

# Praxis II Physical Education 5095 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 concept addresses the need for gradually increasing the difficulty of workouts?**
  - A. Principle of Progression**
  - B. Principle of Overload**
  - C. Effort of Movement**
  - D. Principle of Specificity**
  
- 2. What is the difference between swinging and swaying in movement?**
  - A. Swaying involves movement above the axis**
  - B. Both terms refer to vertical movement**
  - C. Swinging involves lateral movement**
  - D. Both terms describe the same motion**
  
- 3. What does embedded assessment involve?**
  - A. Separate assessment sessions**
  - B. Instruction and assessment occurring together**
  - C. Observation-based evaluation only**
  - D. Standardized test administration**
  
- 4. In the Contingency/Contract Method, what motivates students to complete tasks?**
  - A. Peer pressure**
  - B. Verbal encouragement from the teacher**
  - C. Specified rewards contingent on task completion**
  - D. Competition among classmates**
  
- 5. What characteristic describes a mesomorph body type?**
  - A. Thin with minimal fat**
  - B. Fat and wide structure**
  - C. Muscular and athletic**
  - D. Slender with a narrow build**

- 6. What type of assessment focuses on the overall outcomes of a program?**
- A. Formative Assessment**
  - B. Authentic Assessment**
  - C. Summative Assessment**
  - D. Criterion Referenced Assessment**
- 7. Which component is NOT involved in gross motor skills?**
- A. Walking**
  - B. Kicking**
  - C. Writing**
  - D. Running**
- 8. What characterizes an anaerobic exercise regimen?**
- A. It requires extensive recovery time**
  - B. It relies on oxygen for fuel**
  - C. It involves short bursts of intense activity**
  - D. It is best for long-distance events**
- 9. What characterizes atlantoaxial instability?**
- A. Excessive bone density**
  - B. Inadequate ligament strength**
  - C. Abnormal movement due to bone or ligament issues**
  - D. Improper muscle coordination**
- 10. What does the Principle of Overload require for effective training?**
- A. Consistent low-intensity workouts**
  - B. Routine fitness assessments**
  - C. Increased training load or intensity**
  - D. Exclusively using one form of exercise**

## Answers

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

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## **Explanations**

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**1. Which concept addresses the need for gradually increasing the difficulty of workouts?**

- A. Principle of Progression**
- B. Principle of Overload**
- C. Effort of Movement**
- D. Principle of Specificity**

The Principle of Progression emphasizes the importance of gradually increasing the difficulty of workouts over time to enhance fitness and performance. This principle is based on the idea that as an individual becomes accustomed to a certain level of physical activity, their body requires more challenging stimuli to continue making improvements. By progressively increasing the intensity, duration, or complexity of exercises, individuals can safely advance their fitness levels while minimizing the risk of injury or burnout. This method ensures that the body adapts to increased demands, leading to improved strength, endurance, and overall physical capability. In contrast, the other concepts, while related to exercise and training, do not specifically focus on the need to gradually increase workout difficulty. The Principle of Overload involves challenging the body beyond its normal capacity, which can relate to progression but does not specifically address the gradual increase. The Effort of Movement is more about the intensity and quality of movement rather than structuring a progressive training plan. The Principle of Specificity focuses on training specifically for a particular sport or activity rather than the incremental advancements in workout difficulty.

**2. What is the difference between swinging and swaying in movement?**

- A. Swaying involves movement above the axis**
- B. Both terms refer to vertical movement**
- C. Swinging involves lateral movement**
- D. Both terms describe the same motion**

Swaying involves movement that predominantly occurs along a vertical axis, which can be characterized by the shifting of weight from one side to the other while remaining anchored to a fixed point. This action typically reflects subtle movements that may facilitate balance or stability. In contrast, swinging typically encompasses a broader range of motion, often executing movements that involve both lateral and vertical elements, generally propelled from a pivot point. The distinction lies in the fact that swinging is often associated with a wider, more dynamic action that can be seen in activities like swinging on a swing set, where the body moves in arcs forward and backward. Understanding these concepts is crucial for physical education as they contribute to the development of motor skills and body awareness in different activities.

### 3. What does embedded assessment involve?

- A. Separate assessment sessions
- B. Instruction and assessment occurring together**
- C. Observation-based evaluation only
- D. Standardized test administration

Embedded assessment involves the integration of instruction and assessment, allowing educators to evaluate student learning in real-time as part of the instructional process. This approach enables teachers to gather immediate feedback on students' understanding and skills during lessons or activities, rather than waiting for a separate assessment period. By combining instruction with assessment, educators can more effectively identify areas where students are struggling and adapt their teaching strategies accordingly, ultimately leading to improved learning outcomes. While separate assessment sessions focus solely on evaluating student performance at specific times, and observation-based evaluations rely heavily on observing behavior without necessarily incorporating instructional elements, embedded assessments create a cohesive environment where teaching and evaluating go hand-in-hand. Additionally, standardized tests emphasize a uniform measure of performance that may not capture the nuances of student learning within the context of ongoing instruction. Thus, embedded assessment stands out by emphasizing the synergy between teaching and assessment.

### 4. In the Contingency/Contract Method, what motivates students to complete tasks?

- A. Peer pressure
- B. Verbal encouragement from the teacher
- C. Specified rewards contingent on task completion**
- D. Competition among classmates

The Contingency/Contract Method is based on the principle that students are motivated to complete tasks when they have clear, defined rewards that are explicitly linked to their performance. By providing specified rewards contingent on task completion, students have a tangible incentive to engage with the material and meet the set expectations. This method fosters personal accountability and enhances student engagement, as learners are aware that their efforts will directly lead to specific benefits. In this approach, the emphasis is on creating a clear connection between the effort put forth and the resulting rewards, which can range from tangible items to privileges or recognitions. This focused motivation strategy is effective in helping students understand the value of their actions and encouraging them to take responsibility for their learning outcomes.

**5. What characteristic describes a mesomorph body type?**

- A. Thin with minimal fat**
- B. Fat and wide structure**
- C. Muscular and athletic**
- D. Slender with a narrow build**

A mesomorph body type is characterized by a muscular and athletic physique. Individuals with this body type typically have a naturally higher percentage of muscle mass compared to fat, which lends to a robust and well-defined appearance. Mesomorphs often find it easier to gain muscle and strength and may possess broad shoulders, a narrow waist, and a generally symmetrical build. This body type is well-suited to various physical activities and sports, as they often have good strength and cardiovascular capabilities. Understanding body types like the mesomorph is important in physical education contexts, as it can help tailor training and fitness programs to individual needs and strengths.

**6. What type of assessment focuses on the overall outcomes of a program?**

- A. Formative Assessment**
- B. Authentic Assessment**
- C. Summative Assessment**
- D. Criterion Referenced Assessment**

Summative assessment is geared towards evaluating the overall outcomes of a program after a certain period of instruction or intervention. This type of assessment typically occurs at the end of a course or program and is designed to measure the extent to which the learning objectives have been met. It helps in determining the effectiveness of the instructional strategies and whether the goals set for the program have been achieved. For example, in a physical education setting, a summative assessment might involve a final project, exam, or performance evaluation that assesses students' skills, knowledge, and overall development at the completion of a unit. This allows educators to gather data that informs decisions regarding program improvements and curriculum design moving forward. In contrast, formative assessment is ongoing and focuses on the process of learning during instruction and is meant to guide immediate teaching adjustments. Authentic assessments emphasize real-world application of skills rather than just theoretical knowledge. Criterion-referenced assessments compare a student's performance to a predetermined standard rather than to the performance of other students.

**7. Which component is NOT involved in gross motor skills?**

- A. Walking
- B. Kicking
- C. Writing**
- D. Running

Gross motor skills refer to movements that involve the large muscles of the body and are essential for major physical activities. These skills typically include actions that require whole-body movement and coordination, such as walking, kicking, and running.

Writing, on the other hand, falls under the category of fine motor skills, which involve smaller muscle groups and more intricate movements. Fine motor skills require greater precision and coordination, often using the hands and fingers for tasks like writing, drawing, or manipulating small objects. Therefore, writing is the activity that does not fit within the realm of gross motor skills, making it the correct choice in this context.

**8. What characterizes an anaerobic exercise regimen?**

- A. It requires extensive recovery time
- B. It relies on oxygen for fuel
- C. It involves short bursts of intense activity**
- D. It is best for long-distance events

An anaerobic exercise regimen is primarily characterized by short bursts of intense activity. This type of exercise typically involves high-intensity movements that last for a few seconds to around two minutes, relying on energy sources stored in the muscles rather than oxygen. During anaerobic exercise, the body engages in activities such as sprinting, heavy weight lifting, or high-intensity interval training. These activities are short enough in duration that they cannot be sustained for long periods, as they quickly deplete the energy sources available in the muscles. In contrast, a regimen that relies on oxygen for fuel describes aerobic exercise, where the body utilizes oxygen to produce energy over extended periods, applicable in endurance sports. Additionally, recovery time is often not extensively longer for anaerobic exercises when compared to aerobic exercises, emphasizing the quick nature of the work intervals. Long-distance events, which require sustained effort, are best suited for aerobic conditioning, rather than anaerobic conditions.

## 9. What characterizes atlantoaxial instability?

- A. Excessive bone density
- B. Inadequate ligament strength
- C. Abnormal movement due to bone or ligament issues**
- D. Improper muscle coordination

Atlantoaxial instability is primarily characterized by abnormal movement resulting from issues related to bone or ligaments. The atlantoaxial joint, located between the first two cervical vertebrae (the atlas and axis), relies on a balance of bony structures, ligaments, and muscles to maintain stability. When there is a problem such as excessive laxity in the ligaments or malformation of the bony structures, it can lead to excessive movement in this joint. This excessive movement can result in nerve compression or instability that affects neurological function. Understanding this instability emphasizes the need for careful evaluation of both bony anatomy and ligament integrity in patients presenting with symptoms related to the cervical spine area. While factors such as inadequate ligament strength and muscle coordination can contribute to the overall stability and movement around this joint, they are aspects of the broader picture that lead to the defining characteristic of abnormal movement at the atlantoaxial level.

## 10. What does the Principle of Overload require for effective training?

- A. Consistent low-intensity workouts
- B. Routine fitness assessments
- C. Increased training load or intensity**
- D. Exclusively using one form of exercise

The Principle of Overload is fundamental in exercise physiology and performance training. It states that to improve physical capabilities, whether it's strength, endurance, or flexibility, the body must be subjected to greater than normal levels of stress or workload. This increased load can be achieved by lifting heavier weights, increasing the duration or intensity of aerobic activity, or incorporating more challenging exercises into a workout regimen. By progressively increasing the training load or intensity, the body adapts to the new demands placed on it, which leads to improved performance and fitness levels. Without this principle, workouts may become stagnant, leading to plateaus in training progress. Therefore, the correct answer emphasizes the necessity of making consistent adjustments to the training load to continue achieving goals and enhancing overall physical fitness.

## 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://praxis2pe5095.examzify.com>**

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

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