Physical Education CBE Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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

1. Which muscle group is located at the front of the thigh?

A. Hamstrings

B. Gluteals

C. Calf

D. Quadriceps

2. How does arousal level typically affect athletic performance?

A. High arousal always improves performance

B. Moderate arousal can enhance performance; too little or too much arousal can impair

C. Arousal level has no effect on performance

D. Low arousal always optimal

3. Which contraction term describes the phase where the muscle shortens to generate force?

A. Isotonic contraction

B. Concentric

C. Eccentric

D. Isometric

4. Which nutrient group includes cereals, bread, and potatoes as primary sources?

A. Water

B. Carbohydrates

C. Vitamins

D. Minerals

5. Which of the following is a primary source of protein?

A. Meat, fish, and tofu

B. Water

C. Carbohydrates

D. Fat

6. What term describes the relationship between calories consumed and calories burned?

A. Calorie consumption versus calorie expenditure

B. Basal Metabolic Rate

C. Calorie Density

D. Total Energy Expenditure

7. In the material, aerobic exercise is described as muscle cells contract repeatedly without fatigue.

A. True

B. False

C. Not specified

D. Depends on intensity

8. Which of the following sequences correctly names the three stages of motor learning?

A. Cognitive, Associative, Autonomous

B. Primary, Secondary, Tertiary

C. Initial, Middle, Final

D. Beginner, Intermediate, Expert

9. Which of the following is NOT listed as a component of fitness?

A. Cardiorespiratory endurance

B. Muscular endurance

C. Flexibility

D. Hydration

10. What is the primary role of first aid in physical education?

A. To diagnose injuries

B. To provide immediate, appropriate care to minimize harm and stabilize until professional help arrives

C. To replace medical professionals

D. To encourage students to self-treat

Answers

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

Explanations

1. Which muscle group is located at the front of the thigh?

A. Hamstrings

B. Gluteals

C. Calf

D. Quadriceps

The muscle group at the front of the thigh is the quadriceps. They run along the front of the thigh and are the main knee extensors, meaning they straighten the knee when you push off or stand up from a chair. The rectus femoris also crosses the hip, contributing to hip flexion. The other muscle groups are located elsewhere: the hamstrings are on the back of the thigh and bend the knee; the gluteals are in the buttocks and help with hip movements; the calf muscles are in the lower leg and help with pointing the toes. So, for the front-of-thigh location, the quadriceps is the best answer.

2. How does arousal level typically affect athletic performance?

A. High arousal always improves performance

B. Moderate arousal can enhance performance; too little or too much arousal can impair

C. Arousal level has no effect on performance

D. Low arousal always optimal

Arousal and performance follow an inverted-U pattern: as arousal increases from low toward a moderate level, performance tends to improve because alertness, reaction speed, and energy rise. If arousal keeps rising beyond that point, performance usually drops due to excessive muscle tension, scattered attention, and anxious thoughts that impair precision and coordination. The best performance occurs at a moderate arousal level, and the exact optimum depends on the task and the individual. Some tasks benefit from higher arousal (fast, gross-motor actions or highly practiced, simple tasks), while others—especially precise, fine-motor skills or complex strategies—perform best with lower to moderate arousal to maintain control and accuracy. Athletes can manage arousal through routines, breathing techniques, cue words, and mental imagery to stay near that optimum level.

3. Which contraction term describes the phase where the muscle shortens to generate force?

A. Isotonic contraction

B. Concentric

C. Eccentric

D. Isometric

The contraction phase in which a muscle actively shortens to produce movement is called concentric contraction. During this phase, the muscle fibers shorten as cross-bridges form between actin and myosin and slide past each other, generating force to lift or move a load. A common example is lifting a dumbbell in a bicep curl—the biceps shorten as you raise the weight, producing the movement. This differs from isometric contraction, where the muscle tenses but doesn't change length, and from eccentric contraction, where the muscle lengthens while producing force—as when you slowly lower that dumbbell. Isotonic contractions describe dynamic movements where the muscle changes length under a constant load and include both concentric and eccentric phases, but the specific shortening phase is best described by concentric contraction.

4. Which nutrient group includes cereals, bread, and potatoes as primary sources?

A. Water

B. Carbohydrates

C. Vitamins

D. Minerals

Carbohydrates are the nutrient group that provides the body's main source of energy, and cereals, bread, and potatoes are classic primary sources of them. These foods are high in starch (and potatoes have a combination of starch and sugars), which the body converts into glucose to fuel everyday activities and brain function. Water is essential but not a nutrient group like this; vitamins and minerals are micronutrients needed in smaller amounts. So the nutrient group represented by cereals, bread, and potatoes is carbohydrates.

5. Which of the following is a primary source of protein?

A. Meat, fish, and tofu

B. Water

C. Carbohydrates

D. Fat

The main idea here is understanding which foods supply protein, the nutrients our bodies use to build and repair tissues. Meat and fish are rich, complete protein sources that provide all the essential amino acids in ample amounts. Tofu, made from soy, is a plant-based protein that also delivers high-quality amino acids. Water has no protein at all. Carbohydrates are the body's main source of energy, and fats provide energy and essential fats but little protein. So, foods like meat, fish, and tofu best meet the body's protein needs.

6. What term describes the relationship between calories consumed and calories burned?

A. Calorie consumption versus calorie expenditure

B. Basal Metabolic Rate

C. Calorie Density

D. Total Energy Expenditure

Energy balance is the idea that your weight is determined by the difference between calories you take in and calories you burn. The description that pairs “calorie consumption” with “calorie expenditure” directly captures this relationship—it's a clear way to express intake versus output. When intake matches expenditure, weight stays stable; when intake is higher, weight tends to increase; when expenditure is higher, weight tends to decrease. The other terms refer to parts of the process (basal energy use at rest, the energy in foods, or total calories burned) rather than the relationship itself.

7. In the material, aerobic exercise is described as muscle cells contract repeatedly without fatigue.

A. True

B. False

C. Not specified

D. Depends on intensity

In aerobic exercise the body relies on oxygen to produce energy through aerobic metabolism, which supports sustained, repetitive muscle contractions. This energy system generates ATP efficiently over longer periods, helping delay the onset of fatigue compared with high-intensity, anaerobic efforts. In the material’s description, this leads to the idea that muscle cells can contract repeatedly without fatigue during aerobic activity, making the statement true. The broader idea is that sustained oxygen supply and steady ATP production allow endurance activities to continue with less immediate fatigue, even though fatigue can still occur with prolonged or extreme effort.

8. Which of the following sequences correctly names the three stages of motor learning?

A. Cognitive, Associative, Autonomous

B. Primary, Secondary, Tertiary

C. Initial, Middle, Final

D. Beginner, Intermediate, Expert

Motor learning moves a learner from thinking through the movement to performing it almost automatically. The first stage is cognitive: the mover concentrates on understanding the action, relies on lots of instructions, and performance is variable as they figure out the pattern. The next stage is associative: the movement becomes more consistent and efficient, errors shrink, and the learner relies more on practice and internal feedback to refine the technique. The final stage is autonomous: the skill feels automatic, requires little conscious attention, and can be performed while focusing on other tasks or under pressure. This order reflects increasing automaticity in control of the movement, which is why it’s the best fit. Other sequences describe levels like beginner/intermediate/expert or initial/middle/final, which don’t capture the progression toward automatic control in motor learning.

9. Which of the following is NOT listed as a component of fitness?

A. Cardiorespiratory endurance

B. Muscular endurance

C. Flexibility

D. Hydration

Components of fitness describe the abilities that show how fit someone is. Cardiorespiratory endurance measures how efficiently the heart and lungs supply oxygen during sustained activity. Muscular endurance looks at how long muscles can keep performing repeated contractions. Flexibility assesses the range of motion around the joints. Hydration, while essential for performance and safety during exercise, isn't categorized as a fitness component itself. It's about fluid balance and helps support performance, recovery, and health, but it isn't one of the measured components that define fitness. That's why hydration is the option that isn't listed as a component.

10. What is the primary role of first aid in physical education?

A. To diagnose injuries

B. To provide immediate, appropriate care to minimize harm and stabilize until professional help arrives

C. To replace medical professionals

D. To encourage students to self-treat

The main idea tested is that first aid in physical education aims to provide immediate, appropriate care to minimize harm and stabilize the person until professional help arrives. This means acting quickly to assess the situation, control bleeding or swelling, protect and immobilize injured areas, and keep the person as safe and comfortable as possible while help is obtained. The goal is to prevent further injury and buy time for medical professionals to take over, not to diagnose or provide definitive treatment. First aid is about initial, practical care, and it should never replace professional medical evaluation. For instance, you might rest and immobilize a suspected fracture, apply ice to reduce swelling, and summon help if pain or mobility is severe. If the situation is life-threatening, call emergency services and perform any trained actions like CPR or using an AED as needed.

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://physicaledcbe.examzify.com

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