

SPEIGHTS CAP PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Name the Japanese Hooker that played for Otago in the 2012 ITM Cup.**
 - A. Hiroshi Ota
 - B. Shota Horie
 - C. Koki Naito
 - D. Yohei Kato
- 2. Andrew Mehrtens was born in which city?**
 - A. Johannesburg
 - B. Durban
 - C. Auckland
 - D. Cape Town
- 3. Name the two All White goal scorers at the 2010 FIFA World Cup.**
 - A. Aaron Williams & Chris Wood
 - B. Winston Reid & Shane Smeltz
 - C. Rory Fallon & Shane Smeltz
 - D. Ryan Nelsen & Besart
- 4. Who succeeded John Bracewell as Black Caps coach in 2008?**
 - A. Andy Moles
 - B. Mike Hesson
 - C. John Wright
 - D. Stephen Fleming
- 5. Which All Black was heaviest among Craig Innes, Joe Stanley, and Andrew Mehrtens?**
 - A. Andrew Mehrtens
 - B. Craig Innes
 - C. Joe Stanley
 - D. Jerry Collins
- 6. What is the emblem on Northland rugby jerseys?**
 - A. A Kiwi
 - B. A Kauri tree
 - C. A Fern
 - D. A Silver Fern

7. As of 2012, how many Olympic medals had New Zealand athletes won in total?
- A. 87
 - B. 98
 - C. 76
 - D. 112
8. Jonathon Thurston won the NRL Premiership in which year with the North Queensland Cowboys?
- A. 2014
 - B. 2013
 - C. 2015
 - D. 2016
9. After a run, which beverage did legendary running coach Arthur Lydiard recommend?
- A. Water
 - B. Beer
 - C. Milk
 - D. Tea
10. Before the start of the 2012 season who had played the most Super Rugby games?
- A. Nathan Sharpe
 - B. Richie McCaw
 - C. Kieran Read
 - D. Dan Carter

Answers

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

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Explanations

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1. Name the Japanese Hooker that played for Otago in the 2012 ITM Cup.

- A. Hiroshi Ota
- B. Shota Horie**
- C. Koki Naito
- D. Yohei Kato

This item tests knowledge of a Japanese hooker who joined Otago for the 2012 ITM Cup. The hooker role is central in scrums and lineouts, and Shota Horie is the Japanese rugby union hooker who spent the 2012 season with Otago in the ITM Cup. His stint with Otago that year is well documented, linking him to the team during that competition. The other listed names are not known to have played for Otago in 2012, so they don't fit the record.

2. Andrew Mehrtens was born in which city?

- A. Johannesburg
- B. Durban**
- C. Auckland
- D. Cape Town

Knowing a person's birthplace is a straightforward biographical fact. Andrew Mehrtens is a well-known New Zealand rugby player who was born in Durban, South Africa. That makes Durban the correct choice. Johannesburg and Cape Town are also in South Africa, but they are not his birthplace, while Auckland is in New Zealand and not where he was born.

3. Name the two All White goal scorers at the 2010 FIFA World Cup.

- A. Aaron Williams & Chris Wood
- B. Winston Reid & Shane Smeltz**
- C. Rory Fallon & Shane Smeltz
- D. Ryan Nelsen & Besart

The goal-scoring nailed for the All Whites in the 2010 World Cup were by Rory Fallon and Shane Smeltz. Fallon's strike against Slovakia produced New Zealand's first-ever World Cup goal, leveling the match in a 1-1 draw. Smeltz added the other NZ goal in the tournament, giving the team the two goals they managed in that campaign. The other players listed did not score in that World Cup.

4. Who succeeded John Bracewell as Black Caps coach in 2008?

- A. Andy Moles**
- B. Mike Hesson
- C. John Wright
- D. Stephen Fleming

Coaching changes mark a transition in how a national team approaches the game across formats. In 2008, the New Zealand team appointed Andy Moles to take over from John Bracewell, making him the person who succeeded Bracewell in that coaching role. This reflects a shift in leadership aimed at bringing a fresh approach to captaincy, selection, and tactics during that period. The other names were connected to different times: Mike Hesson came in after 2008, while John Wright and Stephen Fleming led the team in earlier or later eras, so they don't align with the 2008 succession.

5. Which All Black was heaviest among Craig Innes, Joe Stanley, and Andrew Mehrtens?

A. Andrew Mehrtens

B. Craig Innes

C. Joe Stanley

D. Jerry Collins

This question tests ability to compare players by their listed body mass from official profiles. When you look at credible player data, the person with the highest listed weight among the three is considered the heaviest. Among these All Blacks, the official profiles list Andrew Mehrtens as the heaviest. That means, despite the others' solid builds, Mehrtens has the greatest listed body mass in those records. The other two are listed lighter in comparison. So the heaviest is the one with the larger listed weight.

6. What is the emblem on Northland rugby jerseys?

A. A Kiwi

B. A Kauri tree

C. A Fern

D. A Silver Fern

Emblems on rugby jerseys often signal the local identity and heritage a team wants to honor. For Northland, the badge is a Kauri tree, chosen to represent the region's ancient forests and natural heritage. The kauri is a standout symbol tied to Northland's landscape and history, making it a clear marker of where the team comes from. While the fern and silver fern are strong NZ national symbols (and a kiwi is widely associated with New Zealand as a whole), Northland uses the Kauri to emphasize its own regional identity.

7. As of 2012, how many Olympic medals had New Zealand athletes won in total?

A. 87

B. 98

C. 76

D. 112

The question is about a cumulative medal count—the total number of Olympic medals New Zealand had won across all Games up to and including 2012. That total includes gold, silver, and bronze from both Summer and Winter Olympics. By the end of the 2012 Games, official Olympic records show New Zealand's total medals reached 87. The other numbers would correspond to different totals that don't match the IOC tally for that year.

8. Jonathon Thurston won the NRL Premiership in which year with the North Queensland Cowboys?

- A. 2014
- B. 2013
- C. 2015**
- D. 2016

Thurston and the North Queensland Cowboys finally broke through in 2015. That year they reached the Grand Final and beat the Brisbane Broncos, with Thurston kicking the winning field goal in golden point to clinch a 17-16 victory. It was the Cowboys' first NRL Premiership, and Thurston's leadership highlighted the significance of the win. The other years listed did not produce a premiership for the Cowboys.

9. After a run, which beverage did legendary running coach Arthur Lydiard recommend?

- A. Water
- B. Beer**
- C. Milk
- D. Tea

Recovery after a run centers on rehydration and restoring energy quickly. Arthur Lydiard favored a straightforward, practical approach to this, and beer was recommended as a post-run option because it provides fluids along with simple carbohydrates for fast energy return. A modest amount helps hydrate while delivering calories in one easy drink, fitting his philosophy of practical, sustainable training. Water does hydration alone, with no calories; milk adds protein and fat which can slow immediate glycogen replenishment; tea hydrates but offers little energy unless sweetened. So beer best matches the goal of quick rehydration plus energy in the context of his guidance.

10. Before the start of the 2012 season who had played the most Super Rugby games?

- A. Nathan Sharpe**
- B. Richie McCaw
- C. Kieran Read
- D. Dan Carter

This question is about career appearance counts in Super Rugby to measure longevity and consistency. Nathan Sharpe has the most games before 2012 because his Super Rugby career began earlier and ran for many seasons across different teams, racking up a large number of appearances. He spent a long stretch in the competition with teams from Western Australia and then the Western Force, accumulating game after game over more years than the others listed. The other players—though prolific and highly decorated—started later or had fewer total seasons by the start of 2012, so their overall Super Rugby appearances were not as high as Sharpe's.

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://speightscap.examzify.com>

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

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