

# PISD Foundations of Personal Fitness CBE Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 term describes stress that is beneficial and motivating?**
  - A. Eustress**
  - B. Distress**
  - C. Fatigue**
  - D. Anxiety**
  
- 2. Which of the following is a common injury type mentioned in the material?**
  - A. Overuse**
  - B. Dislocation**
  - C. Abrasion**
  - D. Contusion**
  
- 3. Which action helps reduce LDL cholesterol levels?**
  - A. Sedentary Behavior**
  - B. Smoking**
  - C. High Fat Intake**
  - D. Exercise**
  
- 4. Risk factors for coronary heart disease are categorized into which groups?**
  - A. Primary & Secondary**
  - B. Genetic**
  - C. Environmental**
  - D. Acute & Chronic**
  
- 5. What is the fourth step in planning an exercise program?**
  - A. Set Goals**
  - B. Structure and write down a program plan**
  - C. Collect information**
  - D. Consider activities**

- 6. Overheating during physical activity can lead to which condition?**
- A. Dehydration**
  - B. Hyperthermia**
  - C. Hypothermia**
  - D. Hyperglycemia**
- 7. Which of the following is a primary risk factor for coronary heart disease?**
- A. Regular Exercise**
  - B. Smoking**
  - C. Adequate Sleep**
  - D. Balanced Diet**
- 8. Exposure to cold that lowers core body temperature is called**
- A. Hyperpyrexia**
  - B. Hyperthermia**
  - C. Fever**
  - D. Hypothermia**
- 9. Which of the following is listed as an anaerobic exercise?**
- A. Jumping Jacks**
  - B. Cycling**
  - C. Running**
  - D. Walking**
- 10. In the material, which activity is described as an aerobic option?**
- A. Swimming**
  - B. Cycling**
  - C. Jump rope**
  - D. Running on a treadmill**

## Answers

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

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## **Explanations**

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**1. Which term describes stress that is beneficial and motivating?**

- A. Eustress**
- B. Distress**
- C. Fatigue**
- D. Anxiety**

Stress can be positive or negative. When a challenge feels within your ability to manage and actually energizes you, you're experiencing eustress. This form of stress motivates action, sharpens focus, and can improve performance, helping you grow and meet goals. In contrast, distress is the overwhelming, lingering stress that drains energy and harms health, while fatigue is exhaustion and anxiety is a general state of worry that isn't the specific positive stress described here. A useful everyday example is preparing for a race or giving a presentation, where you feel alert and driven rather than overwhelmed. So, the term for beneficial and motivating stress is eustress.

**2. Which of the following is a common injury type mentioned in the material?**

- A. Overuse**
- B. Dislocation**
- C. Abrasion**
- D. Contusion**

Overuse injuries come from repetitive stress without enough time to recover, which is a common topic in introductory fitness material. They develop gradually from repeated motions (like running, jumping, or repetitive throwing) and can affect muscles, tendons, or bones. Because the body isn't given sufficient rest between activities or training increases, these injuries show up frequently in beginners and in anyone increasing workload too quickly. Symptoms often include ongoing pain or soreness that lingers with activity and eases with rest, making them the typical example discussed. Dislocations often result from a single forceful impact that shifts a joint out of place, abrasions are skin injuries from friction, and contusions are bruises from a blunt hit. While those injuries occur, the material usually emphasizes overuse as the most common type.

**3. Which action helps reduce LDL cholesterol levels?**

- A. Sedentary Behavior**
- B. Smoking**
- C. High Fat Intake**
- D. Exercise**

Regular exercise improves your lipid profile by lowering LDL cholesterol and raising HDL. When you be active, your body uses fats for fuel, which helps reduce the amount of LDL circulating in the blood. It also boosts liver enzyme activity and receptor function that clear LDL from the bloodstream, and it supports healthier body weight and better insulin sensitivity. These shifts collectively make LDL levels lower. The other choices tend to worsen cholesterol balance—being inactive, smoking, and eating a high-fat diet are associated with higher LDL—so the action that lowers LDL is engaging in regular physical activity.

**4. Risk factors for coronary heart disease are categorized into which groups?**

- A. Primary & Secondary**
- B. Genetic**
- C. Environmental**
- D. Acute & Chronic**

Risk factors for coronary heart disease are categorized as primary factors that directly contribute to the disease, and secondary factors that can increase risk when present with the primary ones. This distinction helps emphasize what drives the disease most strongly versus what can amplify risk in combination with those main factors. The other groupings—genetic, environmental, or acute versus chronic—describe different dimensions (such as heredity, setting, or timing) rather than how directly a factor influences disease risk, so they don't fit this common way of organizing CHD risk factors.

**5. What is the fourth step in planning an exercise program?**

- A. Set Goals**
- B. Structure and write down a program plan**
- C. Collect information**
- D. Consider activities**

Turning gathered information and goals into a concrete plan is the step where you formalize what you'll actually do. This means detailing when you'll train, how hard (intensity), how long each session lasts, and what types of exercises you'll include, along with how you'll progress and stay safe. Writing it down creates a clear, actionable roadmap you can follow and monitor, making it easier to stay on track and see what changes you need to make over time. Earlier steps gather the health info, set the goals, and help you decide which activities to use; this step moves those decisions into a specific, implementable plan.

**6. Overheating during physical activity can lead to which condition?**

- A. Dehydration**
- B. Hyperthermia**
- C. Hypothermia**
- D. Hyperglycemia**

Overheating during physical activity raises the body's core temperature above normal. When the heat produced by muscles isn't offset by heat loss through sweating and skin blood flow, core temperature climbs, leading to hyperthermia. This is the condition you get directly from overheating. Dehydration can accompany overheating because sweating reduces fluids, but it is not the overheating condition itself. Hypothermia is the opposite—low body temperature—and hyperglycemia is high blood sugar, not tied to the overheating process.

**7. Which of the following is a primary risk factor for coronary heart disease?**

- A. Regular Exercise
- B. Smoking**
- C. Adequate Sleep
- D. Balanced Diet

Understanding how lifestyle choices affect heart health is the key idea here. Smoking is the strongest factor among those listed because it directly harms the arteries and promotes plaque buildup by increasing heart rate and blood pressure, raising LDL and lowering HDL, causing inflammation, and making blood more prone to clotting. These effects accelerate atherosclerosis and heighten the risk of a heart attack. While regular exercise, adequate sleep, and a balanced diet support heart health and reduce risk, they act as protective factors rather than primary risks in this context.

**8. Exposure to cold that lowers core body temperature is called**

- A. Hyperpyrexia
- B. Hyperthermia
- C. Fever
- D. Hypothermia**

Hypothermia is the state caused by exposure to cold that lowers the core body temperature. It happens when heat loss exceeds heat production, so the body's core temperature drops below normal (typically below 95°F or 35°C). This is different from hyperthermia (too much heat in the body) and fever (a rise in body temperature due to infection) or hyperpyrexia (an extremely high fever). Early signs include shivering and cold, pale skin, then confusion, slowed speech or movement, and sluggishness as the temperature falls further. To treat, move to a warmer environment, remove wet clothing, add dry, insulating layers, and warm gradually; seek medical help for moderate to severe cases.

**9. Which of the following is listed as an anaerobic exercise?**

- A. Jumping Jacks
- B. Cycling
- C. Running**
- D. Walking

Anaerobic exercise is about short bursts of high-intensity effort where energy is produced without relying on oxygen in the moment. When you run fast or sprint, your muscles need quick energy, so your body uses stored ATP and phosphocreatine and then switches to anaerobic glycolysis to keep going for a brief period. That rapid, high-demand energy supply is the hallmark of anaerobic work. Walking stays at a low, steady pace and mainly uses aerobic metabolism over time. Cycling and jumping jacks can be either aerobic or anaerobic depending on how hard and how long you push them, but a short, fast run clearly fits the anaerobic pattern. So the best answer is running.

**10. In the material, which activity is described as an aerobic option?**

**A. Swimming**

**B. Cycling**

**C. Jump rope**

**D. Running on a treadmill**

Aerobic exercise is steady, rhythmic activity that uses large muscle groups and is performed at an intensity you can sustain with oxygen over several minutes. Running on a treadmill fits this definition well because it's a continuous, rhythmic movement of the legs that you typically perform for a sustained period, tapping into the body's oxygen-based energy systems. That sustained nature is what makes it clearly aerobic. In the material, this activity is highlighted as the aerobic option, likely because of its emphasis on duration and steady pace. The other activities—swimming, cycling, and jump rope—can also be done at aerobic intensities, but the example given for the aerobic option is treadmill running, which exemplifies the continuous, oxygen-relying effort that defines aerobic exercise.

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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://pisdfoundpersonalfitnesscbe.examzify.com>**

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

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