

# Praxis II: Health and Physical Education Practice Exam (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. An individual who consumes 2,350 calories a day but burns only 2,000 calories a day can be expected to gain how many pounds after 30 days?**
  - A. 1 pound**
  - B. 2 pounds**
  - C. 3 pounds**
  - D. 4 pounds**
- 2. What is the significance of fitness assessments in schools?**
  - A. They provide data on student fitness levels, helping guide instruction and measure improvement**
  - B. They serve as a basis for discipline in classes**
  - C. They are used primarily for competition rankings**
  - D. They determine the funding for sports programs**
- 3. According to recent research, in a typical physical education class, most students are engaged in vigorous activity approximately what percent of the time?**
  - A. More than 60%**
  - B. Less than 40%**
  - C. Between 40% and 60%**
  - D. Always 100%**
- 4. If a high school junior named Jake suggests bowling instead of drinking when pressured by teammates, what skill is he demonstrating?**
  - A. Negotiation skills**
  - B. Conflict resolution**
  - C. Refusal skills**
  - D. Leadership skills**
- 5. Which technique is most effective for creating an emotionally safe environment in physical education?**
  - A. Allowing unlimited failures**
  - B. Giving a fitness test in the fall and rewarding improvements**
  - C. Minimizing student assessments**
  - D. Offering competitive sports only**

**6. What generally decreases in a person as they age?**

- A. Muscle strength**
- B. Body fat**
- C. Aerobic capacity**
- D. Coordination**

**7. Which federal law prohibits discrimination based on a person's sex in any educational program or activity that receives federal funds?**

- A. Title IX of Education Amendments of 1972**
- B. Equal Pay Act**
- C. Civil Rights Act of 1964**
- D. Americans with Disabilities Act**

**8. Which lifestyle change is commonly associated with regular exercise?**

- A. Increased chances of injury**
- B. Enhanced quality of sleep**
- C. Increased reliance on technology**
- D. Lower levels of motivation**

**9. What is a common barrier to physical activity in schools?**

- A. Availability of well-trained physical education staff**
- B. Lack of transportation for students**
- C. Limited access to resources and facilities**
- D. Too many physical education classes scheduled**

**10. Which behavior is a common characteristic of effective health education programs?**

- A. Focus on memorization of health facts**
- B. Emphasis on lifelong health behavior changes**
- C. Promotion of unhealthy lifestyle choices**
- D. Structured solely around classroom learning**

## **Answers**

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

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## **Explanations**

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**1. An individual who consumes 2,350 calories a day but burns only 2,000 calories a day can be expected to gain how many pounds after 30 days?**

- A. 1 pound**
- B. 2 pounds**
- C. 3 pounds**
- D. 4 pounds**

To determine how many pounds an individual will gain after 30 days based on their caloric intake and expenditure, it is essential to first calculate the surplus of calories consumed over calories burned. In this scenario, the individual consumes 2,350 calories daily while burning 2,000 calories. This results in a daily surplus of 350 calories ( $2,350 - 2,000 = 350$ ). Over the course of 30 days, the total caloric surplus would be calculated by multiplying the daily surplus by the number of days:  $350 \text{ calories/day} \times 30 \text{ days} = 10,500 \text{ calories}$ . Next, it is important to understand how many calories are required to gain one pound of body weight. Generally, it is estimated that approximately 3,500 calories is equivalent to one pound of body weight. To find out how many pounds the individual can expect to gain, the total caloric surplus is divided by the number of calories per pound:  $10,500 \text{ calories} \div 3,500 \text{ calories/pound} = 3 \text{ pounds}$ . Thus, based on the individual's caloric surplus, it can be accurately expected that they would gain about 3 pounds over a period of 30 days.

**2. What is the significance of fitness assessments in schools?**

- A. They provide data on student fitness levels, helping guide instruction and measure improvement**
- B. They serve as a basis for discipline in classes**
- C. They are used primarily for competition rankings**
- D. They determine the funding for sports programs**

Fitness assessments in schools hold significant value as they provide essential data on student fitness levels. This information is critical for educators to guide instruction effectively. By understanding where students stand in terms of their physical fitness, teachers can tailor their curricula to meet the specific needs of their students, facilitating a more individualized approach to health and physical education.

Furthermore, fitness assessments allow educators to measure improvement over time. Regular assessments can track the progress of students, indicating how well they are developing their physical abilities and overall fitness. This feedback is vital not only for student motivation but also for informing parents and stakeholders about the effectiveness of the physical education programs in place. In contrast, although discipline, competition rankings, and funding may have roles in the broader context of school athletics, they do not directly relate to the primary function of fitness assessments. The core purpose of these assessments is to enhance student learning and promote a lifelong commitment to health and physical fitness.

**3. According to recent research, in a typical physical education class, most students are engaged in vigorous activity approximately what percent of the time?**

- A. More than 60%**
- B. Less than 40%**
- C. Between 40% and 60%**
- D. Always 100%**

Research indicates that in a typical physical education class, students are generally engaged in vigorous activity for less than 40% of the time. This finding highlights a common trend in physical education settings, where a significant portion of class time may be spent on instruction, transitions, or activities that do not engage students at a vigorous intensity. Recognizing that many students often engage in moderate to low-intensity activities rather than sustaining vigorous effort throughout the entire class is crucial for educators. It emphasizes the need for educators to structure lessons that maximize vigorous participation, ensuring that students receive the health benefits associated with higher intensity physical activity.

**4. If a high school junior named Jake suggests bowling instead of drinking when pressured by teammates, what skill is he demonstrating?**

- A. Negotiation skills**
- B. Conflict resolution**
- C. Refusal skills**
- D. Leadership skills**

Jake is demonstrating refusal skills by suggesting an alternative activity, such as bowling, in response to peer pressure to drink alcohol. Refusal skills are crucial in helping individuals resist engaging in behaviors they are uncomfortable with or that may be harmful. In this scenario, instead of succumbing to the social pressure from his teammates, Jake proposes a different option that allows him to maintain his personal values and make healthy choices. Refusal skills encompass a range of techniques and strategies that empower individuals to say no assertively and confidently. Jake's ability to stand firm against the pressure while offering an enjoyable alternative reflects his capability in this area. These skills contribute to healthier decision-making and can significantly impact a person's ability to navigate social situations involving peer influence. The other skills presented, such as negotiation, conflict resolution, and leadership, don't specifically capture the essence of Jake's response in this context. Negotiation typically involves discussing terms or conditions to reach a mutual agreement, while conflict resolution deals with resolving disputes or disagreements. Leadership skills often involve guiding or influencing others towards a common goal or direction, which is not the primary focus of Jake's action in this situation.

**5. Which technique is most effective for creating an emotionally safe environment in physical education?**

- A. Allowing unlimited failures**
- B. Giving a fitness test in the fall and rewarding improvements**
- C. Minimizing student assessments**
- D. Offering competitive sports only**

Creating an emotionally safe environment in physical education is crucial for fostering student engagement, confidence, and a positive attitude toward physical activity. Focusing on rewarding improvements based on a fitness test in the fall encourages a growth mindset among students. This means that rather than being solely focused on their initial performance, students are motivated to see their progress over time. When improvements are recognized, it reinforces the idea that effort and personal development are valued more than just the results from a single test. This approach encourages students to engage in physical activities without the fear of judgment or failure, as they know that they are being assessed on their journey rather than just their current state. Emphasizing personal growth helps build resilience and a sense of belonging, fostering an emotionally supportive atmosphere in the classroom. In contrast, other options may not effectively contribute to emotional safety. Allowing unlimited failures may inadvertently lead to a lack of accountability, while minimizing student assessments could deprive students of meaningful feedback necessary for their growth. Offering competitive sports only could create a sense of exclusion or pressure, making some students feel inadequate or anxious about their abilities. Thus, rewarding improvements lays a foundation for emotional safety through encouragement and support.

**6. What generally decreases in a person as they age?**

- A. Muscle strength**
- B. Body fat**
- C. Aerobic capacity**
- D. Coordination**

As a person ages, one of the most notable changes is a decrease in aerobic capacity. Aerobic capacity refers to the ability of the cardiovascular and respiratory systems to supply oxygen to the muscles during sustained physical activity. This decline occurs due to various factors, including a reduction in maximum heart rate, decreased lung capacity, and diminishing efficiency of the heart and blood vessels. While muscle strength and coordination may also decline with age, this decrease is often more pronounced in aerobic performance metrics. Body fat levels can vary based on lifestyle, but many individuals tend to gain fat as they age due to factors like a sedentary lifestyle and metabolic changes, making aerobic capacity the most consistent decline associated with aging. Understanding these physiological changes can help educators develop appropriate physical activity programs that cater to the needs of older adults, emphasizing cardiovascular health and endurance.

**7. Which federal law prohibits discrimination based on a person's sex in any educational program or activity that receives federal funds?**

**A. Title IX of Education Amendments of 1972**

**B. Equal Pay Act**

**C. Civil Rights Act of 1964**

**D. Americans with Disabilities Act**

Title IX of the Education Amendments of 1972 is the federal law specifically designed to prohibit discrimination based on sex in any educational program or activity that receives federal financial assistance. This law aims to ensure that everyone has equal access to education, regardless of their sex, and includes protections against sexual harassment and discrimination in all aspects of educational support and participation. It applies not only to students but also to employees within educational institutions, promoting a fair and equitable environment in schools and colleges. This focus on equality in educational settings is what makes Title IX a foundational piece of legislation in advancing gender equity in education.

**8. Which lifestyle change is commonly associated with regular exercise?**

**A. Increased chances of injury**

**B. Enhanced quality of sleep**

**C. Increased reliance on technology**

**D. Lower levels of motivation**

Regular exercise is widely recognized for its numerous health benefits, one of which is the enhancement of sleep quality. Engaging in physical activity can regulate sleep patterns, leading to deeper and more restorative sleep cycles. This occurs due to several physiological mechanisms triggered by exercise, such as the reduction in stress hormones and improvements in mood through the release of endorphins. Additionally, individuals who partake in regular exercise often experience a decrease in symptoms of insomnia and an overall better ability to fall asleep and stay asleep. The other options do not accurately reflect the positive outcomes typically associated with regular exercise. For example, increased chances of injury is a risk that may occur without proper technique or preparation, but it's not a common lifestyle change linked to regular exercise. Increased reliance on technology contradicts the active nature of regular exercise, as physical activity encourages individuals to engage more with their bodies rather than screens. Similarly, lower levels of motivation are often countered by the increased energy and positive mood benefits that exercise brings, rather than being a common result of a committed exercise routine.

## **9. What is a common barrier to physical activity in schools?**

- A. Availability of well-trained physical education staff**
- B. Lack of transportation for students**
- C. Limited access to resources and facilities**
- D. Too many physical education classes scheduled**

Limited access to resources and facilities is indeed a common barrier to physical activity in schools. When schools do not have adequate facilities, such as gyms, fields, or even basic equipment like balls and mats, it can significantly hinder the ability of students to engage in physical activities. Without proper resources, it becomes challenging to implement a comprehensive physical education program or to create an environment that encourages active participation. Additionally, space limitations can restrict the types of activities that can be offered, which can lead to fewer opportunities for students to be physically active during school hours. This barrier highlights the importance of infrastructural investment in schools to promote physical health and education effectively. Access to resources and facilities not only enhances the quality of physical education classes but also promotes a culture of health and fitness among students.

## **10. Which behavior is a common characteristic of effective health education programs?**

- A. Focus on memorization of health facts**
- B. Emphasis on lifelong health behavior changes**
- C. Promotion of unhealthy lifestyle choices**
- D. Structured solely around classroom learning**

Emphasizing lifelong health behavior changes is vital in effective health education programs because it fosters the development of habits that individuals can maintain throughout their lives. This approach encourages learners to internalize health concepts and apply them beyond the classroom, influencing their daily choices and overall well-being. Health education that focuses on behavior change aims to equip students with the skills and knowledge to make informed decisions, promoting a holistic understanding of health rather than a mere accumulation of facts. This characteristic aligns with current health education philosophies that advocate for skills-based learning, where the goal is not just to know health facts but to apply this knowledge in a way that leads to sustainable health practices. This ongoing focus on behavior change can lead to significant improvements in personal and community health outcomes over time.

# 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://praxis2healthphysicaleduc.examzify.com>**

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

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