

VIRGINIA ONLINE HEALTH AND PHYSICAL EDUCATION 9 (HPE 9) PRACTICE EXAM (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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. How often should individuals engage in physical activity for optimal health?**
 - A. Once a month
 - B. At least three times a week
 - C. Every day for 10 minutes only
 - D. Only when feeling unwell
- 2. What are essential nutrients?**
 - A. Nutrients that the body can produce on its own
 - B. Nutrients that must be obtained from food because the body cannot produce them
 - C. Nutrients that are found in supplements only
 - D. Nutrients used solely for energy during exercise
- 3. How can holistic health be defined?**
 - A. An approach that focuses only on physical health
 - B. A method that excludes mental well-being
 - C. An approach that considers physical, mental, and social well-being
 - D. A strategy focusing solely on social interactions
- 4. How does a balanced diet influence overall health?**
 - A. Promotes energy and reduces health risks
 - B. Has no impact on well-being
 - C. Only affects physical health
 - D. Encourages unhealthy weight gain
- 5. In terms of disease transmission, what is a pathogen?**
 - A. An organism that transmits diseases
 - B. A type of immune response
 - C. An organism that causes diseases
 - D. A cellular structure in the body

- 6. How does regular physical activity affect academic performance?**
- A. It has no effect on academic performance
 - B. It can enhance concentration and cognitive function
 - C. It distracts from studies
 - D. It decreases energy levels
- 7. What is a significant outcome of engaging in regular physical education classes?**
- A. Decreased physical fitness levels
 - B. Development of a lifelong habit of exercise
 - C. Reduced knowledge about health
 - D. Increased focus on competitive sports only
- 8. What is the term for the narrowing or blockage of blood vessels in the leg?**
- A. Coronary artery disease
 - B. Peripheral arterial disease
 - C. Deep vein thrombosis
 - D. Atherosclerosis
- 9. What is one effective method to prevent communicable diseases?**
- A. Avoiding physical contact with others
 - B. Practicing good hygiene, such as regular handwashing
 - C. Vaccination only when sick
 - D. Eating a balanced diet
- 10. In what way do antibodies contribute to the immune system?**
- A. By directly destroying pathogens
 - B. By marking pathogens for destruction
 - C. By recreating pathogens' DNA
 - D. By enhancing pathogen mobility

Answers

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

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Explanations

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1. How often should individuals engage in physical activity for optimal health?

- A. Once a month
- B. At least three times a week**
- C. Every day for 10 minutes only
- D. Only when feeling unwell

Engaging in physical activity at least three times a week is recommended for optimal health because regular physical activity helps improve cardiovascular fitness, muscle strength, flexibility, and mental wellness. The Centers for Disease Control and Prevention (CDC) and other health organizations suggest that adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity each week, supplemented with strength training on two or more days of the week. This frequency allows for consistent health benefits, including maintaining a healthy weight, reducing the risk of chronic diseases, and enhancing overall wellness and quality of life. Regular activity helps establish exercise as a habit, making it easier and more effective in achieving long-term health outcomes.

2. What are essential nutrients?

- A. Nutrients that the body can produce on its own
- B. Nutrients that must be obtained from food because the body cannot produce them**
- C. Nutrients that are found in supplements only
- D. Nutrients used solely for energy during exercise

Essential nutrients are those that the body cannot synthesize on its own and therefore must be acquired through diet. These nutrients play vital roles in various bodily functions, supporting growth, repairing tissues, and maintaining overall health. Examples of essential nutrients include certain amino acids, fatty acids, vitamins, and minerals, which are crucial for metabolic processes and the prevention of deficiencies. The body's inability to produce these nutrients highlights the importance of a well-balanced diet that includes a variety of foods to meet nutritional needs. Other options suggest that some nutrients can be produced by the body or are exclusively found in supplements or used only for exercise energy, which does not capture the complete definition of essential nutrients, as all essential nutrients must be sourced from food to support bodily functions.

3. How can holistic health be defined?

- A. An approach that focuses only on physical health
- B. A method that excludes mental well-being
- C. An approach that considers physical, mental, and social well-being**
- D. A strategy focusing solely on social interactions

Holistic health is best defined as an approach that considers physical, mental, and social well-being. This perspective emphasizes the interconnectedness of various aspects of health, recognizing that a person's overall wellness is influenced by not just physical health, but also emotional and social factors. For instance, mental health significantly affects how individuals manage stress, relate to others, and make choices regarding their physical health. Furthermore, social interactions and community connections play a vital role in mental well-being, demonstrating the importance of these dimensions working in harmony for optimal health. By embracing all these elements, holistic health promotes a more comprehensive and integrated understanding of well-being. This encompasses the recognition that to achieve true wellness, one must address the whole person rather than focusing on isolated components of health.

4. How does a balanced diet influence overall health?

A. Promotes energy and reduces health risks

B. Has no impact on well-being

C. Only affects physical health

D. Encourages unhealthy weight gain

A balanced diet is essential for maintaining overall health as it provides the body with the necessary nutrients, vitamins, and minerals required for optimal functioning. When the body receives a wide range of nutrients through a variety of foods, it can effectively generate energy, support metabolic processes, and enhance immune function. This comprehensive nutrient intake helps to lower the risk of developing chronic diseases such as obesity, heart disease, and diabetes. Additionally, a balanced diet fosters proper growth and development, improves mental clarity and mood, and contributes to maintaining a healthy weight. By ensuring that the body has what it needs, individuals can experience enhanced energy levels and overall well-being. This underscores the significance of nutrition in daily health maintenance and disease prevention. Other choices do not reflect the comprehensive role of a balanced diet, such as suggesting it has no impact on well-being or solely affects physical health, which overlooks the mental and emotional aspects of health. The idea that it encourages unhealthy weight gain contradicts the positive effects of balanced nutrition on weight management.

5. In terms of disease transmission, what is a pathogen?

A. An organism that transmits diseases

B. A type of immune response

C. An organism that causes diseases

D. A cellular structure in the body

A pathogen is defined as an organism that causes diseases. This includes various types of microorganisms such as bacteria, viruses, fungi, and parasites that can invade the body and disrupt normal physiological functions, leading to illness. The presence of a pathogen can trigger a complex immune response as the body works to eliminate the invader and restore health. Understanding the role of pathogens is crucial in the study of disease transmission, as it highlights the importance of hygiene, vaccination, and other preventive measures to reduce the risk of infection. Recognizing what constitutes a pathogen enables individuals to better understand how diseases spread and the importance of taking proactive health measures.

6. How does regular physical activity affect academic performance?

A. It has no effect on academic performance

B. It can enhance concentration and cognitive function

C. It distracts from studies

D. It decreases energy levels

Regular physical activity plays a significant role in enhancing concentration and cognitive function, which in turn positively influences academic performance. Engaging in physical exercise increases blood flow to the brain, promoting the growth of new brain cells and improving overall brain health. This boost in blood flow can lead to better cognitive abilities, such as improved memory, sharper attention, and enhanced problem-solving skills. Physical activity also helps reduce stress and anxiety, which are often barriers to effective learning. When students participate in regular exercise, they may experience better mood regulation and increased motivation to engage in their studies. Thus, incorporating physical activity into a daily routine supports a more conducive learning environment, leading to improved academic performance over time.

7. What is a significant outcome of engaging in regular physical education classes?

- A. Decreased physical fitness levels
- B. Development of a lifelong habit of exercise**
- C. Reduced knowledge about health
- D. Increased focus on competitive sports only

Engaging in regular physical education classes plays a crucial role in fostering a lifelong habit of exercise. When students participate consistently in physical education, they are more likely to develop an appreciation for physical activity, understand its benefits, and incorporate it into their daily lives. This positive relationship with exercise is often carried beyond school into adulthood, influencing individuals to continue being active throughout their lives. Regular physical education helps students to learn various types of physical activities, encouraging them to find forms of exercise they enjoy. As they gain skills and confidence, they are more likely to pursue these activities outside of school in both social and individual contexts. This foundation is vital, as it not only contributes to improved physical health but also enhances mental well-being and social skills, creating a holistic understanding of health and fitness. In contrast, other options reflect outcomes that would not align with the objectives of quality physical education programs, such as decreased fitness levels or a narrow focus that neglects the diverse benefits of physical activity.

8. What is the term for the narrowing or blockage of blood vessels in the leg?

- A. Coronary artery disease
- B. Peripheral arterial disease**
- C. Deep vein thrombosis
- D. Atherosclerosis

The term for the narrowing or blockage of blood vessels in the leg is peripheral arterial disease. This condition occurs when the arteries that supply blood to the limbs, typically the legs, become narrowed or blocked, leading to reduced blood flow. This can result in symptoms such as pain and cramping during physical activity, as well as potential complications like wounds that do not heal properly. Understanding this condition is important in the context of overall cardiovascular health, as it can signify systemic issues related to blood circulation. While coronary artery disease refers specifically to the narrowing of arteries that supply blood to the heart, and atherosclerosis is the process that leads to the buildup of plaques in the arteries throughout the body including peripheral arteries, peripheral arterial disease specifically targets blood flow issues in the extremities. Deep vein thrombosis involves blood clots in the deep veins, which is a different vascular concern. Thus, peripheral arterial disease is the most precise term for the blockage or narrowing of blood vessels in the leg specifically.

9. What is one effective method to prevent communicable diseases?

- A. Avoiding physical contact with others
- B. Practicing good hygiene, such as regular handwashing**
- C. Vaccination only when sick
- D. Eating a balanced diet

Practicing good hygiene, such as regular handwashing, is a highly effective method to prevent communicable diseases because it significantly reduces the spread of pathogens. Germs can be transmitted through direct contact, surfaces, and various other means, and regular handwashing with soap and water is proven to remove these harmful microorganisms from the hands. This practice is especially important in healthcare settings, food preparation areas, and during flu season when the risk of infection is heightened. Handwashing not only protects the individual but also helps prevent the spread of diseases to others, creating a healthier community overall. While avoiding physical contact can reduce exposure, it is not always practical or possible in daily life. Vaccination is important for disease prevention, but it should be administered before exposure to the illness rather than in response to sickness. A balanced diet contributes to overall health but is not a direct preventative measure against the transmission of communicable diseases like good hygiene practices are.

10. In what way do antibodies contribute to the immune system?

- A. By directly destroying pathogens
- B. By marking pathogens for destruction**
- C. By recreating pathogens' DNA
- D. By enhancing pathogen mobility

Antibodies play a crucial role in the immune system by marking pathogens for destruction. When the immune system detects foreign invaders, such as bacteria or viruses, antibodies bind to these pathogens. This binding can neutralize the pathogen's harmful effects and also signal other immune cells to recognize and eliminate the marked invaders. This process enhances the efficiency of the immune response, allowing the body to clear infections more effectively. In contrast, while antibodies do assist in the destruction of pathogens, they do not destroy them directly. The process of marking pathogens for destruction involves the cooperation of other elements of the immune system, which actually conduct the killing or elimination of the marked pathogens. The other options, such as recreating pathogens' DNA or enhancing pathogen mobility, do not accurately reflect the function of antibodies in the immune response. Antibodies do not manipulate the genetic material of pathogens or facilitate their movement; instead, their primary role is in recognizing and tagging these invaders for the immune system to target.

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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