

PHYSICAL EDUCATION CBE 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. Reliability in fitness testing refers to?

- A. The cost of administering the test
- B. The variety of results across trials
- C. The test's validity
- D. The consistency of test results across repeated trials and time

2. Which method uses electrical current to estimate body fat?

- A. Skin calipers
- B. Bioelectrical impedance monitors
- C. Hydrostatic weighing
- D. 3D body scan

3. How does technology support assessment in physical education?

- A. Wearables and apps track activity and health metrics to inform progress and programming while respecting privacy.
- B. Technology replaces teacher judgment entirely.
- C. Data collection is optional and rarely useful.
- D. Devices only measure steps and ignore other outcomes.

4. What is the healthy percent body fat range for women?

- A. 16-20%
- B. 21-24%
- C. 14-17%
- D. 25-28%

5. The biceps muscle is located on the front of which part of the arm?

- A. Upper arm back
- B. Upper arm front
- C. Forearm
- D. Shoulder

- 6. Describe the relative contributions of aerobic and anaerobic energy systems during a 400-meter sprint.**
- A. Primarily aerobic throughout the race
 - B. Only anaerobic energy systems are involved
 - C. Early anaerobic; later both with anaerobic dominance
 - D. Only the phosphocreatine system is used
- 7. How is muscular strength commonly assessed?**
- A. Vertical jump test
 - B. One-repetition maximum (1RM) test
 - C. VO2 max test
 - D. Hand-grip dynamometer
- 8. Compare coaching styles: command, reciprocal, and problem-solving approaches in PE.**
- A. Reciprocal = teacher-led; Command = student feedback; Problem-solving = guided discovery.
 - B. Problem-solving = students develop strategies with guided teacher facilitation.
 - C. Command = student-led; Reciprocal = teacher-led; Problem-solving = collaborative tasks with minimal teacher direction.
 - D. Command = teacher-centered control; Reciprocal = student feedback and collaboration; Problem-solving = students develop strategies with guided teacher facilitation.
- 9. During stretching, how should you breathe?**
- A. Breath rapidly
 - B. Breathe normally
 - C. Hold breath
 - D. Hyperventilate
- 10. What does FITT stand for in exercise programming?**
- A. Frequency, Intensity, Time, Type
 - B. Frequency, Intensity, Time, Tempo
 - C. Frequency, Intensity, Duration, Type
 - D. Frequency, Intensity, Time, Volume

Answers

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

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Explanations

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1. Reliability in fitness testing refers to?

- A. The cost of administering the test
- B. The variety of results across trials
- C. The test's validity
- D. The consistency of test results across repeated trials and time**

Reliability in fitness testing means the results are consistent when the same test is repeated under similar conditions. That's why the best choice describes the test results as being consistent across repeated trials and over time. If you retest a person and get similar scores each time, the test is reliable; if the scores vary a lot, reliability is low. This is different from validity, which asks whether the test actually measures the intended attribute. A test can be reliable but not valid if it yields consistent numbers that don't reflect the trait you want to measure, and a test can be valid but unreliable if the measurements are inconsistent. Practical factors like cost don't determine reliability, while large variation across trials signals poor reliability. To improve reliability, standardize procedures, use familiarization trials, and control testing conditions.

2. Which method uses electrical current to estimate body fat?

- A. Skin calipers
- B. Bioelectrical impedance monitors**
- C. Hydrostatic weighing
- D. 3D body scan

This question tests knowing which method uses electrical current to estimate body fat. Bioelectrical impedance monitors work by sending a tiny, safe electrical current through the body and measuring how easily it travels. Lean tissue, with its higher water content, conducts electricity better than fat tissue, which has less water. The device uses the impedance value along with assumptions about body water to estimate total body water and then fat percentage. The other methods don't rely on electrical current. Skinfold measurements use calipers to gauge subcutaneous fat thickness. Hydrostatic weighing determines body density by measuring water displacement. A 3D body scan estimates fat from surface measurements and body shape.

3. How does technology support assessment in physical education?

- A. Wearables and apps track activity and health metrics to inform progress and programming while respecting privacy.**
- B. Technology replaces teacher judgment entirely.
- C. Data collection is optional and rarely useful.
- D. Devices only measure steps and ignore other outcomes.

Technology in physical education assessment uses wearables, apps, and digital dashboards to collect objective data on how students move, perform, and recover. This information lets teachers track progress over time, compare against targets, and adjust activities and goals to fit each student, while mindful of privacy and consent. Devices can measure more than steps—heart rate and training load reveal intensity, GPS shows distance and speed in outdoor activities, and apps or video tools can analyze technique and skill execution. Because the data informs planning and feedback, technology supports teacher judgment rather than replaces it. The result is a richer, data-informed picture of student fitness and learning that can drive personalized programming and accountability.

4. What is the healthy percent body fat range for women?

- A. 16-20%
- B. 21-24%**
- C. 14-17%
- D. 25-28%

Understanding body fat levels helps gauge health and fitness balanced with energy needs. Women naturally require more body fat than men for hormonal function and reproductive health, with essential fat around about 10–13%. The healthy range often cited for adult women is roughly 21–24%. This level provides enough fat for essential functions and energy reserves while not being high enough to raise risks associated with excess fat, such as metabolic issues or reduced mobility. The other ranges shown are either leaner than typical for general health and can affect menstrual and bone health if sustained, or higher than is generally considered healthy for most adults. So, 21–24% best fits the idea of a healthy, achievable range for most women.

5. The biceps muscle is located on the front of which part of the arm?

- A. Upper arm back
- B. Upper arm front**
- C. Forearm
- D. Shoulder

The biceps brachii sits in the front part of the upper arm. Its position in the anterior compartment means it's the muscle you feel when you flex your elbow and rotate the palm upward (supination). It's separate from the set of muscles on the back of the upper arm (the triceps), and from the muscles in the forearm or the shoulder region. So, the biceps is located on the front of the upper arm.

6. Describe the relative contributions of aerobic and anaerobic energy systems during a 400-meter sprint.

- A. Primarily aerobic throughout the race
- B. Only anaerobic energy systems are involved
- C. Early anaerobic; later both with anaerobic dominance**
- D. Only the phosphocreatine system is used

The main idea is how the body splits its ATP production during a high intensity, short to moderate duration effort. At the very start of a 400-meter sprint, the phosphocreatine (phosphagen) system provides rapid energy for the first seconds. This stores deplete quickly, so as the race continues, anaerobic glycolysis takes over to supply most of the ATP needed in the middle portion. Oxygen uptake begins almost immediately but cannot rise quickly enough to meet the peak energy demand, so the aerobic system contributes less than the anaerobic systems early on. As the sprint progresses into the latter part, the aerobic system ramps up further and shares more of the work, but the demand remains primarily met by anaerobic sources. That pattern—early reliance on anaerobic energy, with increasing aerobic contribution later and anaerobic energy still dominating—best describes a 400-meter sprint.

7. How is muscular strength commonly assessed?

- A. Vertical jump test
- B. One-repetition maximum (1RM) test**
- C. VO2 max test
- D. Hand-grip dynamometer

Muscular strength is the maximal force a muscle or muscle group can produce in a single, all-out effort. The one-repetition maximum test is the standard way to measure this because it directly gauges the largest weight you can lift with proper form in one attempt. It gives a clear, objective value of absolute strength for a specific exercise and is widely used to set training loads and track progress over time. The vertical jump primarily measures power—the ability to generate force quickly and explode off the ground—rather than the pure maximal force of a single lift. VO2 max assesses aerobic capacity, not strength. A hand-grip dynamometer provides a simple grip-strength measure but only reflects strength of the hand and forearm, not overall muscular strength.

8. Compare coaching styles: command, reciprocal, and problem-solving approaches in PE.

- A. Reciprocal = teacher-led; Command = student feedback; Problem-solving = guided discovery.
- B. Problem-solving = students develop strategies with guided teacher facilitation.
- C. Command = student-led; Reciprocal = teacher-led; Problem-solving = collaborative tasks with minimal teacher direction.
- D. Command = teacher-centered control; Reciprocal = student feedback and collaboration; Problem-solving = students develop strategies with guided teacher facilitation.**

Understanding these coaching styles hinges on who leads the learning, how students interact, and the role of the teacher as facilitator. In a command approach, the teacher directs everything: what to do, how to do it, and when to move on, with students following precise instructions. In a reciprocal approach, students work with peers to observe, give feedback, and coach each other under the teacher's guidance, distributing leadership among students. In a problem solving approach, students actively develop and test strategies to solve tasks, with the teacher providing guided facilitation rather than directing every step. This option captures that structure clearly: command is about teacher-centered control; reciprocal emphasizes student feedback and collaboration; problem-solving centers on students developing strategies with guided teacher support. The other descriptions flip roles or imply less guidance than is typical for problem-solving, which is why they don't fit as well.

9. During stretching, how should you breathe?

- A. Breath rapidly
- B. Breathe normally**
- C. Hold breath
- D. Hyperventilate

Breathing steadily and relaxed during stretching supports safe movement and helps you control the stretch. When you breathe normally, your muscles receive a steady amount of oxygen and you stay calm, which lets you lengthen tissues gradually without tensing up. Holding the breath or breathing erratically creates unnecessary tension and can raise blood pressure or cause dizziness, making it harder to balance and move smoothly. Rapid breathing or hyperventilating wastes energy and can lead to lightheadedness. So the best approach is to breathe normally—steady, even breaths throughout the stretch. A helpful cue is to exhale gently as you ease into a deeper stretch and inhale to reset, keeping the overall pattern calm and regular.

10. What does FITT stand for in exercise programming?

- A. Frequency, Intensity, Time, Type**
- B. Frequency, Intensity, Time, Tempo
- C. Frequency, Intensity, Duration, Type
- D. Frequency, Intensity, Time, Volume

FITT is a framework for designing exercise programs by deciding how often you train, how hard you train, how long each session lasts, and what kind of activity you choose. The option that lists Frequency, Intensity, Time, Type matches this standard exactly. Tempo, Duration, and Volume are useful concepts in training, but they aren't the four parts of the FITT acronym. Tempo refers to the pace of movements, Duration is a similar idea to Time but not the official term in FITT, and Volume refers to total work done, which isn't one of the four FITT components. So the correct choice is the one that uses Frequency, Intensity, Time, Type.

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!

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