

# Rutgers Foundations of Kinesiology and Health 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. Which describes sport as a service?**
  - A. The direction given to the setting or structure in which physical activity is offered to the client.**
  - B. Uses sport/fitness/physical activity as a means to an end.**
  - C. Sport or activity is a small component in a larger enterprise.**
  - D. Focus is not on the product or specific service but rather the delivery of the service.**
  
- 2. Which term is concerned with the social behavior and organization of groups in sport?**
  - A. Sport psychology**
  - B. Sport sociology**
  - C. Internal factors**
  - D. Locomotor skills**
  
- 3. Which statement best describes motor development?**
  - A. Motor development is a random, abrupt change not tied to age.**
  - B. Motor development is a continuous, sequential, age-related process.**
  - C. Motor development relies solely on innate talent.**
  - D. Motor development occurs independently of maturation.**
  
- 4. Which of the following is the study of human movement?**
  - A. The study of human movement**
  - B. The study of plants**
  - C. The study of celestial bodies**
  - D. The study of weather patterns**
  
- 5. Which example best illustrates a perceptual-motor skill?**
  - A. Stretching in place.**
  - B. Moving place to place from one location to another.**
  - C. Hand-eye coordination during serving a tennis ball.**
  - D. Moving an object by throwing a football.**

- 6. Which factor includes the influence of external audiences such as crowds on an athlete's performance?**
- A. Internal factors**
  - B. Perceptual motor**
  - C. Health psychology**
  - D. External factors**
- 7. Which title of the Americans with Disabilities Act addresses employment discrimination?**
- A. Employment**
  - B. Public Entities & Transportation**
  - C. Public Accommodations & Commercial Facilities**
  - D. Telecommunications**
- 8. Which option represents a factor associated with affiliation tendency?**
- A. Reciprocity effect**
  - B. Perceptions of similarity**
  - C. Notion of cooperation**
  - D. Mere proximity**
- 9. Which option is NOT a listed major component of kinesiology's four major components?**
- A. Value, achievement, & culture**
  - B. Efficiency, effort, & work**
  - C. Balance, stamina, & adaptability**
  - D. Growth, development, & form**
- 10. Which concept views sport as a small component in a larger enterprise?**
- A. Sport as a tenant**
  - B. Sport as a service**
  - C. Sport management**
  - D. Sport as a sales product**

## Answers

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

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## **Explanations**

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## 1. Which describes sport as a service?

- A. The direction given to the setting or structure in which physical activity is offered to the client.
- B. Uses sport/fitness/physical activity as a means to an end.
- C. Sport or activity is a small component in a larger enterprise.
- D. Focus is not on the product or specific service but rather the delivery of the service.**

In sport as a service, value comes from how the service is delivered to participants—the process, interactions, and overall experience, not just the sport or activity itself. The best choice highlights this focus on delivery: the emphasis is on how the service is provided—the timing, accessibility, staff support, safety, and flow of the experience—rather than on the particular product or activity. The other ideas describe different aspects that don't center the service experience. Focusing on the setting or structure talks more about where and how activities are arranged, rather than the ongoing delivery and interaction with clients. Viewing sport as a means to an end treats sport as a tool to achieve goals (like fitness or health) rather than as a service being offered. Seeing sport as a small part of a larger enterprise downplays the service experience in favor of a broader business context.

## 2. Which term is concerned with the social behavior and organization of groups in sport?

- A. Sport psychology
- B. Sport sociology**
- C. Internal factors
- D. Locomotor skills

The study of how people interact, form groups, and organize themselves within sporting settings is addressed by sport sociology. It looks at team dynamics, roles, leadership, clubs and leagues, and how social factors like culture, gender, race, and power shape participation and structures in sport. In contrast, sport psychology focuses on the individual's mental processes that affect performance—motivation, anxiety, concentration, and confidence—rather than how groups are organized. Internal factors and locomotor skills don't specifically address the social behavior or organization of groups in sport, with internal factors generally referring to non-social determinants and locomotor skills to movement abilities. So the term that best fits the social behavior and organization of groups in sport is sport sociology.

### 3. Which statement best describes motor development?

- A. Motor development is a random, abrupt change not tied to age.
- B. Motor development is a continuous, sequential, age-related process.**
- C. Motor development relies solely on innate talent.
- D. Motor development occurs independently of maturation.

Motor development progresses in a steady, age-related sequence. As the nervous system and body mature, movement skills emerge in a logical order and become more refined with practice and experience, showing a gradual, building progression rather than sudden jumps. This continuous, sequential pattern reflects how maturation sets the timing and possibilities for movement, while environment and practice shape how those skills develop. It's not about innate talent alone, and it isn't independent of maturation, which is why this description best captures how motor abilities unfold over time.

### 4. Which of the following is the study of human movement?

- A. The study of human movement**
- B. The study of plants
- C. The study of celestial bodies
- D. The study of weather patterns

Studying how the human body moves is kinesiology. It looks at how bones, muscles, joints, and the nervous system work together to produce motion, how movement develops with practice, and how factors like strength, flexibility, and technique affect performance and injury risk. This field brings together anatomy, physiology, biomechanics, and motor control to describe and improve human movement. The other topics—plants, celestial bodies, and weather patterns—are studied in botany, astronomy, and meteorology, respectively, so they don't describe movement in humans.

### 5. Which example best illustrates a perceptual-motor skill?

- A. Stretching in place.
- B. Moving place to place from one location to another.
- C. Hand-eye coordination during serving a tennis ball.**
- D. Moving an object by throwing a football.

Perceptual-motor skills involve using sensory information to guide and adjust movements in real time. Hand-eye coordination during serving a tennis ball fits this perfectly because you must visually track the ball, judge its speed and trajectory, time your toss, and coordinate your arm and racket to strike at the right moment. This continuous loop of sensing and adapting distinguishes it from other actions. Stretching in place is mainly a static motor action without needing sensory input to guide a moving target. Moving from place to place is locomotion, a broader type of movement not focused on integrating precise perception with action. Throwing a football relies on motor technique and force, but it doesn't require the same ongoing perceptual processing to respond to a moving object during the action.

**6. Which factor includes the influence of external audiences such as crowds on an athlete's performance?**

- A. Internal factors**
- B. Perceptual motor**
- C. Health psychology**
- D. External factors**

External factors capture influences from outside the athlete, such as the social environment and audience presence. The crowd is a social element that can raise arousal and alter performance, depending on the task's difficulty. This fits outside-in influences rather than what happens inside the person or in the mechanics of movement. Internal factors would involve things like motivation, anxiety, or confidence within the athlete; perceptual motor deals with how perception guides movement and the execution of skills; health psychology focuses on health-related behaviors and well-being. So the factor that includes the impact of crowds on performance is external factors.

**7. Which title of the Americans with Disabilities Act addresses employment discrimination?**

- A. Employment**
- B. Public Entities & Transportation**
- C. Public Accommodations & Commercial Facilities**
- D. Telecommunications**

The part of the ADA that addresses employment discrimination is the title focused on work settings and hiring practices. This part—often called Title I—prohibits discrimination against qualified individuals with disabilities in all aspects of employment, including hiring, firing, promotions, pay, and job duties, and it requires that reasonable accommodations be provided unless doing so would cause undue hardship. It also protects against retaliation for asserting rights under the ADA. Because this title specifically targets how people with disabilities are treated in the workplace, it is the best match for questions about employment discrimination. Other titles cover different areas: one ensures access to public programs and transportation run by governments; another guarantees access to public accommodations like restaurants and hotels and to various facilities; another deals with telecommunications access. These distinctions show why the employment-focused title is the correct choice for employment discrimination questions.

**8. Which option represents a factor associated with affiliation tendency?**

- A. Reciprocity effect**
- B. Perceptions of similarity**
- C. Notion of cooperation**
- D. Mere proximity**

Affiliation tendency grows from opportunities to interact with others. When people are near each other, they see and talk with one another more often, creating familiarity, trust, and the chance to form friendships or group bonds. This is why proximity—being physically close—is the strongest driver of affiliative ties: it first enables contact, and repeated encounters boost liking through the mere exposure effect. Reciprocity, perceived similarity, and cooperation play roles in relationship development, but they depend on having ongoing interactions in the first place. Proximity provides that initial, reliable pathway to affiliative connections.

**9. Which option is NOT a listed major component of kinesiology's four major components?**

- A. Value, achievement, & culture**
- B. Efficiency, effort, & work**
- C. Balance, stamina, & adaptability**
- D. Growth, development, & form**

In kinesiology, the major components are broad domains that organize how we study movement, participation, and health—things that group together related ideas and questions about activity. The options that map to these broad domains talk about values and culture shaping engagement, how efficiently energy is used and effort is applied, and growth with movement form and development. These are conceptual areas you would analyze as part of the framework for understanding movement. Balance, stamina, and adaptability describe specific physical attributes and capabilities rather than a overarching domain used to categorize the field. While balance and stamina are important qualities for many activities, they're traits you study within the broader components, not a separate major component themselves. That makes this option not fit as one of the listed major components, which is why it's the correct answer.

**10. Which concept views sport as a small component in a larger enterprise?**

- A. Sport as a tenant**
- B. Sport as a service**
- C. Sport management**
- D. Sport as a sales product**

This item tests how sport is positioned within a larger enterprise, treating sport as a component rather than the whole system. The idea of sport as a tenant imagines the sport organization as occupying space in a larger facility or organization—paying rent, sharing resources, and operating under the owner’s broader plans. For example, a pro team might lease a stadium owned by a city or private company and share it with other events; the stadium owner manages the venue and revenue streams, while the team is one of several tenants contributing to the overall business. This view emphasizes interdependence with a bigger enterprise and shows sport as a smaller part of a larger economic and organizational ecosystem. In contrast, viewing sport as a service centers on delivering sport experiences to fans, sport management focuses on running the sport organization itself, and sport as a sales product treats sport as something to market and sell—none of which highlight sport as a tenant within a broader enterprise.

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

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

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