

Praxis II: Health and Physical Education Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. What aspect of physical fitness is most likely to benefit mental health?**
 - A. High-intensity workouts only**
 - B. Consistent and moderate physical activity**
 - C. Restriction of all exercise**
 - D. Focusing solely on team sports**
- 2. Which of the following is a key aspect of student-centered teaching?**
 - A. Teacher-directed learning**
 - B. Individual learning styles incorporated into lessons**
 - C. Exclusively lecture-based instruction**
 - D. Emphasis on standardized tests**
- 3. Which word best describes the meaning of empathy?**
 - A. Emotional intelligence**
 - B. The ability to understand and show concern for others**
 - C. Active listening**
 - D. Conflict resolution**
- 4. Which of the following is a benefit of setting personal fitness goals?**
 - A. Increased risk of injury**
 - B. Enhanced motivation and focus on fitness**
 - C. Isolation from peers**
 - D. Reduced participation in physical activities**
- 5. What is the title of the CDC's database that provides behavioral data for adolescents?**
 - A. Youth Health Trends Analysis**
 - B. The Youth Risk Behavior Surveillance System (YRBSS)**
 - C. National Adolescent Health Database**
 - D. Teen Behavioral Analysis Network**

6. Which task can a teacher use at the beginning of each school year to establish a supportive classroom environment?

- A. Developing and maintaining clearly established classroom rules**
- B. Assigning strict penalties for misbehavior**
- C. Focusing solely on academic achievement**
- D. Unlimited free time for students**

7. Which of the following can be an effect of regular participation in physical activity?

- A. Decreased social skills**
- B. Increased risk of chronic diseases**
- C. Improved overall mental health**
- D. Lower self-esteem**

8. How can teachers foster a supportive environment for physical education?

- A. By promoting only top performers**
- B. By modeling healthy behaviors and encouraging participation**
- C. By discouraging collaboration among students**
- D. By emphasizing test scores above all else**

9. What should a teacher prioritize when planning for the beginning of the school year?

- A. Collect materials for lessons**
- B. Assess students' prior knowledge**
- C. Set classroom rules and expectations**
- D. Create a syllabus for the course**

10. Which of the following activities is most likely to result in the highest level of blood lactate accumulation?

- A. A 400-yard dash**
- B. A marathon run**
- C. A leisurely walk**
- D. Swimming at a moderate pace**

Answers

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

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Explanations

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1. What aspect of physical fitness is most likely to benefit mental health?

- A. High-intensity workouts only**
- B. Consistent and moderate physical activity**
- C. Restriction of all exercise**
- D. Focusing solely on team sports**

Consistent and moderate physical activity is known to have significant benefits for mental health. Engaging in regular physical exercise stimulates the production of endorphins and other neurochemicals that contribute to feelings of happiness and well-being. This type of exercise is sustainable for most individuals, making it easier to maintain over time, which is crucial for experiencing long-term mental health benefits. Moderate activities can include walking, jogging, swimming, or cycling, and they help reduce symptoms of anxiety, depression, and stress. Additionally, moderate exercise can improve self-esteem and cognitive function, further enhancing mental well-being. The key is consistency; by incorporating regular activity into one's lifestyle, individuals can foster a positive mindset and improve their overall mental health. The other choices reflect approaches that are less likely to provide the same mental health benefits. Restricting all exercise can lead to a sedentary lifestyle, which is associated with poorer mental health outcomes. High-intensity workouts may provide some benefits but can be intimidating and are often harder to sustain for long periods, especially for beginners or those not already in good physical shape. Focusing solely on team sports may exclude individuals who prefer solo activities or who feel uncomfortable in competitive environments, limiting their opportunities for mental health improvements through physical activity

2. Which of the following is a key aspect of student-centered teaching?

- A. Teacher-directed learning**
- B. Individual learning styles incorporated into lessons**
- C. Exclusively lecture-based instruction**
- D. Emphasis on standardized tests**

Student-centered teaching is fundamentally about recognizing and addressing the unique needs, interests, and learning styles of each student in the classroom. By incorporating individual learning styles into lessons, educators facilitate a more personalized learning experience. This approach allows students to engage with the material in ways that resonate with them, promoting greater motivation, interest, and retention of knowledge. In a student-centered framework, the focus shifts from the teacher as the sole source of knowledge to a more collaborative environment where students are active participants in their learning journey. This contrasts sharply with teacher-directed learning, which limits student engagement and input. Furthermore, while lecture-based instruction can be an effective teaching method in certain contexts, relying solely on this approach does not cater to diverse learning preferences and does not promote active involvement of students. Lastly, an emphasis on standardized tests tends to prioritize a one-size-fits-all approach to learning, ignoring individual learning styles and reducing the educational experience to mere test preparation rather than fostering a rich, engaging learning environment.

3. Which word best describes the meaning of empathy?

- A. Emotional intelligence
- B. The ability to understand and show concern for others**
- C. Active listening
- D. Conflict resolution

The word that best describes the meaning of empathy is the ability to understand and show concern for others. Empathy involves recognizing and being sensitive to the feelings and experiences of others, allowing one to see things from their perspective. This understanding not only involves an emotional connection but also a willingness to support and help others based on that understanding. It is a key component of building strong relationships and fostering a sense of community, as it encourages compassion and caring for one another. While emotional intelligence is related and encompasses a broader range of emotional awareness, empathy specifically zeroes in on connecting with and responding to others' feelings. Active listening is a communication skill that can facilitate empathy but does not encompass the entire concept. Lastly, conflict resolution may utilize empathy as a tool, but it is primarily concerned with managing disputes rather than understanding feelings.

4. Which of the following is a benefit of setting personal fitness goals?

- A. Increased risk of injury
- B. Enhanced motivation and focus on fitness**
- C. Isolation from peers
- D. Reduced participation in physical activities

Setting personal fitness goals has the significant benefit of enhancing motivation and focus on fitness. When individuals define specific, measurable, achievable, relevant, and time-bound goals, they create a clear framework for what they want to accomplish. This clarity can lead to increased motivation, as having a target to aim for encourages individuals to engage consistently in their fitness routines. Furthermore, personal fitness goals help individuals track their progress, which can reinforce a sense of accomplishment and boost self-esteem. As people witness their improvements, they are often more inclined to continue their fitness journey, leading to sustained engagement in physical activities. This focus can also create a positive feedback loop, where achieving small goals propels individuals toward larger objectives, further enhancing their dedication to maintaining a healthy lifestyle. In contrast, the other options do not reflect the positive outcomes associated with goal setting. While the notion that setting goals could potentially lead to an increased risk of injury or isolation from peers is unfounded, reinforcing the value of goals in fostering relationships and fostering a supportive community is essential in fitness contexts. Similarly, personal fitness goals usually lead to greater participation, not reduced involvement in physical activities. Overall, embracing fitness goals is vital as they serve to ignite a passion for health and wellness, ultimately improving individual

5. What is the title of the CDC's database that provides behavioral data for adolescents?

- A. Youth Health Trends Analysis**
- B. The Youth Risk Behavior Surveillance System (YRBSS)**
- C. National Adolescent Health Database**
- D. Teen Behavioral Analysis Network**

The Youth Risk Behavior Surveillance System (YRBSS) is the correct title of the CDC's database that offers comprehensive behavioral data for adolescents. This system is crucial because it monitors various health-risk behaviors among youth, including those related to substance use, sexual activity, diet, and physical activity. The data collected through YRBSS is invaluable for public health officials, educators, and researchers as it helps identify trends, evaluate the effectiveness of programs, and inform policy decisions aimed at improving adolescent health outcomes. This structured surveillance system has been vital for understanding and addressing the specific health needs of adolescents.

6. Which task can a teacher use at the beginning of each school year to establish a supportive classroom environment?

- A. Developing and maintaining clearly established classroom rules**
- B. Assigning strict penalties for misbehavior**
- C. Focusing solely on academic achievement**
- D. Unlimited free time for students**

Establishing clearly defined classroom rules at the beginning of the school year is essential for creating a supportive classroom environment. When students know what is expected of them, it helps to foster a sense of security and stability. Clearly articulated rules provide a framework within which students can thrive; they understand the boundaries of acceptable behavior and the consequences for different actions. This clarity promotes a culture of respect and accountability, allowing students to focus more on learning and less on navigating uncertainties about acceptable conduct. Furthermore, establishing these rules collaboratively can engage students in the process, making them feel like active participants in their learning environment, fostering ownership, and building community. This strategy not only sets the tone for the rest of the year but also provides a fair and consistent approach to behavior management that can mitigate conflicts and misunderstandings among students.

7. Which of the following can be an effect of regular participation in physical activity?

- A. Decreased social skills**
- B. Increased risk of chronic diseases**
- C. Improved overall mental health**
- D. Lower self-esteem**

Regular participation in physical activity is widely recognized for its numerous positive effects on both physical and mental health. Improved overall mental health is one of the most significant benefits associated with consistent exercise. Engaging in physical activities can lead to the release of endorphins, often referred to as 'feel-good' hormones, which enhance mood and promote a sense of well-being. Moreover, regular exercise is associated with reductions in anxiety and depression, increases in self-esteem, and overall emotional resilience. This comprehensive improvement in mental health is well-supported by research and underscores the importance of integrating physical activity into daily routines for both children and adults.

8. How can teachers foster a supportive environment for physical education?

- A. By promoting only top performers**
- B. By modeling healthy behaviors and encouraging participation**
- C. By discouraging collaboration among students**
- D. By emphasizing test scores above all else**

Fostering a supportive environment in physical education is critical for encouraging student engagement and development. Modeling healthy behaviors and encouraging participation creates a positive atmosphere where all students feel valued and motivated to take part. When teachers demonstrate enthusiasm for physical activity, demonstrate proper techniques, and show their own commitment to fitness and health, students are more likely to mimic these behaviors and develop a proactive attitude towards their own health and wellness. Encouraging participation ensures that every student, regardless of their skill level, feels included and able to contribute. This approach helps to build self-esteem and promotes a sense of community within the classroom, enabling students to support one another in achieving personal and collective goals. Additionally, focusing on the enjoyment of physical activity rather than just performance allows students to develop a lifelong appreciation for movement and exercise, which is the ultimate goal of physical education. In contrast, emphasizing only top performers, discouraging collaboration, or focusing solely on test scores undermines this supportive environment. These approaches can lead to feelings of inadequacy among less skilled students, reduce collaboration and teamwork, and cultivate a competitive atmosphere that hinders personal growth and enjoyment in physical activities. Ultimately, a supportive environment in physical education is rooted in inclusivity, engagement, and the holistic development of all students.

9. What should a teacher prioritize when planning for the beginning of the school year?

- A. Collect materials for lessons**
- B. Assess students' prior knowledge**
- C. Set classroom rules and expectations**
- D. Create a syllabus for the course**

Prioritizing the assessment of students' prior knowledge at the beginning of the school year is crucial for effective teaching. This practice helps educators understand where each student is in their learning journey, allowing them to tailor instruction to meet the individual needs of their students. By assessing prior knowledge, teachers can identify gaps in understanding, build on existing knowledge, and create an inclusive learning environment that considers the diverse learning backgrounds of all students. Other important tasks, such as collecting materials, setting rules, and creating a syllabus, are certainly valuable and contribute to a structured learning environment. However, without first understanding what students already know, these efforts may not be as impactful or relevant. Tailoring lessons based on prior knowledge leads to more effective engagement and helps in planning subsequent units that build on each student's foundation, ultimately fostering a more meaningful educational experience.

10. Which of the following activities is most likely to result in the highest level of blood lactate accumulation?

- A. A 400-yard dash**
- B. A marathon run**
- C. A leisurely walk**
- D. Swimming at a moderate pace**

The activity most likely to result in the highest level of blood lactate accumulation is indeed the 400-yard dash. This sprinting activity is performed at a high intensity for a short duration, leading to anaerobic energy production. During intense exercise, the body relies on anaerobic glycolysis, which breaks down glucose for energy without the use of oxygen. This process results in the production of lactate as a byproduct, causing a rapid increase in blood lactate levels. In contrast, marathon running employs a steady, moderate pace that mainly utilizes aerobic metabolism. The energy system used during marathon running efficiently processes oxygen, which minimizes lactate production. Activities such as leisurely walking and swimming at a moderate pace also predominantly utilize aerobic pathways, resulting in minimal lactate buildup. Therefore, these activities do not place the same demand on the anaerobic system as the 400-yard dash does, leading to lower blood lactate levels compared to high-intensity sprints.

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://praxis2healthphysicaleduc.examzify.com>

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

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