

# TCOLE Fitness and Wellness Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What is the general effect of progressive muscular relaxation on muscle tension?**
  - A. Increases muscle tension**
  - B. Teaches recognition and reduction of muscle tension**
  - C. Focuses solely on mental relaxation**
  - D. Enhances muscle hypertrophy**
- 2. What is the primary function of the Central Nervous System?**
  - A. Regulating heart rate and breathing**
  - B. Command center for processing information**
  - C. Preparation for "fight or flight" responses**
  - D. Rest and digestion functions**
- 3. What change related to hair is commonly seen in steroid users?**
  - A. Decreased body hair**
  - B. Increased facial and body hair**
  - C. Hair thinning**
  - D. Hair color change**
- 4. What factors can influence the severity of the depression phase after a traumatic event?**
  - A. The officer's previous experiences**
  - B. The reaction of peers**
  - C. The officer's support system and community response**
  - D. The nature of the traumatic event alone**
- 5. What essential tasks can anaerobic training help improve for law enforcement officers?**
  - A. Sprinting and long-distance running**
  - B. Flexibility and joint mobility**
  - C. Maximum effort in short, intense bursts**
  - D. Endurance and cardiovascular health**



- 6. What internal agency factor contributes to stress among officers?**
- A. Strong community relations**
  - B. Effective training programs**
  - C. Poor economic benefits and conditions**
  - D. Opportunities for promotion**
- 7. Which of the following is not a type of energy fuel for the body?**
- A. Carbs**
  - B. Proteins**
  - C. Fats**
  - D. Vitamins**
- 8. What is the purpose of a cool down phase in an exercise program?**
- A. Increase heart rate**
  - B. Prepare the body for intense workouts**
  - C. Bring the body back to a resting state**
  - D. Enhance anaerobic capacity**
- 9. Which form of training is beneficial for improving endurance and energy efficiency?**
- A. Strength training**
  - B. Plyometric training**
  - C. Metabolic conditioning**
  - D. Low-intensity steady-state training**
- 10. For individuals with heart or cholesterol problems, what should the fat percentage range be?**
- A. 5-10%**
  - B. 7-10%**
  - C. 10-15%**
  - D. 15-20%**

## **Answers**

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

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## **Explanations**

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**1. What is the general effect of progressive muscular relaxation on muscle tension?**

- A. Increases muscle tension**
- B. Teaches recognition and reduction of muscle tension**
- C. Focuses solely on mental relaxation**
- D. Enhances muscle hypertrophy**

Progressive muscular relaxation (PMR) is a technique developed to help individuals recognize and reduce muscle tension throughout their bodies. It involves systematically tensing and then relaxing different muscle groups, which allows individuals to gain awareness of physical sensations as they transition from tension to relaxation. This practice is beneficial for stress relief and promotes a state of physical and mental calmness, contributing to overall well-being. The method is not about solely achieving mental relaxation or enhancing muscle size (hypertrophy) but rather focuses on the physical aspect of muscle tension. While mental relaxation may be a byproduct, the core principle is the identification and alleviation of muscle tension. Moreover, while PMR does involve tensing muscles, it is specifically designed to reduce the overall muscle tension rather than increase it. Thus, this technique effectively supports individuals in managing stress and body tension effectively.

**2. What is the primary function of the Central Nervous System?**

- A. Regulating heart rate and breathing**
- B. Command center for processing information**
- C. Preparation for "fight or flight" responses**
- D. Rest and digestion functions**

The primary function of the Central Nervous System (CNS) is to act as the command center for processing information. The CNS, which consists of the brain and spinal cord, plays a crucial role in receiving sensory information from the body, processing this information, and then coordinating responses. This includes integrating sensory input, making decisions, and directing motor outputs to execute appropriate reactions. Through complex neural pathways, the CNS controls voluntary movements and involuntary actions, regulates complex behaviors, and maintains homeostasis. Other functions mentioned in the options, like regulating heart rate and breathing, preparing for "fight or flight" responses, and managing rest and digestion functions, are primarily controlled by the autonomic nervous system, which is influenced by the CNS but does not encompass its primary role. The CNS's pivotal function is to process and interpret sensory data, thus making it integral to overall body function and interaction with the environment.

**3. What change related to hair is commonly seen in steroid users?**

- A. Decreased body hair**
- B. Increased facial and body hair**
- C. Hair thinning**
- D. Hair color change**

The increase in facial and body hair among steroid users is linked to the effect of anabolic steroids on hormones, particularly testosterone. Anabolic steroids can elevate testosterone levels in the body, which can lead to hypertrichosis, a condition characterized by excessive hair growth, especially in areas normally associated with male-pattern hair distribution. This change is part of a broader set of physical alterations associated with steroid use, including changes in skin texture and the potential for acne due to hormonal fluctuations. The hormonal effects can also result in other attributes, such as voice deepening and increased muscle mass, further contributing to the masculine traits commonly linked to steroid use. While decreased body hair, hair thinning, and changes in hair color may impact some individuals for various reasons, they are not directly associated with the effects of steroids in the same way that increased facial and body hair is. Thus, the correct response highlights the significant androgenic effects of steroids on hair growth.

**4. What factors can influence the severity of the depression phase after a traumatic event?**

- A. The officer's previous experiences**
- B. The reaction of peers**
- C. The officer's support system and community response**
- D. The nature of the traumatic event alone**

The severity of the depression phase following a traumatic event can be heavily influenced by the officer's support system and the response of the community. Strong social support from family, friends, and colleagues can provide emotional comfort, help mitigate feelings of isolation, and encourage healthy coping strategies. A supportive environment can play a crucial role in the recovery process, making it easier for individuals to process their trauma and reducing the likelihood of prolonged or severe depressive episodes. In contrast, a lack of support or negative community responses can exacerbate feelings of despair and helplessness. This highlights the importance of community and social networks in mental health recovery after trauma, indicating that external factors significantly shape the internal experience of depression.

**5. What essential tasks can anaerobic training help improve for law enforcement officers?**

- A. Sprinting and long-distance running**
- B. Flexibility and joint mobility**
- C. Maximum effort in short, intense bursts**
- D. Endurance and cardiovascular health**

Anaerobic training is specifically designed to enhance the body's ability to perform at high intensity for short durations. This type of training focuses on activities that involve quick bursts of effort, where the demand for oxygen exceeds the oxygen supply available to the muscles, such as sprinting, weight lifting, or high-intensity interval training (HIIT). For law enforcement officers, these abilities are crucial during situations that require sudden bursts of speed, strength, or power, such as chasing a suspect or responding quickly in dynamic environments. By improving maximum effort in short, intense bursts, anaerobic training equips officers with the physical capability to handle high-stress situations efficiently. This is essential not only for their job performance but also for their overall safety and effectiveness while on duty. Although choices that involve endurance and cardiovascular health, such as long-distance running, are important, they relate more to aerobic capacity rather than the immediate, explosive strength and power enhancements that anaerobic training specifically targets. Similarly, flexibility and joint mobility are separate aspects of fitness that aid in overall physical readiness but do not directly arise from anaerobic training methods.

**6. What internal agency factor contributes to stress among officers?**

- A. Strong community relations**
- B. Effective training programs**
- C. Poor economic benefits and conditions**
- D. Opportunities for promotion**

The choice of poor economic benefits and conditions as a contributing factor to stress among officers highlights how financial and working conditions significantly impact their mental and emotional well-being. When officers feel that their compensation is inadequate compared to the demands of their job, it can lead to feelings of frustration, resentment, and decreased job satisfaction. Unstable economic conditions further exacerbate this stress, especially if officers perceive that their contributions are undervalued. In contrast, strong community relations and effective training programs tend to enhance job satisfaction and morale, creating a more positive work environment. Opportunities for promotion may also serve as a motivating factor, providing officers with goals to work towards and a sense of advancement. Therefore, these factors generally contribute to reducing stress rather than adding to it. By identifying poor economic benefits and conditions, it becomes evident that addressing these issues is crucial for improving the overall mental health and job performance of law enforcement personnel.

**7. Which of the following is not a type of energy fuel for the body?**

- A. Carbs**
- B. Proteins**
- C. Fats**
- D. Vitamins**

Vitamins do not serve as energy fuels for the body, which is why this choice is correct. Instead, vitamins are essential organic compounds that play crucial roles in various biochemical processes, including metabolism, immune function, and the maintenance of healthy tissues. They are not macronutrients and do not provide calories or energy directly. In contrast, carbohydrates, proteins, and fats all serve as macronutrients that the body can metabolize to produce energy. Carbohydrates are typically the body's preferred source of quick energy, while fats provide a more concentrated source of energy for longer-duration activities. Proteins can also be used for energy, particularly in situations where the body needs to draw on its muscle mass or when carbohydrate stores are low. Understanding the distinct roles of these nutrients is vital for comprehending how the body generates and utilizes energy for various functions.

**8. What is the purpose of a cool down phase in an exercise program?**

- A. Increase heart rate**
- B. Prepare the body for intense workouts**
- C. Bring the body back to a resting state**
- D. Enhance anaerobic capacity**

The purpose of a cool down phase in an exercise program is to bring the body back to a resting state. After a workout, the heart rate is elevated, and the body is in an active state. Gradually transitioning from exercise to rest helps to reduce heart rate and blood pressure safely. This phase allows the body's systems to return to baseline levels, aiding in recovery and preventing dizziness or fainting that might occur if one were to stop exercising abruptly. Additionally, a cool down can help in the reduction of muscle soreness by facilitating the removal of lactic acid and other metabolic waste products from the muscles, promoting overall recovery and flexibility.



**9. Which form of training is beneficial for improving endurance and energy efficiency?**

- A. Strength training**
- B. Plyometric training**
- C. Metabolic conditioning**
- D. Low-intensity steady-state training**

Metabolic conditioning is particularly beneficial for improving endurance and energy efficiency because it focuses on enhancing the body's ability to efficiently utilize energy systems during prolonged physical activity. This type of training involves performing exercises at varying intensities, typically using high-intensity interval training (HIIT) protocols, which can lead to adaptations in cardiovascular fitness and muscular endurance. Unlike strength training, which primarily targets the development of muscle size and force, or plyometric training, which emphasizes power and explosiveness, metabolic conditioning trains the body to perform sustained and dynamic activities. This approach helps in enhancing both aerobic and anaerobic endurance, enabling the participant to sustain moderate to high-intensity efforts for longer periods. Low-intensity steady-state training does contribute to endurance, but it generally does not promote the same level of energy efficiency as metabolic conditioning. While effective for developing a base level of fitness, it lacks the intensity variation that challenges energy systems more robustly, thus offering fewer overall adaptations related to endurance performance.

**10. For individuals with heart or cholesterol problems, what should the fat percentage range be?**

- A. 5-10%**
- B. 7-10%**
- C. 10-15%**
- D. 15-20%**

The appropriate fat percentage range for individuals with heart or cholesterol problems should generally fall between 10-15%. This level of body fat is considered to promote better overall health while still allowing individuals to maintain adequate energy levels and nutrient intake. A fat percentage in this range can also help in managing cardiovascular health as it supports maintaining a healthy weight and reducing the risk of heart disease. For individuals with heart or cholesterol issues, it is important to prioritize healthy fats, such as those found in sources like fish, nuts, and avocados, while minimizing saturated and trans fats. Staying within an appropriate fat percentage can aid in regulating cholesterol levels and supporting cardiovascular function. Thus, a fat percentage above this range could increase health risks, while a significantly lower fat percentage may not provide sufficient energy or nutrients, especially for those who need to manage their heart health effectively.

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

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