

PRAXIS II: HEALTH AND PHYSICAL EDUCATION 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. What is a major risk factor associated with sedentary behavior in children?**
 - A. Increased likelihood of obesity
 - B. Higher levels of athletic performance
 - C. Improved social skills
 - D. Enhanced cognitive abilities
- 2. What is the most appropriate feedback for a student struggling to throw a baseball at a target?**
 - A. "Focus on your feet."
 - B. "Keep your eye on the target."
 - C. "Throw harder."
 - D. "Use both hands."
- 3. Which of the following characteristics is most likely to be exhibited by a student who is a victim of bullying?**
 - A. The student excels academically
 - B. The student isolates himself or herself
 - C. The student is overly confident
 - D. The student participates in many sports
- 4. Which mental health disorder involves persistent feelings of sadness and loss of interest in activities?**
 - A. Generalized anxiety disorder
 - B. Depression
 - C. Panic disorder
 - D. Bipolar disorder
- 5. What is one key aspect of social/emotional learning in physical education?**
 - A. Addition of more grades for fitness tests
 - B. Developing teamwork and communication skills
 - C. Focusing only on academic performance
 - D. Minimizing social interactions during activities

- 6. What aspect of physical education is emphasized through outdoor activities?**
- A. Environmental awareness and appreciation for nature
 - B. Strict adherence to classroom rules
 - C. Focus on competitive sports only
 - D. Reduction of physical exertion
- 7. Which of the following risk behaviors is most likely to cause harm or injury to others?**
- A. Texting while driving
 - B. Drinking and driving
 - C. Sharing needles
 - D. Allergic reactions
- 8. Which of the following are characteristics of mature execution of a basketball jump shot?**
- A. Knees slightly flexed and shooting hand, elbow, and shoulder aligned with the target
 - B. Feet together and non-shooting hand supporting the ball
 - C. Both feet off the ground in the air during the shot
 - D. Flat shooting motion and no follow-through
- 9. How can positive reinforcement be used effectively in physical education?**
- A. By punishing poor performance
 - B. By emphasizing competition over personal achievement
 - C. By recognizing efforts and accomplishments
 - D. By providing additional homework for improvement
- 10. Which behaviors are identified as major contributors to teenage mortality and morbidity?**
- A. Excessive screen time and poor diet
 - B. Alcohol and other drug use, sexual behaviors, and behaviors that result in injury
 - C. Skipping school and lack of sleep
 - D. High-stakes competition and peer group pressures

Answers

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

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Explanations

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1. What is a major risk factor associated with sedentary behavior in children?

- A. Increased likelihood of obesity**
- B. Higher levels of athletic performance
- C. Improved social skills
- D. Enhanced cognitive abilities

The increased likelihood of obesity is a significant risk factor associated with sedentary behavior in children because prolonged inactivity leads to an imbalance between energy intake and energy expenditure. When children engage in sedentary activities, such as watching television or playing video games, they burn far fewer calories compared to when they are physically active. This lack of movement can result in weight gain if their caloric intake is not adjusted accordingly, leading to obesity and associated health problems such as diabetes, cardiovascular diseases, and metabolic syndrome. In contrast, the other options mention positive outcomes, which do not relate to the risks of sedentary behavior. Higher levels of athletic performance, improved social skills, and enhanced cognitive abilities typically require active engagement and movement, contradicting the implications of a sedentary lifestyle which may hinder physical fitness, social interaction through active play with peers, and brain development linked to physical activity.

2. What is the most appropriate feedback for a student struggling to throw a baseball at a target?

- A. "Focus on your feet."
- B. "Keep your eye on the target."**
- C. "Throw harder."
- D. "Use both hands."

Focusing on visual targeting is a crucial aspect of developing throwing skills in sports. Advising a student to "keep your eye on the target" encourages them to concentrate on the object they aim to hit, which is essential for improving accuracy and developing hand-eye coordination. This type of feedback aids in building a connection between their body movements and the target, helping to improve the precision of their throws. While the other options do contain elements that could be relevant in certain contexts, they are not as directly impactful in addressing the immediate issue of improving accuracy with throwing. For example, focusing on foot placement is generally more relevant for overall balance and structure rather than directly enhancing target accuracy. Similarly, suggesting to "throw harder" does not help the student develop control or accuracy, which is the focus at this stage. Encouraging the use of both hands could imply an incorrect throwing technique, especially in baseball, where a single-handed throw is standard. Therefore, reinforcing the importance of visual focus on the target is the most appropriate and effective feedback for a student struggling with accuracy in their throws.

3. Which of the following characteristics is most likely to be exhibited by a student who is a victim of bullying?

- A. The student excels academically
- B. The student isolates himself or herself**
- C. The student is overly confident
- D. The student participates in many sports

A student who is a victim of bullying is likely to exhibit behaviors associated with social withdrawal or isolation as a response to their experiences. Isolation can manifest in various ways, such as avoiding social interactions, spending time alone during recess, or being reluctant to engage with peers. This behavior is often a coping mechanism for the emotional distress that bullying can cause, including feelings of low self-esteem, anxiety, or depression. The other characteristics listed do not typically align with the experiences of bullying victims. Academic excellence might indicate a positive school experience rather than being a victim, while being overly confident can suggest a strong sense of self and resilience, traits not commonly found in those who are bullied. Additionally, active participation in sports often involves social engagement and teamwork, which may counter a tendency to isolate, again reflecting a more positive social experience.

4. Which mental health disorder involves persistent feelings of sadness and loss of interest in activities?

- A. Generalized anxiety disorder
- B. Depression**
- C. Panic disorder
- D. Bipolar disorder

The correct choice is depression, which is characterized by sustained feelings of sadness and a diminished interest or pleasure in activities that were once enjoyable or fulfilling. This disorder can also affect a person's ability to function in daily life, impacting their relationships, work, and overall quality of life. Depression can manifest in various ways, including changes in sleep patterns, appetite, energy levels, and concentration. Recognizing the symptoms of depression is crucial for providing appropriate support and treatment. While generalized anxiety disorder, panic disorder, and bipolar disorder also involve significant mental health challenges, they do not primarily manifest through persistent sadness and loss of interest. For instance, generalized anxiety disorder is primarily marked by excessive worry and anxiety, panic disorder is characterized by recurrent panic attacks, and bipolar disorder involves extreme mood swings that include both depressive episodes and periods of mania or hypomania.

5. What is one key aspect of social/emotional learning in physical education?

- A. Addition of more grades for fitness tests
- B. Developing teamwork and communication skills**
- C. Focusing only on academic performance
- D. Minimizing social interactions during activities

Developing teamwork and communication skills is a fundamental aspect of social/emotional learning in physical education. This approach emphasizes how individuals work together, resolve conflicts, and effectively communicate during physical activities and sports. Engaging in cooperative games and group challenges helps students learn to appreciate diversity, build relationships, and enhance their emotional intelligence. These skills are essential in promoting positive social interactions and fostering a supportive class environment where students feel valued and included, which in turn contributes to their overall emotional and social growth. In contrast, adding more grades for fitness tests does not facilitate social or emotional development; it primarily focuses on individual physical performance. Focusing solely on academic performance neglects the broader aspects of health and personal development, which include social skills and emotional well-being. Minimizing social interactions during activities would counteract the goals of social/emotional learning, as these interactions are critical for developing interpersonal skills and emotional resilience.

6. What aspect of physical education is emphasized through outdoor activities?

- A. Environmental awareness and appreciation for nature**
- B. Strict adherence to classroom rules
- C. Focus on competitive sports only
- D. Reduction of physical exertion

Outdoor activities in physical education play a crucial role in fostering environmental awareness and appreciation for nature. Engaging students in activities outside the traditional classroom setting allows them to directly interact with the environment. This can include hiking, kayaking, rock climbing, or simply exploring natural surroundings, all of which encourage students to observe and understand ecosystems, weather patterns, and the importance of conservation. By participating in these experiences, students develop a deeper respect for the natural world, which is essential for promoting sustainable behavior and environmental stewardship. In addition, outdoor activities often require collaboration and teamwork, further enhancing the learning experience and instilling a sense of responsibility towards the environment. This holistic approach encourages students to appreciate nature, understand environmental issues, and recognize their role in protecting the planet.

7. Which of the following risk behaviors is most likely to cause harm or injury to others?

- A. Texting while driving
- B. Drinking and driving**
- C. Sharing needles
- D. Allergic reactions

Drinking and driving is the behavior most likely to cause harm or injury to others because it significantly impairs a person's ability to operate a vehicle safely. Alcohol consumption affects reaction times, judgment, and coordination, which can lead to accidents that not only endanger the driver but also passengers, pedestrians, and other drivers on the road. When individuals choose to drive under the influence, they increase the risk of crashes, potentially resulting in severe injuries or fatalities to themselves and others. While texting while driving also poses serious risks as it distracts the driver, drinking and driving is particularly dangerous due to the profound effects of alcohol on cognitive and motor functions. Sharing needles poses risks primarily to the individual due to the spread of infections, and allergic reactions typically result in harm only to the person experiencing the reaction. Thus, among these options, drinking and driving stands out as the behavior with the highest potential to harm others.

8. Which of the following are characteristics of mature execution of a basketball jump shot?

- A. Knees slightly flexed and shooting hand, elbow, and shoulder aligned with the target**
- B. Feet together and non-shooting hand supporting the ball
- C. Both feet off the ground in the air during the shot
- D. Flat shooting motion and no follow-through

The characteristics of mature execution of a basketball jump shot primarily include having the knees slightly flexed, which helps generate power and stability, and ensuring that the shooting hand, elbow, and shoulder are aligned with the target. This alignment is crucial for accuracy and consistency in shooting. A stable base provided by slightly flexed knees allows the shooter to maintain balance and to explode upward effectively when taking the jump shot. In addition to alignment, maintaining a proper stance with knees flexed helps to improve the overall mechanics of the shot, ensuring that the player's body moves in a coordinated manner. This holistic approach to positioning aids in both the upward motion and the follow-through, which are integral to a successful jump shot. Other options describe elements that are not typically associated with a mature shooting technique. For example, having feet together may limit balance and power generation, while being airborne during the shot without any part of the feet touching the ground isn't ideal for a stable shot. A flat shooting motion with no follow-through also indicates a lack of proper shooting technique, as follow-through is essential for controlling the trajectory of the ball and ensuring accuracy.

9. How can positive reinforcement be used effectively in physical education?

- A. By punishing poor performance
- B. By emphasizing competition over personal achievement
- C. By recognizing efforts and accomplishments**
- D. By providing additional homework for improvement

Using positive reinforcement effectively in physical education involves recognizing efforts and accomplishments. This approach encourages students to engage positively with the physical education curriculum, promoting not only skill development but also a joyful and motivational environment. When students receive recognition for their hard work, regardless of their level of performance, it boosts their confidence and fosters a growth mindset. This acknowledgment can take many forms, such as verbal praise, awards, or opportunities for students to showcase their successes, all of which contribute to enhancing their self-esteem and motivation to participate actively. In contrast, other strategies such as emphasizing competition over personal achievement might lead to anxiety and discourage those who struggle with competitive scenarios. Punishing poor performance can create a negative association with physical activity, deterring students from trying their best. Similarly, providing additional homework may not resonate with the immediate physical engagement and could diminish the enthusiastic atmosphere that physical education aims to cultivate. Recognizing efforts and accomplishments, therefore, is a vital and effective practice that nurtures a positive learning environment in physical education.

10. Which behaviors are identified as major contributors to teenage mortality and morbidity?

- A. Excessive screen time and poor diet
- B. Alcohol and other drug use, sexual behaviors, and behaviors that result in injury**
- C. Skipping school and lack of sleep
- D. High-stakes competition and peer group pressures

The identification of alcohol and other drug use, sexual behaviors, and behaviors that result in injury as major contributors to teenage mortality and morbidity is grounded in substantial research and epidemiological data. These behaviors are linked to a wide array of negative health outcomes and significantly increase the risk of serious injuries and fatalities among teenagers. Alcohol and drug use can impair judgment and increase the likelihood of risky behaviors, which may lead to accidents or violence. Additionally, sexual behaviors, especially when they are unprotected, can result in serious health concerns such as sexually transmitted infections (STIs) or unintended pregnancies. Injurious behaviors often encompass activities like reckless driving, drug overdosing, or engaging in dangerous physical activities, all of which can lead to significant health consequences. On the other hand, behaviors like excessive screen time and poor diet, while they can negatively impact health over time, typically do not lead to immediate mortality or severe morbidity compared to the more acute risks associated with substance abuse and injury-related behaviors. Skipping school and lack of sleep can affect academic performance and overall well-being, but these issues are usually chronic rather than acute contributors to mortality or severe health outcomes. Lastly, while high-stakes competition and peer pressures can influence mental health and decision-making, they are less direct in

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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