

# Speights CAP Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

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. Name the only All Black produced from the Upper Clutha Rugby Club.**
  - A. Bill Young**
  - B. Pita Alatini**
  - C. Kurt Hammer**
  - D. Neil Purvis**
  
- 2. A ball with 108 stitches is used in which sport?**
  - A. Baseball**
  - B. Basketball**
  - C. Soccer**
  - D. Rugby**
  
- 3. Which two rugby nations was Ali Williams eligible for before representing New Zealand?**
  - A. France & Ireland**
  - B. New Zealand & England**
  - C. England & Wales**
  - D. Australia & Ireland**
  
- 4. Why is Paige Hareb different from most other Elite Female Surfers?**
  - A. She surfs regular stance**
  - B. She surfs goofy foot**
  - C. She surfs backward**
  - D. She surfs switch footed**
  
- 5. The Speight's Brewery is located in which city?**
  - A. Dunedin**
  - B. Auckland**
  - C. Wellington**
  - D. Christchurch**

- 6. How many Tour de France titles were stripped from Lance Armstrong?**
- A. 5**
  - B. 7**
  - C. 3**
  - D. 9**
- 7. Who was named Otago Razorbacks player of the year in 2012?**
- A. Liam Coltman**
  - B. Aaron Smith**
  - C. Ben Smith**
  - D. Bryce Heem**
- 8. In the 2012 Twickenham match, England defeated which team 38-21?**
- A. All Blacks**
  - B. Wallabies**
  - C. Springboks**
  - D. Lions**
- 9. Which Otago rugby legend captained the Kiwis after World War II?**
- A. Bert Cooke**
  - B. Charlie Saxton**
  - C. Stuart Porter**
  - D. Peter McLean**
- 10. Which statement describes John Kirwan and Frano Botica in Warriors history?**
- A. They were the first players to score for the Warriors**
  - B. They were the most capped All Blacks to play for the Warriors**
  - C. They were founding players of the Warriors**
  - D. They were the first All Blacks to play for the Warriors**

## Answers

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

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## **Explanations**

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**1. Name the only All Black produced from the Upper Clutha Rugby Club.**

- A. Bill Young**
- B. Pita Alatini**
- C. Kurt Hammer**
- D. Neil Purvis**

This question tests knowing which All Black came through a specific local club. The Upper Clutha Rugby Club has had only one player progress to the national team, making that link unique. That player is Neil Purvis, who is recorded as the All Black connected to Upper Clutha, so he is the correct pick. The other names—while notable rugby players—are associated with different clubs, not Upper Clutha, so they don't fit the criterion of being the All Black produced by that club.

**2. A ball with 108 stitches is used in which sport?**

- A. Baseball**
- B. Basketball**
- C. Soccer**
- D. Rugby**

The idea being tested is how the ball's construction identifies the sport. A baseball is made from two pieces of leather sewn together with a distinctive seam using a large number of stitches—specifically 108 stitches around the seam. That stitching pattern and the leather construction are classic hallmarks of a baseball, giving it the characteristic grip and flight. Other sports use balls built very differently, with panel patterns or shapes that don't rely on that 108-stitch seam, so they aren't described by this same construction detail.

**3. Which two rugby nations was Ali Williams eligible for before representing New Zealand?**

- A. France & Ireland**
- B. New Zealand & England**
- C. England & Wales**
- D. Australia & Ireland**

International eligibility in rugby union often comes from family ties: if a parent or grandparent was born in a country, you can qualify to represent that country even if you were born elsewhere. Ali Williams, though New Zealand-born and later an All Black, had ancestral links that satisfied England's and Wales's eligibility rules. That means, before he played for New Zealand, he could have chosen to represent either England or Wales based on those family connections. The other options don't align with his known heritage, so they aren't correct.

**4. Why is Paige Hareb different from most other Elite Female Surfers?**

- A. She surfs regular stance
- B. She surfs goofy foot**
- C. She surfs backward
- D. She surfs switch footed

In surfing, stance is which foot is forward on the board. Paige Hareb surfs goofy-foot, meaning her right foot is forward. That makes her different from many elite female surfers who ride regular stance with the left foot forward. Goofy-footing changes how you set up for takeoffs, lean into turns, and position on the wave face. The other options don't describe a real distinguishing stance for her: regular stance is common, backward isn't a recognized stance, and switch footed would mean she can ride both stances rather than having a fixed one.

**5. The Speight's Brewery is located in which city?**

- A. Dunedin**
- B. Auckland
- C. Wellington
- D. Christchurch

Understanding where a long-standing NZ brewery is based helps connect a brand to its regional story. Speight's has its origins and primary operations in Dunedin, in the Otago region. This historic link to Dunedin is why that city is the correct one. Auckland, Wellington, and Christchurch are major cities, but they are not the home of Speight's original brewery.

**6. How many Tour de France titles were stripped from Lance Armstrong?**

- A. 5
- B. 7**
- C. 3
- D. 9

Armstrong's seven Tour de France titles were stripped after a thorough doping investigation showed he used performance-enhancing drugs and blood doping during his career. He originally won seven consecutive Tours from 1999 to 2005, but around 2012-2013 the UCI officially removed those wins in light of USADA's findings. So the number of titles taken away is seven. That's why other numbers don't fit—the documented sanctions cover all seven of his Tour de France victories.

**7. Who was named Otago Razorbacks player of the year in 2012?**

- A. Liam Coltman**
- B. Aaron Smith**
- C. Ben Smith**
- D. Bryce Heem**

This question focuses on recalling a specific team award from a given year for Otago's rugby side. In 2012, Liam Coltman stood out for Otago in the ITM Cup with consistent, impactful performances at hooker—strong scrummaging, accurate lineout throws, and solid defense throughout the season. Those steady, game-in-and-game-influential contributions are precisely the kind of impact that earns a Player of the Year honor, as the award recognizes the player who most consistently drove the team's performance across the year. While his teammates had notable moments, Coltman's all-around contribution during that season set him apart and led to him receiving the award.

**8. In the 2012 Twickenham match, England defeated which team 38-21?**

- A. All Blacks**
- B. Wallabies**
- C. Springboks**
- D. Lions**

This question is testing your recall of a specific match result. In the 2012 Twickenham game, England beat New Zealand, the All Blacks, by 38-21. Twickenham is England's venue, and the All Blacks are New Zealand's national team. The other options are different teams (the Wallabies are Australia, the Springboks are South Africa, and the Lions are a combined team from the British Isles), none of which fit the 38-21 result at Twickenham in 2012.

**9. Which Otago rugby legend captained the Kiwis after World War II?**

- A. Bert Cooke**
- B. Charlie Saxton**
- C. Stuart Porter**
- D. Peter McLean**

After World War II, the Kiwis needed a captain who could lead a team rebuilding after the disruption of war. Charlie Saxton fit that role perfectly. As an Otago legend, he was renowned for his leadership and consistent performance, which earned him the respect of teammates and selectors alike. That combination of on-field skill and the ability to unite players from across New Zealand makes him the natural pick to have captained the national side in the immediate postwar era. While the other players were notable figures of their time, Saxton's leadership stood out for guiding the team through that transition period.

**10. Which statement describes John Kirwan and Frano Botica in Warriors history?**

- A. They were the first players to score for the Warriors**
- B. They were the most capped All Blacks to play for the Warriors**
- C. They were founding players of the Warriors**
- D. They were the first All Blacks to play for the Warriors**

John Kirwan and Frano Botica are recognized for representing the Auckland Warriors as two of the earliest players with All Blacks honors to wear the club's jersey. When the Warriors were formed in the mid-1990s, Kirwan joined as a marquee signing and Botica soon followed, signaling the club's aim to bring top New Zealand rugby talent into league. That makes them the first All Blacks to play for the Warriors, a distinction that highlights the club's rapid connection to high-level NZ rugby. The other statements either overstate their role (being founding players) or miss the defining point (who scored first or who has the most caps), so this description best captures their place in Warriors history.

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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://speightscap.examzify.com>**

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

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