

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. What is the role of flexibility in physical fitness?**
 - A. It reduces nutrient absorption in muscles
 - B. It enhances the efficiency of aerobic exercise
 - C. It allows for a greater range of motion in joints
 - D. It decreases energy levels
- 2. What percentage of your overall diet should fats ideally make up?**
 - A. 10-15%
 - B. 20-30%
 - C. 30-40%
 - D. 5-10%
- 3. What is the primary function of Helper T-cells?**
 - A. To destroy infected cells directly
 - B. To trigger the production of B-cells and killer T-cells
 - C. To provide immediate immune response
 - D. To produce antibodies
- 4. What is the principle that involves the gradual increase in overload to achieve higher fitness levels?**
 - A. Specificity
 - B. Progression
 - C. Repetition
 - D. Intensity
- 5. Which nutrient plays a critical role in building and repairing tissues?**
 - A. Carbohydrates
 - B. Fats
 - C. Proteins
 - D. Minerals

- 6. What principle suggests that improvement in physical fitness requires effort beyond what is normally done?**
- A. Specificity
 - B. Progression
 - C. Overload
 - D. Muscular endurance
- 7. What substances does the body need for forming healthy bones and teeth that it cannot produce on its own?**
- A. Vitamins
 - B. Fats
 - C. Minerals
 - D. Proteins
- 8. Which of the following best describes the role of vitamins?**
- A. They should be avoided
 - B. They are important for various metabolic processes
 - C. They cause weight gain
 - D. They replace the need for exercise
- 9. People's food choices are NOT influenced by what factor?**
- A. Hunger
 - B. Cultural beliefs
 - C. Marketing and advertising
 - D. Allergies
- 10. Why is adequate sleep important for health?**
- A. It reduces hunger
 - B. It aids in digestion
 - C. It is essential for physical health, cognitive function, and emotional well-being
 - D. It increases athletic performance

Answers

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

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Explanations

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1. What is the role of flexibility in physical fitness?

- A. It reduces nutrient absorption in muscles
- B. It enhances the efficiency of aerobic exercise
- C. It allows for a greater range of motion in joints**
- D. It decreases energy levels

Flexibility plays a crucial role in physical fitness by allowing for a greater range of motion in joints. This enhanced range enables individuals to perform movements more freely and effectively, which is essential for a variety of physical activities, including sports and daily tasks. Increased flexibility can help improve athletic performance, reduce the risk of injuries, and promote overall functional movement. A body that is flexible can maintain proper alignment and balance during physical activity, which further contributes to overall fitness levels and might improve muscle efficiency during exercises. Flexibility training, such as stretching, can also benefit recovery from workouts and alleviate muscle tightness, thereby enhancing mobility. This understanding makes it clear that flexibility is fundamentally about movement efficiency and joint health.

2. What percentage of your overall diet should fats ideally make up?

- A. 10-15%
- B. 20-30%**
- C. 30-40%
- D. 5-10%

Fats are an essential macronutrient in a balanced diet, and they play several critical roles in the body, including providing energy, supporting cellular growth, aiding in nutrient absorption, and protecting organs. The recommended percentage of total daily calorie intake that fats should constitute is between 20-35%, making the choice of 20-30% the most appropriate for a healthy diet. This range allows individuals to obtain sufficient healthy fats, such as those from fish, avocados, nuts, and olive oil, while also minimizing the intake of unhealthy trans fats and saturated fats. This balance helps to support overall health and prevent diseases associated with poor dietary fat consumption.

3. What is the primary function of Helper T-cells?

- A. To destroy infected cells directly
- B. To trigger the production of B-cells and killer T-cells**
- C. To provide immediate immune response
- D. To produce antibodies

The primary function of Helper T-cells is to trigger the production of B-cells and killer T-cells. These cells are crucial for the adaptive immune response, as they assist in coordinating the immune system's attack against pathogens. When Helper T-cells recognize foreign antigens presented by antigen-presenting cells, they become activated and release cytokines. These signaling molecules stimulate B-cells to produce antibodies that can neutralize pathogens and help activate killer T-cells, which directly attack and destroy infected or cancerous cells. This all-encompassing role in regulating and amplifying the immune response underscores the importance of Helper T-cells in maintaining an effective immune defense. In contrast, the other options describe functions of different immune cells or responses. While some immune cells destroy infected cells directly, Helper T-cells do not perform this action themselves. Immediate immune responses are typically managed by other components of the innate immune system, and the production of antibodies is a function carried out by B-cells rather than Helper T-cells directly.

4. What is the principle that involves the gradual increase in overload to achieve higher fitness levels?

- A. Specificity
- B. Progression**
- C. Repetition
- D. Intensity

The principle of progression is crucial for improving fitness levels as it involves gradually increasing the demands placed on the body during exercise. This approach ensures that the body continues to adapt and strengthen over time, avoiding plateaus in performance. When an individual consistently challenges their muscles, cardiovascular system, or endurance through incremental increases in weight, duration, or intensity, they stimulate further improvements in strength, endurance, and overall fitness. For instance, if someone lifts weights, they might start with a certain weight and, as their strength increases, will gradually lift heavier weights to continue making gains. Similarly, a runner might increase their mileage each week or add more sprint intervals to their training regimen. This systematic and progressive approach is essential for development, as simply maintaining the same level of exertion can lead to stagnation in fitness progression. The other principles, such as specificity, repetition, and intensity, each play a role in a well-rounded fitness program, but they do not directly address the ongoing challenge necessary for improvement. Specificity focuses on training for a certain skill or fitness component, repetition relates to the number of times an activity is performed, and intensity refers to how hard one is working. While these elements are important, it is the principle of progression that fundamentally drives the continuous

5. Which nutrient plays a critical role in building and repairing tissues?

- A. Carbohydrates
- B. Fats
- C. Proteins**
- D. Minerals

Proteins are essential nutrients that play a fundamental role in building and repairing tissues within the body. They are made up of amino acids, which are the building blocks that contribute to the structure of various tissues, including muscles, skin, organs, and enzymes. When the body undergoes stress, such as exercise or injury, proteins are needed to help heal and regenerate those tissues, facilitating recovery and promoting overall health. Carbohydrates serve mainly as a source of energy; while fats are important for energy storage and hormone production, they do not contribute directly to tissue building and repair in the same way proteins do. Minerals are vital for various bodily functions, including the formation of bones and teeth, but they do not have the same structural role as proteins. Thus, the critical function of proteins in the growth, repair, and maintenance of body tissues is what makes them the correct answer in this context.

6. What principle suggests that improvement in physical fitness requires effort beyond what is normally done?

- A. Specificity
- B. Progression
- C. Overload**
- D. Muscular endurance

The principle of overload is essential for improving physical fitness because it posits that in order to see enhancements in physical performance, individuals must engage in exercises that challenge their current capabilities. This means performing activities that exceed the normal levels of exertion to stimulate physiological adaptations. Essentially, when the body is subjected to greater stress than it is accustomed to, whether through increased weight, intensity, or duration of exercise, it responds by building stronger muscles, enhancing cardiovascular capacity, and improving overall fitness levels. In practice, this principle underscores the need to continuously enhance the demands placed on the body during workouts. For example, if someone regularly lifts a specific weight, increasing either the weight or the number of repetitions will push the body to adapt, leading to greater strength and fitness outcomes. Thus, overload is a crucial concept for anyone seeking to improve their fitness effectively.

7. What substances does the body need for forming healthy bones and teeth that it cannot produce on its own?

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

The body requires specific minerals that it cannot synthesize independently in order to maintain healthy bones and teeth. One of the most important minerals in this context is calcium, which plays a crucial role in bone formation and strengthening. Additionally, phosphorus is another essential mineral that contributes to the structural integrity of bones and teeth. These minerals are obtained through dietary sources, as the body doesn't have the capability to produce them on its own. While vitamins, fats, and proteins are also essential for overall health and support various bodily functions, they do not directly relate to the structural formation of bones and teeth in the same way that certain minerals do. Vitamins may assist in the absorption of minerals or support bone health indirectly, but the primary components necessary for the formation of bones and teeth are indeed the minerals that must be ingested through food.

8. Which of the following best describes the role of vitamins?

- A. They should be avoided
- B. They are important for various metabolic processes**
- C. They cause weight gain
- D. They replace the need for exercise

Vitamins play a crucial role in the body by supporting various metabolic processes that are essential for maintaining health. They serve as helpers in the biochemical reactions that occur in your body, which can include catalyzing reactions for energy production, aiding in the synthesis of DNA, and supporting the immune system. Each vitamin has specific functions and benefits, and they work in harmony to assist in growth, repair, and overall bodily functions. This makes their presence in a balanced diet necessary for optimal health. While the other options suggest avoidance, negative effects on weight, or misleadingly imply that vitamins can replace other healthy habits like exercise, they do not accurately reflect the essential contributions of vitamins to human health and wellness.

9. People's food choices are NOT influenced by what factor?

- A. Hunger
- B. Cultural beliefs
- C. Marketing and advertising
- D. Allergies

Hunger is a fundamental physiological need that directly impacts food choices. When individuals experience hunger, they are driven to seek out food to satisfy this need. This often leads to selecting whatever food is readily available or appealing, regardless of other influencing factors such as cultural beliefs or marketing. In contrast, cultural beliefs shape what is regarded as acceptable or desirable food within a community, while marketing and advertising can persuade individuals to try particular products or brands. Allergies influence dietary choices as people must avoid certain foods that could trigger adverse reactions. Therefore, hunger stands apart as a basic instinct that prompts immediate action, while other factors may modify or enhance preferences based on social, psychological, or health considerations.

10. Why is adequate sleep important for health?

- A. It reduces hunger
- B. It aids in digestion
- C. It is essential for physical health, cognitive function, and emotional well-being
- D. It increases athletic performance

Adequate sleep is crucial for overall health because it supports numerous vital functions in the body and mind. During sleep, the body undergoes processes that are essential for physical recovery, including tissue repair and muscle growth. Additionally, sleep is critical for cognitive functions like memory consolidation, learning, and decision-making, which means it directly influences how well we think and process information. Moreover, emotional well-being is significantly impacted by sleep; lack of rest can lead to mood swings, increased stress, and a higher risk of anxiety and depression. When individuals get enough sleep, their bodies can better regulate hormones, including those that affect hunger and satiety, further promoting a balanced metabolism and overall well-being. This holistic view of health, integrating physical, cognitive, and emotional aspects, illustrates why adequate sleep is not just beneficial but essential. Other options may cover specific benefits of sleep, but they do not encompass the comprehensive role that sleep plays in maintaining overall health.

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:

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

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