

Virginia Online Health and Physical Education 9 (HPE 9) 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 of the following activities is beneficial for mental health?**
 - A. Watching excessive amounts of television**
 - B. Regular mindfulness and meditation practices**
 - C. Constantly checking social media**
 - D. Avoiding any form of exercise**

- 2. What is the significance of regular health screenings?**
 - A. To eliminate all health risks**
 - B. To detect potential health issues early when they are more manageable**
 - C. To increase anxiety about health**
 - D. To avoid going to the doctor**

- 3. Which type of exercise primarily improves cardiovascular endurance?**
 - A. Weightlifting**
 - B. Yoga**
 - C. Running**
 - D. Pilates**

- 4. How can individuals support their own mental health?**
 - A. By engaging in regular self-care practices**
 - B. By isolating themselves from social interactions**
 - C. By avoiding physical activity**
 - D. By relying solely on medication**

- 5. Which of the following diseases is most likely to be prevented by vaccination?**
 - A. Common cold**
 - B. Influenza**
 - C. Stomach virus**
 - D. Food poisoning**

- 6. What term describes the process in which the body takes in and uses food?**
- A. Digestion**
 - B. Nourishment**
 - C. Nutrition**
 - D. Absorption**
- 7. Name one common barrier to staying physically active.**
- A. Lack of motivation**
 - B. Lack of time**
 - C. Excessive leisure time**
 - D. Availability of exercise options**
- 8. How are water-soluble vitamins primarily absorbed in the body?**
- A. Through dietary fats**
 - B. During digestion into the blood**
 - C. Exclusively in the stomach**
 - D. Only through supplementation**
- 9. What term describes an organism that causes diseases?**
- A. Pathogen**
 - B. Vector**
 - C. Antibody**
 - D. Lymphocyte**
- 10. When does the immune response begin?**
- A. After a vaccination**
 - B. When a pathogen invades the body**
 - C. During a fever**
 - D. Upon exposure to antigens**

Answers

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

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Explanations

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1. Which of the following activities is beneficial for mental health?

- A. Watching excessive amounts of television**
- B. Regular mindfulness and meditation practices**
- C. Constantly checking social media**
- D. Avoiding any form of exercise**

Regular mindfulness and meditation practices are beneficial for mental health because they promote relaxation, reduce stress, and enhance overall emotional well-being. Engaging in these activities allows individuals to focus their thoughts, be present in the moment, and foster self-awareness. This practice has been shown to decrease anxiety and depression, improve mood, and increase one's ability to cope with daily challenges. By training the mind to focus and calm itself, mindfulness and meditation can lead to greater mental clarity and resilience. In contrast, watching excessive amounts of television, constantly checking social media, or avoiding exercise often contribute to increased stress, anxiety, and feelings of isolation. These behaviors do not provide the same mental health benefits as mindfulness practices, which actively engage and strengthen the mind.

2. What is the significance of regular health screenings?

- A. To eliminate all health risks**
- B. To detect potential health issues early when they are more manageable**
- C. To increase anxiety about health**
- D. To avoid going to the doctor**

Regular health screenings are significant because they play a crucial role in identifying potential health issues early on, which can lead to more effective management and treatment. When health conditions are detected in their initial stages, individuals often have a better chance of successfully addressing them. Early intervention can lead to improved health outcomes, reduce the severity of conditions, and in many cases, prevent more serious health problems from developing in the future. In contrast, the idea of eliminating all health risks is not practical, as many factors affecting health can be beyond an individual's control. Increasing anxiety about health does not align with the purpose of health screenings, which are meant to provide peace of mind and proactive management rather than heightened worry. Lastly, avoiding doctor visits contradicts the purpose of health screenings, as these appointments are essential for monitoring one's health and taking preventive measures when necessary.

3. Which type of exercise primarily improves cardiovascular endurance?

- A. Weightlifting**
- B. Yoga**
- C. Running**
- D. Pilates**

Running is considered a type of aerobic exercise that primarily improves cardiovascular endurance. When you engage in running, your heart rate increases, which enhances the efficiency of your cardiovascular system. Over time, consistent running helps strengthen the heart muscle, improves blood circulation, and increases the lungs' capacity to take in oxygen. This type of exercise requires sustained effort over an extended period, which is essential for building endurance and improving overall cardiovascular fitness. Other activities, such as weightlifting, yoga, and Pilates, tend to focus more on strength, flexibility, and balance rather than specifically targeting aerobic conditioning. While they may contribute to overall fitness, their primary benefits do not center on enhancing cardiovascular endurance to the same extent as running does.

4. How can individuals support their own mental health?

- A. By engaging in regular self-care practices**
- B. By isolating themselves from social interactions**
- C. By avoiding physical activity**
- D. By relying solely on medication**

Engaging in regular self-care practices is a powerful way for individuals to support their own mental health. Self-care encompasses a variety of activities that promote emotional, physical, and psychological well-being. These practices can include exercise, maintaining a balanced diet, getting enough sleep, participating in hobbies, and spending time with loved ones. By prioritizing self-care, individuals can reduce stress, enhance their mood, and build resilience against life's challenges. In contrast, isolating oneself from social interactions can lead to feelings of loneliness and worsen mental health, as social connections are crucial for emotional support. Avoiding physical activity is detrimental because regular exercise is known to boost mood and reduce anxiety. Lastly, relying solely on medication might address certain symptoms, but it does not encompass the holistic approach that self-care provides, which includes lifestyle changes and personal engagement in activities that uplift mental health.

5. Which of the following diseases is most likely to be prevented by vaccination?

- A. Common cold**
- B. Influenza**
- C. Stomach virus**
- D. Food poisoning**

Vaccination is a preventive measure designed to protect individuals from specific infectious diseases by stimulating the immune system to recognize and combat pathogens. Influenza, commonly known as the flu, is a viral infection that can lead to severe health complications, and annual vaccination is recommended to reduce risk. The vaccine works by exposing the immune system to a harmless form of the virus, helping it to prepare defenses against actual infection. The other options, such as the common cold, stomach viruses, and food poisoning, are less effectively addressed through vaccination. The common cold is caused by multiple viruses and does not have a targeted vaccine. Stomach viruses vary widely, and while there are vaccines for specific types like rotavirus, they are not as universally protective. Food poisoning arises from various pathogens found in contaminated food, making prevention more reliant on safe food handling practices rather than vaccination. Thus, influenza is the disease most clearly associated with vaccination efforts, emphasizing the importance of immunization in public health strategies.

6. What term describes the process in which the body takes in and uses food?

- A. Digestion**
- B. Nourishment**
- C. Nutrition**
- D. Absorption**

The term that describes the process in which the body takes in and uses food is "nutrition." Nutrition encompasses the overall process of obtaining food, its breakdown and the body's utilization of the nutrients contained within it to support growth, maintenance, and energy needs. It includes essential components such as the ingestion of food, the biochemical processing of nutrients, and how they contribute to bodily functions. Digestion refers specifically to the mechanical and chemical processes that break down food into smaller components, which is a part of nutrition but does not cover the entirety of the process. Absorption is a specific phase within digestion where nutrients from digested food are taken up into the bloodstream. Nourishment, while related, typically refers more generally to the act of supplying the body with food and nutrients but does not capture the comprehensive scientific aspects that nutrition does. Thus, nutrition is the most accurate term for describing the holistic process of how the body takes in and uses food.

7. Name one common barrier to staying physically active.

- A. Lack of motivation**
- B. Lack of time**
- C. Excessive leisure time**
- D. Availability of exercise options**

Lack of time is a common barrier to staying physically active because many individuals have busy schedules packed with work, family obligations, and other responsibilities. This hectic lifestyle can make it challenging for people to find sufficient time to engage in regular physical activity. Even when individuals recognize the importance of staying active, they may feel overwhelmed by their daily commitments, leading to a decreased likelihood of prioritizing exercise. In contrast, other options, such as lack of motivation, can be situational and may vary from one person to another. Excessive leisure time, which suggests that someone has too much free time, is generally not a barrier to physical activity; in fact, it often presents an opportunity for exercise. Availability of exercise options also usually wouldn't be a barrier when there are plenty of alternatives accessible, which would encourage physical activity rather than hinder it. Thus, the time constraint is a significant factor impacting one's ability to maintain a consistent exercise routine.

8. How are water-soluble vitamins primarily absorbed in the body?

- A. Through dietary fats**
- B. During digestion into the blood**
- C. Exclusively in the stomach**
- D. Only through supplementation**

Water-soluble vitamins, which include the B-complex vitamins and vitamin C, are primarily absorbed in the intestines during digestion. When food is broken down in the digestive system, these vitamins dissolved in the watery components of food are absorbed into the bloodstream, allowing them to be transported to various tissues throughout the body. This absorption process emphasizes the importance of consuming a balanced diet that includes sources of these vitamins. The body does not store water-soluble vitamins; therefore, they need to be consumed regularly to maintain adequate health. The other response options do not accurately reflect the physiological process involved in the absorption of water-soluble vitamins. For instance, water-soluble vitamins are not absorbed through dietary fats, nor are they exclusively absorbed in the stomach, and they do not rely solely on supplementation for adequate levels in the body.

9. What term describes an organism that causes diseases?

- A. Pathogen**
- B. Vector**
- C. Antibody**
- D. Lymphocyte**

The term that describes an organism that causes diseases is "pathogen." Pathogens are microorganisms such as bacteria, viruses, fungi, and parasites that can invade the body and disrupt its normal functions, leading to illness or disease. Understanding that pathogens are the agents responsible for causing disease is crucial in studying infectious diseases and public health, as it underscores the importance of prevention and treatment measures. In contrast, vectors are organisms, often insects, that carry and transmit pathogens to other hosts without necessarily causing disease themselves. Antibodies are proteins produced by the immune system to identify and neutralize pathogens, while lymphocytes are a type of white blood cell that plays a critical role in the immune response. Recognizing these different roles helps to distinguish how various biological entities interact within health and disease contexts.

10. When does the immune response begin?

- A. After a vaccination**
- B. When a pathogen invades the body**
- C. During a fever**
- D. Upon exposure to antigens**

The immune response begins when a pathogen invades the body. This initial encounter triggers the body's defense mechanisms to recognize and combat the foreign invaders. The immune system detects harmful microorganisms or pathogens, such as bacteria or viruses, and activates a series of responses involving various immune cells, antibodies, and signaling molecules to eliminate the threat and protect the body from illness. The other choices provide relevant information about aspects of the immune system but do not pinpoint the exact moment the response begins. For example, vaccination is a proactive method to prepare the immune system for potential infections but does not mark the start of an immune response in the context of an actual invasion. A fever can occur as part of the immune response, indicating that infection is present, but it does not initiate the response itself. Exposure to antigens is related to the immune process, as antigens stimulate the response, but the action begins with the pathogen invading the body.

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://vaonlinehpe9.examzify.com>

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

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