

PISD FOUNDATIONS OF PERSONAL FITNESS CBE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. One way exercise helps reduce risk of cardiovascular disease**
 - A. Builds muscle mass
 - B. Increases endurance
 - C. Keeps lungs healthy
 - D. Strengthens bones
- 2. Which type of risk factor is most influential on health?**
 - A. Primary
 - B. Secondary
 - C. A factor with the greatest influence on health
 - D. A factor that cannot be changed
- 3. LDL cholesterol is commonly known as bad cholesterol and is linked to increased risk of which condition?**
 - A. Osteoporosis
 - B. Coronary Heart Disease
 - C. Asthma
 - D. Arthritis
- 4. Which statement best reflects the impact of exercise on stress management?**
 - A. Improved physical and mental fitness
 - B. Increased stress hormones
 - C. Decreased appetite
 - D. Longer recovery time
- 5. When exercising for muscular endurance, what is the minimum number of repetitions one should do in a set?**
 - A. 9
 - B. 3
 - C. 6
 - D. 12

- 6. Which activity reduces stress by limiting cognitive load?**
- A. Rest in a quiet place
 - B. Reduce breathing rate
 - C. Reduce mental activities
 - D. Manage time
- 7. The FITT formula is used to guide exercise prescription. Which option correctly lists the four components of FITT?**
- A. Frequency, Intensity, Tempo, Type
 - B. Frequency, Intensity, Time, Type
 - C. Frequency, Intensity, Time, Temperature
 - D. Focus, Intensity, Time, Type
- 8. Which health issue is caused by stress?**
- A. Headaches
 - B. Acne
 - C. Nausea
 - D. Rash
- 9. Which of the following is an effect of having too much fat?**
- A. Low Cholesterol
 - B. Improved Endurance
 - C. Weight Loss
 - D. High Cholesterol
- 10. What happens to heart rate during a warm-up?**
- A. Decreases
 - B. Increases
 - C. Stays the same
 - D. Fluctuates

Answers

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

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Explanations

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1. One way exercise helps reduce risk of cardiovascular disease

- A. Builds muscle mass
- B. Increases endurance
- C. Keeps lungs healthy
- D. Strengthens bones**

Regular aerobic exercise makes the heart more efficient at pumping blood and improves circulation. This leads to lower resting blood pressure, better cholesterol and insulin sensitivity, and healthier body weight—factors that collectively lower cardiovascular disease risk. Increasing endurance best captures this effect, because it shows the body's improved capacity to sustain activity and support heart health over time. Building muscle, keeping lungs healthy, and strengthening bones are important for overall health, but they don't target the heart's cardiovascular efficiency as directly as improved endurance.

2. Which type of risk factor is most influential on health?

- A. Primary
- B. Secondary
- C. A factor with the greatest influence on health**
- D. A factor that cannot be changed

This question asks you to compare how much different risk factors influence health. The best choice is the one that literally describes the factor with the largest impact on health outcomes. In health science, we think about how strongly a risk factor changes the likelihood of disease or poor health across people, often talking in terms of effect size or population impact. The option that states "a factor with the greatest influence on health" directly communicates that idea of magnitude, which is what the question is asking for. The other descriptions don't address how powerful the influence is. Labeling something as primary or secondary describes its relationship or order among factors, not how strongly it affects health. Describing a factor as unchangeable focuses on whether it can be changed, rather than how much it affects health. So the option naming the greatest influence best matches the idea being asked.

3. LDL cholesterol is commonly known as bad cholesterol and is linked to increased risk of which condition?

- A. Osteoporosis
- B. Coronary Heart Disease**
- C. Asthma
- D. Arthritis

LDL cholesterol, often called bad cholesterol, is a key factor in the development of atherosclerosis—the buildup of cholesterol-rich plaques inside artery walls. When these plaques form in the arteries that feed the heart, they narrow or block blood flow, raising the risk of coronary heart disease and heart attack. The other conditions listed—osteoporosis, asthma, and arthritis—are not driven by LDL levels in the same way, as they involve bones, airways, and joints, respectively. Keeping LDL in a healthier range helps protect heart arteries and lowers the risk of coronary heart disease.

4. Which statement best reflects the impact of exercise on stress management?

- A. Improved physical and mental fitness**
- B. Increased stress hormones
- C. Decreased appetite
- D. Longer recovery time

Regular exercise helps you handle stress by boosting both physical fitness and mental well-being. When you stay active, your cardiovascular system gets stronger, energy improves, sleep often improves, and mood is lifted. These changes make it easier to cope with daily stress and bounce back from stressful events. Chemicals released during activity, like endorphins, contribute to a calmer, more positive mindset, reinforcing resilience. That combination—improved physical capability plus better mental state—best represents how exercise supports stress management. While hormones can rise briefly during a workout, the lasting impact is not higher stress hormones, but greater fitness and coping ability. Appetite changes or longer recovery times aren't the central way exercise manages stress.

5. When exercising for muscular endurance, what is the minimum number of repetitions one should do in a set?

- A. 9**
- B. 3
- C. 6
- D. 12

Muscular endurance means the ability to sustain repeated muscle contractions with lighter resistance, so you perform more repetitions per set. Very low reps—like three or six—primarily target strength or power, not endurance. Among the given options, nine is the smallest rep count that still aligns with endurance training within this context, making it the minimum you'd aim for in a set to develop endurance. You could progress by adding more reps or adjusting rest or load later, but nine reps is the baseline here.

6. Which activity reduces stress by limiting cognitive load?

- A. Rest in a quiet place
- B. Reduce breathing rate
- C. Reduce mental activities**
- D. Manage time

Limiting cognitive load means reducing the mental effort required to process information and complete tasks. When you decrease mental activities, you lower the demands on working memory and attention, which directly lowers stress from trying to manage too much in your head. Resting in a quiet place helps you recover but doesn't shrink the amount of thinking required; slowing your breathing calms the body but doesn't change how much you're thinking; managing time can reduce deadline pressure but doesn't reduce the cognitive tasks themselves. So, reducing mental activities best lowers cognitive load and, in turn, stress.

7. The FITT formula is used to guide exercise prescription. Which option correctly lists the four components of FITT?

- A. Frequency, Intensity, Tempo, Type
- B. Frequency, Intensity, Time, Type**
- C. Frequency, Intensity, Time, Temperature
- D. Focus, Intensity, Time, Type

FITT is a framework for designing exercise by adjusting four elements: Frequency, Intensity, Time, and Type. Frequency is how often you train each week. Intensity is how hard you work in each session, often guided by effort level or heart rate. Time is how long each workout lasts. Type is the kind of activity you do (cardio, strength, flexibility, etc.). The correct list matches these four elements exactly: Frequency, Intensity, Time, Type. The other options swap in terms that aren't part of FITT—Tempo (pace), Temperature, or Focus—so they don't fit the framework.

8. Which health issue is caused by stress?

- A. Headaches**
- B. Acne
- C. Nausea
- D. Rash

Stress often triggers headaches by causing the muscles in the neck, shoulders, and scalp to tense up, which can pull on nerves and blood vessels in the head and create pain. The stress response also can alter pain pathways and blood flow, making headaches more likely, especially tension-type headaches or migraines for those who are prone. This direct connection between stress and head pain makes headaches the most typical health issue caused by stress. While acne, nausea, and rash can be affected or worsened by stress in some people, they are not caused as directly by stress in the way headaches are.

9. Which of the following is an effect of having too much fat?

- A. Low Cholesterol
- B. Improved Endurance
- C. Weight Loss
- D. High Cholesterol**

Too much fat in the body or in the diet often raises cholesterol in the blood, especially the LDL "bad" cholesterol. When LDL levels rise, total cholesterol tends to go up, which increases the risk of plaque buildup in arteries and heart disease. This is why high cholesterol is the effect described. The other options don't fit because excess fat doesn't cause low cholesterol, and it doesn't typically improve endurance or lead to weight loss; in fact, it often accompanies weight gain and reduced stamina.

10. What happens to heart rate during a warm-up?

- A. Decreases
- B. Increases**
- C. Stays the same
- D. Fluctuates

During a warm-up, heart rate increases as the body prepares for exercise. As you start moving, the nervous system ramps up, raising heart rate and stroke volume to boost cardiac output. This brings more oxygen and nutrients to working muscles, helps remove waste products, and increases muscle temperature and joint mobility, all of which reduce injury risk and improve performance. The goal of a warm-up is a gradual rise from resting heart rate toward the level needed for activity, not a decrease or no change, and not erratic fluctuations. So increasing heart rate during a warm-up is the expected and best response.

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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://pisdfoundpersonalfitnesscbe.examzify.com>

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

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