

PDHPE PRELIMINARY PRACTICE EXAM (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. What term describes the range of motion about a joint or the ease of joint movement?**
 - A. Flexibility
 - B. Strength
 - C. Endurance
 - D. Stability
- 2. What type of compounds consist of carbon, hydrogen, and oxygen?**
 - A. Proteins
 - B. Vitamins
 - C. Carbohydrates
 - D. Minerals
- 3. What is defined as the ability of muscles to endure physical work for extended periods of time without undue fatigue?**
 - A. Muscular endurance
 - B. Muscular strength
 - C. Muscular power
 - D. Muscular flexibility
- 4. Which term refers to equal and opposite forces exerted in response to applied forces?**
 - A. Reaction forces
 - B. Action forces
 - C. Forces of friction
 - D. Dynamic forces
- 5. What is the term for an irrational fear or hatred of homosexuality?**
 - A. Homophobia
 - B. Transphobia
 - C. Biphobia
 - D. Polyphobia

- 6. Which concept recognizes that people have different views based on their social circumstances?**
- A. Social construct
 - B. Social status
 - C. Social theory
 - D. Cultural perspective
- 7. What physiological process does systemic circulation primarily support?**
- A. Hormone distribution
 - B. Nutrient transport
 - C. Oxygen exchange
 - D. Waste removal
- 8. Which principle of fitness stands for frequency, intensity, time, and type?**
- A. FIT
 - B. FITT
 - C. FITP
 - D. FICT
- 9. What term describes an individual attracted to the opposite sex?**
- A. Bisexual
 - B. Homosexual
 - C. Panssexual
 - D. Heterosexual
- 10. What force is directed towards the center of a rotating body?**
- A. Centrifugal force
 - B. Centripetal force
 - C. Rotational force
 - D. Magnetic force

Answers

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

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Explanations

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1. What term describes the range of motion about a joint or the ease of joint movement?

- A. Flexibility**
- B. Strength
- C. Endurance
- D. Stability

Flexibility refers to the range of motion around a joint and the ability to move joints through their full extent. It is a critical component of physical fitness, as it affects how well a person can perform daily activities, sports, and exercises. Good flexibility helps in reducing the risk of injuries and can enhance athletic performance by allowing for more efficient movement. In this context, strength refers to the amount of force a muscle can exert, endurance relates to the ability to sustain prolonged physical activity, and stability pertains to the ability of a joint to maintain its position or control its movements. While all of these components are important for overall fitness, none directly address the specific aspect of joint movement and range of motion like flexibility does.

2. What type of compounds consist of carbon, hydrogen, and oxygen?

- A. Proteins
- B. Vitamins
- C. Carbohydrates**
- D. Minerals

The correct response is based on the fundamental structure of carbohydrates. Carbohydrates are organic compounds composed predominantly of carbon, hydrogen, and oxygen in a specific ratio, typically with the empirical formula $(CH_2O)_n$. This means that for every carbon atom in the molecule, there are typically two hydrogen atoms and one oxygen atom attached. Carbohydrates play crucial roles in biological functions, primarily serving as a major source of energy for living organisms. They are also important for structural purposes in plants (e.g., cellulose) and participate in various metabolic processes. The other options represent different types of compounds that do not primarily consist of carbon, hydrogen, and oxygen. For example, proteins are made up of amino acids that contain carbon, hydrogen, oxygen, and nitrogen. Vitamins are a diverse group of organic molecules that can contain various other elements, including nitrogen, sulfur, and phosphorus, along with carbon, hydrogen, and oxygen, but they do not fit into the specific category of compounds primarily made up of just the latter three. Minerals are inorganic elements that do not contain carbon, hydrogen, or oxygen in their structure. Therefore, carbohydrates are the only compounds listed that meet the criteria of being composed of carbon, hydrogen, and oxygen.

3. What is defined as the ability of muscles to endure physical work for extended periods of time without undue fatigue?

A. Muscular endurance

B. Muscular strength

C. Muscular power

D. Muscular flexibility

Muscular endurance refers specifically to the capacity of muscles to perform repeated contractions over time, or to maintain a contraction for an extended period without experiencing excessive fatigue. This ability is crucial for activities that require sustained physical effort, such as running long distances, cycling, or engaging in prolonged sports activities. Developing muscular endurance helps improve overall stamina and efficiency in physical tasks, making it an essential component of fitness training. In contrast, muscular strength pertains to the maximum force that a muscle can exert in a single effort, while muscular power combines strength and speed for explosive movements. Muscular flexibility relates to the range of motion in joints and muscles, distinct from the endurance that allows for repeated efforts over time. Therefore, muscular endurance is the most fitting choice for describing the ability to withstand physical work for longer durations.

4. Which term refers to equal and opposite forces exerted in response to applied forces?

A. Reaction forces

B. Action forces

C. Forces of friction

D. Dynamic forces

The term that refers to equal and opposite forces exerted in response to applied forces is known as reaction forces. This concept is rooted in Newton's third law of motion, which states that for every action, there is an equal and opposite reaction. When one object exerts a force on a second object, the second object exerts a force of equal magnitude but in the opposite direction back on the first object. This interaction is crucial in understanding how objects behave when forces are applied and is fundamental in various applications, ranging from everyday situations, like walking, to complex engineering and physical systems. The other terms provided pertain to different aspects of force interplay. Action forces typically refer to the initial forces that cause a change in the motion of an object, but they do not emphasize the necessary counteracting force. Forces of friction specifically relate to the resistance that one surface or object encounters when moving over another, which is a result of both reaction and action forces at play. Dynamic forces usually refer to forces that are involved during motion, without a direct emphasis on the interaction of action and reaction forces.

5. What is the term for an irrational fear or hatred of homosexuality?

A. Homophobia

B. Transphobia

C. Biphobia

D. Polyphobia

The term for an irrational fear or hatred of homosexuality is homophobia. This word is derived from the Greek prefix "homo-" meaning "same" (referring to the same sex) and "phobia," which means fear or aversion. Homophobia encompasses negative attitudes, discrimination, and prejudices against individuals who identify as homosexual or who are perceived to be. Understanding this concept is essential in discussions about sexual orientation and respect for diversity. The other terms, such as transphobia, biphobia, and polyphobia, refer to specific fears or prejudices against transgender individuals, bisexual people, and polyamorous relationships, respectively. Each of these terms addresses different aspects of sexual and gender identity discrimination, highlighting the need for inclusive language and awareness in societal conversations around sexual orientation.

6. Which concept recognizes that people have different views based on their social circumstances?

A. Social construct

B. Social status

C. Social theory

D. Cultural perspective

The concept that recognizes that people have different views based on their social circumstances is known as a social construct. This term refers to the understanding that many aspects of our society, including beliefs, norms, and values, are created and shaped through social interactions and cultural contexts. Social constructs highlight how individuals perceive the world based on their unique experiences and backgrounds, which can include factors such as class, race, gender, and geographical location. These varied perspectives arise from the interactions and relationships individuals have within their social environments, leading to differing interpretations and meanings of certain phenomena. In contrast, social status pertains to an individual's position within a social hierarchy, which affects their access to resources and power but does not inherently address the nuanced perceptions arising from varied social circumstances. Social theory encompasses broader frameworks through which social phenomena are analyzed but does not focus specifically on how personal perspectives are formed. Cultural perspective refers to the lens through which individuals from different cultural backgrounds interpret events, but it is a narrower concept than social construct, which encompasses a broader range of influences, including economic, political, and social factors.

7. What physiological process does systemic circulation primarily support?

- A. Hormone distribution
- B. Nutrient transport**
- C. Oxygen exchange
- D. Waste removal

Systemic circulation is primarily responsible for transporting oxygen-rich blood from the heart to the rest of the body, delivering essential nutrients and other substances to various tissues and organs. As the blood travels through the systemic circulation, it supplies necessary nutrients that support cellular function, growth, and energy production. While hormone distribution and waste removal are important processes, they are also supported by systemic circulation but are not its primary focus. Hormones released from endocrine glands travel through the bloodstream, often using systemic circulation for distribution, but the core function remains nutrient delivery. Waste removal can occur through venous return to the heart, but this aspect is generally managed by other systems, including the lymphatic system and kidneys, rather than being the main role of systemic circulation. Oxygen exchange primarily occurs in the pulmonary circulation, where oxygen is taken up in the lungs and carbon dioxide is released. Hence, the essence of systemic circulation aligns closely with nutrient transport, making it the correct answer.

8. 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.

9. What term describes an individual attracted to the opposite sex?

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

The term that describes an individual attracted to the opposite sex is "heterosexual." This classification is commonly used in discussions around sexual orientation and refers to people who are emotionally, romantically, or sexually attracted to members of the opposite gender. For instance, a heterosexual male is attracted to females, while a heterosexual female is attracted to males. This term stands in contrast to other sexual orientations that define attraction differently, such as homosexual (attraction to the same sex), bisexual (attraction to both sexes), and pansexual (attraction regardless of sex or gender identity). Heterosexuality is often cited as the most common sexual orientation in many societies, and understanding this term is key to discussions about relationships and human behavior in PDHPE studies.

10. What force is directed towards the center of a rotating body?

- A. Centrifugal force
- B. Centripetal force**
- C. Rotational force
- D. Magnetic force

The force directed towards the center of a rotating body is known as centripetal force. This force is essential for keeping an object in a circular path by constantly pulling it towards the center of rotation. It acts perpendicular to the object's velocity and ensures that the object does not fly off in a straight line, which would occur due to inertia. Centripetal force is not a type of force in itself but rather a resultant force that can arise from various sources, such as tension in a string, gravity, or friction, depending on the context of the motion. For example, when a car turns around a bend, friction between the tires and the road provides the centripetal force that allows the car to navigate the curve. In contrast, centrifugal force is often described as a perceived force that seems to push objects outward when observed from a rotating reference frame, but it does not actually act in the way that centripetal force does. Rotational force is a more general term and does not specify the direction or nature of the force acting on a rotating body. Magnetic force pertains to the attraction or repulsion between charged particles, which is unrelated to the context of movement in a circular path.

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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.

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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