

PHYSICAL EDUCATION FOR NATIONAL BOARD CERTIFICATION 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. Which type of endurance is described as the ability for muscles to sustain activity over time?**
 - A. Muscular Endurance
 - B. Cardiovascular Endurance
 - C. Flexibility Endurance
 - D. Balance Endurance
- 2. What best describes BMI limitations in health assessment?**
 - A. It is an indirect measure and does not account for race, ethnicity, gender, or structural differences
 - B. It directly measures body fat
 - C. It measures resting metabolic rate
 - D. It reflects bone density accurately
- 3. Which action is described as part of model conflict resolution?**
 - A. Stopping Aggressive Behaviors Immediately
 - B. Encouraging Continued Conflict
 - C. Ignoring the Conflict
 - D. Delaying Solutions
- 4. SHAPE America's function includes which of the following?**
 - A. Organizing Regional Sports Leagues
 - B. Advocating for Best Practices and Disseminating Them, and Developing Policies
 - C. Regulating Teacher Certifications Nationwide
 - D. Managing School Lunch Programs
- 5. Which statement correctly identifies moveable joints?**
 - A. Fibrous joints are moveable
 - B. Cartilaginous joints are moveable
 - C. Synovial joints are moveable
 - D. The skull bones are moveable

- 6. Which category includes vitamins and minerals that support growth and body processes?**
- A. Macronutrients
 - B. Micronutrients
 - C. Fiber
 - D. Water
- 7. Which classroom-management practice reduces problems and injury risk?**
- A. Planning ahead and clear concise instructions reduce problems, boundaries, location of equipment, routines
 - B. Allow students to improvise space
 - C. Delay orientation until class ends
 - D. Focus solely on skill drills without transition
- 8. What does basal metabolic rate measure?**
- A. Calories burned during exercise
 - B. Calories digested from meals
 - C. The number of calories needed to keep functioning at rest
 - D. Calories burned while sleeping
- 9. What is knowledge of performance?**
- A. The outcome of the movement
 - B. The duration of the movement
 - C. The quality of performance felt by the learner during movement or observed while watching movement
 - D. The accuracy of timing
- 10. If there is no pulse, the initial CPR sequence is to perform**
- A. Call for Help Only
 - B. Check Responsiveness Only
 - C. Start With Two Rescue Breaths
 - D. Start With 30 Chest Compressions and 2 Breaths

Answers

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

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Explanations

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1. Which type of endurance is described as the ability for muscles to sustain activity over time?

- A. Muscular Endurance
- B. Cardiovascular Endurance
- C. Flexibility Endurance**
- D. Balance Endurance

The idea being tested is how long a muscle or muscle group can keep contracting or hold a position before fatigue. That describes muscular endurance. It's about sustaining effort within the muscles themselves, such as performing repeated movements or staying in a challenge position for an extended time. This is different from cardiovascular endurance, which is about how efficiently heart and lungs supply oxygen during prolonged activity. Flexibility is about the range of motion of joints, not how long muscles can work before tiring. Balance relates to maintaining stability and control, not the muscle's capacity to sustain contraction over time.

2. What best describes BMI limitations in health assessment?

- A. It is an indirect measure and does not account for race, ethnicity, gender, or structural differences
- B. It directly measures body fat
- C. It measures resting metabolic rate**
- D. It reflects bone density accurately

BMI uses height and weight to estimate body fat, but it doesn't measure fat directly and has notable limitations. It cannot distinguish between muscle and fat, so muscular individuals may have a high BMI despite low body fat. It also doesn't reveal where fat is distributed, which matters for health risk. In addition, BMI doesn't account for differences due to age, sex, race or ethnicity, or body frame, so its interpretation can vary across populations. It does not measure resting metabolic rate or bone density. Therefore, describing BMI as an indirect measure that does not account for race, ethnicity, gender, or structural differences captures its main limitation.

3. Which action is described as part of model conflict resolution?

- A. Stopping Aggressive Behaviors Immediately**
- B. Encouraging Continued Conflict
- C. Ignoring the Conflict
- D. Delaying Solutions

In model conflict resolution, safety and setting a clear boundary come first. Stopping aggressive behaviors immediately demonstrates that violence or intimidation won't be tolerated and creates a safe space for dialogue. That immediate action helps de-escalate the situation, signals authority, and gives the teacher or coach a stable moment to intervene with a constructive plan. From there, the focus shifts to helping students separate the parties, identify feelings, and guide them through a structured problem-solving process. If you encourage the conflict to continue, ignore it, or delay finding a solution, harm could occur, trust in the facilitator could break down, and real learning about how to resolve disputes would be lost. So the immediate cessation of aggression is the best starting point because it protects students and establishes the environment needed for effective resolution.

4. SHAPE America's function includes which of the following?

- A. Organizing Regional Sports Leagues
- B. Advocating for Best Practices and Disseminating Them, and Developing Policies**
- C. Regulating Teacher Certifications Nationwide
- D. Managing School Lunch Programs

SHAPE America's function centers on advancing physical education and health by advocating for effective practices, disseminating evidence-based guidance, and developing policies that support schools, students, and professionals. This aligns with describing advocacy for best practices, spreading those practices widely, and shaping policy to improve PE and health programs. SHAPE America provides standards, resources, and professional development to help teachers implement quality physical education, and it engages in national-level policy work to influence how PE is taught and valued. Activities like organizing regional sports leagues, regulating teacher certifications nationwide, or managing school lunch programs fall outside its scope, as those areas are handled by local organizations, state credentialing bodies, and nutrition programs, respectively.

5. Which statement correctly identifies moveable joints?

- A. Fibrous joints are moveable
- B. Cartilaginous joints are moveable
- C. Synovial joints are moveable**
- D. The skull bones are moveable

Moveable joints are those that allow a significant range of motion, and this mobility comes from the synovial joint structure. A synovial joint features a joint cavity filled with synovial fluid, articular cartilage covering the bone ends, a fibrous capsule, and ligaments. This setup reduces friction and enables movement in multiple directions, making synovial joints the most mobile type (diarthroses). Therefore, identifying moveable joints as synovial joints is the best answer. In contrast, fibrous joints (like skull sutures) are usually immovable or only slightly movable, and cartilaginous joints can be immovable or only slightly movable, not as freely movable as synovial joints. The skull bones themselves are fused fibrous joints in adults, so they are not moveable.

6. Which category includes vitamins and minerals that support growth and body processes?

- A. Macronutrients
- B. Micronutrients**
- C. Fiber
- D. Water

Vitamins and minerals are micronutrients, substances needed in small amounts but essential for regulating metabolism, supporting growth, and driving many body processes. They don't supply energy like carbohydrates, proteins, or fats, but they act as cofactors for enzymes and are crucial for steps such as energy production, bone development, oxygen transport, immune function, and DNA synthesis. Examples include iron for red blood cells, calcium and vitamin D for bones, and vitamin C for collagen formation and immune support. Fiber and water are important for health too, but they aren't vitamins or minerals. So the category that includes vitamins and minerals that support growth and body processes is micronutrients.

7. Which classroom-management practice reduces problems and injury risk?

- A. Planning ahead and clear concise instructions reduce problems, boundaries, location of equipment, routines
- B. Allow students to improvise space
- C. Delay orientation until class ends
- D. Focus solely on skill drills without transition

Proactive organization and clear communication are essential for reducing problems and injury risk in a PE classroom. When you plan ahead and give concise, precise instructions, students know exactly what to do, where to go, and how to use equipment. Establishing boundaries and designating where equipment belongs prevents crowding and accidental contact, while consistent routines create predictable, safe transitions between activities. This clarity minimizes confusion, speeds up setup and cleanup, and keeps pathways clear, all of which directly lowers the chance of accidents. Other approaches fall short because they introduce uncertainty or chaos. Letting students improvise space can lead to unsafe spacing and unwanted contact. Delaying orientation until the end leaves students unaware of expectations and safety cues. Focusing only on skill drills without arranging smooth transitions ignores safety during movement and equipment use, increasing risk.

8. What does basal metabolic rate measure?

- A. Calories burned during exercise
- B. Calories digested from meals
- C. The number of calories needed to keep functioning at rest
- D. Calories burned while sleeping

Basal metabolic rate is the amount of energy the body needs to function at rest. It covers the calories required to keep essential processes running—breathing, circulation, maintaining body temperature, and basic cellular activity—when you are awake, rested, fasting, and in a neutral environment. This baseline energy expenditure does not include calories burned during exercise or the extra energy used to digest and absorb food. So while sleeping and other activities burn calories, basal metabolic rate specifically measures the minimum energy needed to sustain life-supporting functions under those strict resting conditions.

9. What is knowledge of performance?

- A. The outcome of the movement
- B. The duration of the movement
- C. The quality of performance felt by the learner during movement or observed while watching movement
- D. The accuracy of timing

Knowledge of performance focuses on how the movement is executed—the technique, form, and quality you sense or see during the action. It provides information about the movement pattern itself, not just what happened as a result. That's why it's described as the quality of performance felt by the learner during movement or observed while watching movement. For example, in a basketball layup, kp would involve cues about footwork, the arc of the shot, and release, while knowledge of results would be whether the ball went in. The other options describe the outcome or timing rather than how the movement was performed.

10. If there is no pulse, the initial CPR sequence is to perform

- A. Call for Help Only
- B. Check Responsiveness Only
- C. Start With Two Rescue Breaths
- D. Start With 30 Chest Compressions and 2 Breaths**

When there's no pulse, the body needs blood flow to keep the brain and heart alive. The quickest way to restore circulation is to start chest compressions right away; they act like a manual heart pump, delivering blood to vital organs. Beginning with a cycle of thirty compressions provides a rapid, ongoing flow of blood while you prepare to re-oxygenate. After those thirty compressions, you give two rescue breaths to push air into the lungs and add oxygen to the blood being circulated. This 30:2 pattern strikes a balance between pumping blood and supplying oxygen, which is why it's the best sequence when you're aiding an adult with no pulse. If you can, call for help and bring an AED into the scene, but delaying compressions to do so would reduce perfusion. Starting with breaths alone wouldn't generate circulation, and waiting to act would miss the critical seconds needed to keep the brain and heart perfused.

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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://peforatboard.examzify.com>

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

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