

# PRAXIS II PHYSICAL EDUCATION 5095 PRACTICE TEST (SAMPLE)

STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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<https://praxis2pe5095.examzify.com>



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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 |

SAMPLE

# 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 the purpose of Criterion Referenced Assessment?**
  - A. To compare students against each other
  - B. To measure student performance against predetermined criteria
  - C. To predict future educational outcomes
  - D. To assess group collaboration
- 2. Which of the following best describes Newton's first law?**
  - A. Force equals mass times acceleration
  - B. An object at rest stays at rest, and an object in motion stays in motion
  - C. For every action, there is an equal and opposite reaction
  - D. Force is needed to maintain an object's motion
- 3. What teaching method involves providing clear instructions and expecting compliance from students?**
  - A. Movement exploration
  - B. Command Style
  - C. Exploration Style
  - D. Reciprocal Style
- 4. Flexibility is best described as?**
  - A. The range of motion available at a joint
  - B. The size of muscle fibers
  - C. The amount of fat relative to lean tissue
  - D. The thickness of blood vessels
- 5. What does the term "anabolic" specifically refer to?**
  - A. The breakdown of complex molecules
  - B. Protein building
  - C. Oxygen utilization
  - D. An increase in calorie intake

- 6. Which of the following is a common area of negligence in physical education?**
- A. Supervision
  - B. Nutrition
  - C. Equipment maintenance
  - D. Skill assessment
- 7. What are locomotor activities characterized by?**
- A. Static exercises
  - B. Movement activities like walking and running
  - C. Strength training
  - D. Flexibility routines
- 8. What does the term "Summation of forces" refer to in physical activity?**
- A. Isolating body parts during movement
  - B. Different parts of the body working together
  - C. Maximizing individual force output
  - D. Enhancing flexibility through stretching
- 9. What is one purpose of kinesiology?**
- A. To understand physical fitness levels
  - B. To help improve physical performance
  - C. To focus solely on dietary needs
  - D. To catalog muscle types
- 10. What does embedded assessment involve?**
- A. Separate assessment sessions
  - B. Instruction and assessment occurring together
  - C. Observation-based evaluation only
  - D. Standardized test administration

## **Answers**

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

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## **Explanations**

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### 1. What is the purpose of Criterion Referenced Assessment?

- A. To compare students against each other
- B. To measure student performance against predetermined criteria**
- C. To predict future educational outcomes
- D. To assess group collaboration

*The purpose of Criterion Referenced Assessment is to measure student performance against predetermined criteria. This type of assessment focuses on whether each student has achieved specific learning objectives or standards, rather than comparing their performance to that of their peers. By using established criteria or benchmarks, educators can identify individual strengths and weaknesses and provide targeted feedback to support each student's learning journey. This approach allows for a clear understanding of what each student can do and the areas in which they may need improvement, fostering a more personalized learning experience.*

### 2. Which of the following best describes Newton's first law?

- A. Force equals mass times acceleration
- B. An object at rest stays at rest, and an object in motion stays in motion**
- C. For every action, there is an equal and opposite reaction
- D. Force is needed to maintain an object's motion

*Newton's first law of motion, often referred to as the law of inertia, states that an object will remain at rest or move in a straight line at a constant speed unless acted upon by a net external force. This law highlights the inherent resistance of objects to changes in their state of motion, whether that means staying at rest or keeping in constant motion. The statement in the correct answer encapsulates the essence of this law, emphasizing the tendency of objects to maintain their current state unless influenced by an external force. This principle forms the foundation for much of classical mechanics and helps explain the behavior of objects in motion or at rest. Understanding this concept is crucial, as it lays the groundwork for further explorations into concepts of force, acceleration, and the interactions between objects in various physical scenarios.*

### 3. What teaching method involves providing clear instructions and expecting compliance from students?

- A. Movement exploration
- B. Command Style**
- C. Exploration Style
- D. Reciprocal Style

*The command style is characterized by the teacher taking a direct and authoritative role in giving clear instructions, while students are expected to follow these directions with precision. In this method, the instructor typically demonstrates the skill or activity and then instructs students to practice it in a specific manner. This approach often leads to efficient learning of fundamental skills, especially in contexts where safety and accuracy are paramount, such as learning how to perform a new movement or technique correctly. The command style is particularly effective for beginners or in situations where learners require a strong foundation before moving on to more complex or open-ended tasks.*

#### 4. Flexibility is best described as?

- A. The range of motion available at a joint
- B. The size of muscle fibers
- C. The amount of fat relative to lean tissue
- D. The thickness of blood vessels

*Flexibility is best described as the range of motion available at a joint. This definition emphasizes the capacity of joints to move through their full potential motion, which is influenced by various factors including the elasticity of muscles, tendons, and connective tissues surrounding the joint. Flexibility plays a crucial role in athletic performance, injury prevention, and overall physical fitness, enabling a wider range of movements in activities such as sports, dancing, and general exercise. Other options, although they relate to different aspects of physical fitness, do not capture the essence of flexibility. The size of muscle fibers relates more to muscular strength and hypertrophy, the amount of fat relative to lean tissue pertains to body composition, and the thickness of blood vessels is associated with cardiovascular fitness and health rather than flexibility. Thus, option A stands out as the most accurate description of flexibility.*

#### 5. What does the term "anabolic" specifically refer to?

- A. The breakdown of complex molecules
- B. Protein building
- C. Oxygen utilization
- D. An increase in calorie intake

*The term "anabolic" specifically refers to processes in the body that involve building up larger molecules from smaller ones, particularly in relation to muscle tissue and protein synthesis. In this context, anabolic processes are associated with growth, repair, and maintenance of body tissues, especially muscle. When referring to protein building, anabolic processes enhance muscle mass by synthesizing proteins, which are vital for recovery and growth following physical activity. This is crucial for athletes and those engaged in strength training, as their bodies require efficient protein synthesis to repair and grow muscle fibers after workouts. Other choices relate to different biological processes: the breakdown of complex molecules refers to catabolic processes, while oxygen utilization is linked to aerobic metabolism, and an increase in calorie intake does not directly define an anabolic process but could support it by providing the necessary energy and nutrients for building tissues. Thus, protein building captures the essential meaning of "anabolic" effectively.*

**6. Which of the following is a common area of negligence in physical education?**

- A. Supervision**
- B. Nutrition
- C. Equipment maintenance
- D. Skill assessment

*Supervision is a common area of negligence in physical education because it directly impacts the safety and well-being of students during physical activities. Effective supervision involves ensuring that all students are monitored during lessons, activities, and sports, helping to prevent accidents, injuries, and inappropriate behavior. When educators fail to maintain proper supervision, they risk not noticing safety hazards, insufficient assistance for struggling students, or conflicts that could escalate. This can lead to a duty of care violation, where the instructor is held accountable for the safety of the students under their supervision. While other areas like nutrition, equipment maintenance, and skill assessment are important within a physical education program, they do not typically involve the immediate safety concerns that arise from inadequate supervision. Nutrition policies and equipment maintenance may contribute to overall program quality, but they are less directly related to the day-to-day safety and supervision required during physical activities. Thus, supervision stands out as the primary area where negligence can have the most immediate and severe consequences for student safety.*

**7. What are locomotor activities characterized by?**

- A. Static exercises
- B. Movement activities like walking and running**
- C. Strength training
- D. Flexibility routines

*Locomotor activities refer to movements that allow individuals to travel from one place to another. These activities are characterized by fundamental movements such as walking, running, jumping, skipping, hopping, sliding, and galloping. These movements engage large muscle groups and are essential for developing gross motor skills, coordination, agility, and balance. They are crucial for a variety of sports and physical activities and often form the basis of early physical education curricula. In contrast, the other choices focus on different aspects of physical activity. Static exercises do not involve movement through space; instead, they emphasize holding positions to enhance strength or stability. Strength training generally pertains to exercises designed to improve muscle strength, often involving resistance. Flexibility routines aim to increase the range of motion in joints and muscles, typically through stretching exercises. Therefore, only the choice that encompasses movement activities like walking and running aligns with the definition of locomotor activities.*

**8. What does the term "Summation of forces" refer to in physical activity?**

- A. Isolating body parts during movement
- B. Different parts of the body working together**
- C. Maximizing individual force output
- D. Enhancing flexibility through stretching

*The term "Summation of forces" refers to the coordinated and efficient use of different parts of the body working together to produce a greater overall force. This concept is crucial in physical activity and sports, where multiple body segments contribute to the final outcome of a movement, such as throwing, jumping, or striking. By using various joints and muscle groups in a synchronized manner, an athlete can maximize their performance, ensuring that energy is transferred effectively throughout the entire kinetic chain. This coordination often requires precise timing and technique, as the effective summation of forces can lead to improved speed, power, and efficiency in movement. Understanding how to summon forces through multiple body parts is essential for quality coaching, performance enhancement, and injury prevention in physical education and athletics.*

## 9. What is one purpose of kinesiology?

- A. To understand physical fitness levels
- B. To help improve physical performance**
- C. To focus solely on dietary needs
- D. To catalog muscle types

*Kinesiology is the interdisciplinary study of human movement, encompassing a variety of subfields, including anatomy, biomechanics, motor learning, and physiology. One of its primary purposes is to help improve physical performance, which is crucial for athletes, rehabilitation specialists, and fitness professionals. By understanding how the body moves, kinesiology enables practitioners to develop effective training programs, optimize performance, prevent injuries, and better understand the physiological responses to different types of physical activity. This focus on enhancing physical abilities and overall movement efficiency is central to the application of kinesiology in various sports and exercise settings. The other choices, while related to the field of physical education and health, do not capture the primary objective of kinesiology as effectively. Understanding physical fitness levels is indeed important, but it is often a byproduct of applying kinesiological principles rather than its core purpose. Focusing solely on dietary needs is a different area of study, falling under nutrition rather than kinesiology. Cataloging muscle types, while relevant to anatomy, does not encompass the broader objective of kinesiology, which is to study movement and improve performance.*

## 10. 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.*

## 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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