor for the ability to contract muscle groups quickly and forcefully.

**6. What term refers to the amount of matter in a body?**

- A. Mass**
- B. Weight**
- C. Volume**
- D. Density**

The correct answer, mass, refers specifically to the amount of matter contained in an object or body. In physical science, mass is a scalar quantity measured in kilograms or grams and does not change regardless of the object's location. Weight, on the other hand, is the force exerted by gravity on an object, which can vary based on the gravitational field strength of the planet where the object is located; hence it is not an accurate measure of the amount of matter. Volume refers to the amount of space an object occupies, typically measured in liters or cubic meters, rather than the amount of matter itself. Density is defined as mass per unit volume, providing a relationship between mass and volume but not measuring either quantity independently. Thus, mass is the most appropriate term when discussing the total amount of matter in a body.

**7. What is the main function of the cardiovascular system?**

- A. To digest food**
- B. To transport oxygen and nutrients to cells**
- C. To provide a framework for the body**
- D. To coordinate body movements**

The main function of the cardiovascular system is to transport oxygen and nutrients to the cells. This system comprises the heart, blood vessels, and blood, which work together to circulate these essential substances throughout the body. Oxygen is vital for cellular respiration, the process by which cells produce energy, while nutrients are necessary for growth, repair, and overall functioning of the body. As the heart pumps blood, it carries oxygen from the lungs and nutrients from the digestive tract to all the tissues and organs. This circulation is crucial for maintaining homeostasis, supporting metabolic processes, and ensuring that cells have the resources they need to thrive. The efficiency of the cardiovascular system directly impacts overall health and physical performance, as inadequate oxygen or nutrient delivery can lead to fatigue and impaired function in various bodily systems.

**8. Which of the following actions demonstrates effective assertiveness?**

- A. Being overly aggressive in discussions**
- B. Quitting when faced with disagreement**
- C. Expressing feelings without blaming others**
- D. Allowing others to make decisions for you**

The action that demonstrates effective assertiveness is expressing feelings without blaming others. This approach is key to assertive communication as it allows individuals to convey their thoughts and emotions clearly while taking responsibility for their own feelings. By focusing on how a situation affects oneself rather than attacking or blaming others, it fosters a respectful dialogue, reduces defensiveness, and promotes understanding. Effective assertiveness is about standing up for oneself while also respecting the rights and feelings of others. This means being honest and direct about one's needs, desires, and opinions without resorting to aggression or passivity, which can hinder effective communication and conflict resolution. The ability to express feelings without blame is essential for maintaining positive relationships and encouraging constructive responses from others.

**9. What is the process of people working together to resolve a difference of opinion and reach a common agreement?**

- A. Cooperation**
- B. Collaboration**
- C. Negotiation**
- D. Discussion**

The process of working together to resolve differences of opinion and reach a common agreement is best described as negotiation. Negotiation involves dialogue between two or more parties, where each party presents their perspectives, needs, and concerns in an effort to find a mutually acceptable solution. This interactive process often seeks to bridge gaps between differing viewpoints to arrive at a consensus. While cooperation refers to individuals or groups working together towards a common goal, it does not necessarily imply negotiation or the resolution of differences. Similarly, collaboration focuses on working together actively but may not specifically involve settling disputes or differing opinions. Discussion, on the other hand, is a broader term that encompasses the exchange of ideas and opinions but does not inherently involve the structured process of seeking a compromise or agreement that is characteristic of negotiation. Thus, negotiation is the most aligned with the goal of resolving conflicts and achieving a common understanding among parties.

**10. Which movement occurs when a body and all parts travel the same distance in the same direction and speed?**

- A. Linear motion**
- B. Circular motion**
- C. Rotational motion**
- D. Periodic motion**

The movement where a body and all of its parts travel the same distance in the same direction and speed is known as linear motion. In linear motion, all points of the object move together along a straight line, maintaining a constant speed and direction. This type of motion is characterized by simplicity and uniformity, making it foundational in understanding the basic principles of kinematics. For instance, when a car moves along a straight road at a constant speed, every point on the car travels the same distance over a given time period, exemplifying linear motion. This contrasts with other types of motion. In circular motion, for instance, while the object may travel along a circular path, the parts of the object do not all cover the same distance or direction at the same time. Similarly, in rotational motion, different parts of a body rotate around an axis and thus travel different distances depending on their position relative to that axis. Lastly, periodic motion refers to motions that repeat at regular intervals but do not specify that all parts travel the same distance at the same time.

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

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

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

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

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