

WEST-E FITNESS HEALTH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://westefitnesshealth.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. For muscular strength, what is the recommended intensity level for weight lifting?**
 - A. Light weights with high reps
 - B. Moderate weights with moderate reps
 - C. Heavier weights with fewer reps
 - D. Maximum weights for all exercises
- 2. Which system serves as the framework of the body?**
 - A. Nervous system
 - B. Skeletal system
 - C. Muscular system
 - D. Cardiovascular system
- 3. What does the term 'vault' refer to in locomotor movements?**
 - A. A movement involving an upward motion
 - B. A movement that combines running and jumping
 - C. A balance-based skill
 - D. A stationary movement activity
- 4. Which of the following best describes competency in fitness?**
 - A. The ability to maintain stamina
 - B. One's knowledge and skills to perform a task
 - C. The efficiency of the heart and lungs
 - D. Body's ability to exert force
- 5. Which fitness test was established to provide national norms for youth fitness levels?**
 - A. McCloy's Test
 - B. Texas PE Test
 - C. AAHPERD Youth Fitness Test
 - D. Iowa Brace Test

- 6. What year was the President's Council on Youth Fitness founded?**
- A. 1946
 - B. 1956
 - C. 1966
 - D. 1976
- 7. In walking, what is a key characteristic of the foot's contact with the surface?**
- A. One foot is off the ground at all times
 - B. Feet contact the surface at all times
 - C. Feet jump off the surface
 - D. One foot drags on the ground
- 8. In volleyball, what occurs when two players simultaneously contact the ball above the net?**
- A. Set ball
 - B. Held ball
 - C. Net violation
 - D. Double touch
- 9. Which term refers to the collective tissues of the human body?**
- A. Body composition
 - B. Physical fitness
 - C. Health metrics
 - D. Muscle mass
- 10. What is the primary focus of invasion games?**
- A. Personal skill development
 - B. Team cooperation and strategy
 - C. Scoring by entering the opponent's territory
 - D. Improving physical fitness

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. For muscular strength, what is the recommended intensity level for weight lifting?

- A. Light weights with high reps
- B. Moderate weights with moderate reps
- C. Heavier weights with fewer reps**
- D. Maximum weights for all exercises

Muscular strength is primarily developed through the application of heavier weights that require more effort during fewer repetitions. This approach effectively targets the larger muscle fibers, leading to increased muscle mass and strength gain. Performing exercises with heavier weights typically involves lifting around 70-85% of one's one-repetition maximum (1RM) for a range of about 4 to 8 repetitions. This intensity level ensures that the muscles are sufficiently challenged, promoting both physiological adaptations and improvements in strength. In contrast, options that suggest lighter weights or higher repetitions are generally more aligned with endurance training rather than strength training. High repetitions with light weights focus on muscular endurance and aerobic fitness rather than maximal strength development. Similarly, while using maximum weights may seem like an effective approach for strength building, it is not advisable for all exercises due to the increased risk of injury and decreased ability to maintain proper form over multiple sets. Therefore, using heavier weights for fewer reps is the most effective strategy for enhancing muscular strength.

2. Which system serves as the framework of the body?

- A. Nervous system
- B. Skeletal system**
- C. Muscular system
- D. Cardiovascular system

The skeletal system serves as the framework of the body because it provides support, structure, and protection for vital organs. Comprised of bones, cartilage, and connective tissues, the skeletal system not only supports the body's shape but also allows for movement by serving as attachment points for muscles. Additionally, it plays a critical role in the production of blood cells within the bone marrow and acts as a reservoir for minerals such as calcium and phosphorus. This foundational support structure is essential for maintaining proper posture and facilitating various physical activities. In contrast, the nervous system is responsible for coordinating and transmitting messages throughout the body, the muscular system enables movement through muscle contractions, and the cardiovascular system is primarily involved in the transportation of blood, nutrients, and oxygen. While each of these systems is crucial for overall bodily function, the skeletal system distinctly serves as the primary framework that supports and shapes the body.

3. What does the term 'vault' refer to in locomotor movements?

- A. A movement involving an upward motion
- B. A movement that combines running and jumping**
- C. A balance-based skill
- D. A stationary movement activity

The term 'vault' in locomotor movements specifically refers to a skill that integrates elements of both running and jumping. In this context, vaulting often involves an athlete approaching the vaulting area with speed (running) and then launching themselves into the air by propelling off a takeoff surface or object (jumping). This combination creates a dynamic and fluid movement pattern that emphasizes coordination, power, and timing. Vaulting is commonly seen in various physical activities and sports, such as gymnastics and track and field, where precision and technique are important in executing the movement effectively. The ability to merge the running aspect with an explosive jump is what characterizes vaulting, making it a distinct locomotor skill that focuses on forward momentum and elevation.

4. Which of the following best describes competency in fitness?

- A. The ability to maintain stamina
- B. One's knowledge and skills to perform a task**
- C. The efficiency of the heart and lungs
- D. Body's ability to exert force

Competency in fitness encompasses a combination of knowledge, skills, and abilities necessary to perform various tasks effectively. This definition emphasizes that being competent in fitness is not just about physical attributes but also involves an understanding of fitness principles, exercise techniques, safety measures, and the ability to design and implement effective fitness programs. While stamina, cardiovascular efficiency, and strength are important components of physical fitness, competency incorporates the intellectual and practical aspects that contribute to overall effectiveness in fitness-related tasks. Having knowledge about different workout modalities and skills for proper exercise execution ensures that an individual can engage in fitness activities safely and effectively, leading to better outcomes in health and performance.

5. Which fitness test was established to provide national norms for youth fitness levels?

- A. McCloy's Test
- B. Texas PE Test
- C. AAHPERD Youth Fitness Test**
- D. Iowa Brace Test

The AAHPERD Youth Fitness Test was specifically developed to assess the fitness levels of youth and to establish national norms across various aspects of physical fitness. Created by the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), this test became a crucial tool for physical educators to measure students' physical fitness in a standardized manner. It encompasses various components such as flexibility, strength, cardiovascular endurance, and body composition, allowing for a comprehensive evaluation of youth fitness. The establishment of national norms through this test enables comparisons of youth fitness levels across different regions and demographics, providing valuable data for educators, researchers, and policymakers to address the physical fitness needs of children and adolescents. This approach aims to promote physical activity and improve the overall health of young individuals, aligning with national health objectives and educational goals. In contrast, while other tests mentioned may focus on specific abilities or are related to physical education, they do not serve the same widespread purpose of establishing national benchmarks for youth fitness as effectively as the AAHPERD Youth Fitness Test does.

6. What year was the President's Council on Youth Fitness founded?

- A. 1946
- B. 1956**
- C. 1966
- D. 1976

The President's Council on Youth Fitness was founded in 1956. This organization was established under President Dwight D. Eisenhower's administration as a response to growing concerns about the physical fitness levels of young Americans, especially in the wake of research that indicated American children were less fit than their European counterparts. The council aimed to promote physical fitness, encourage healthier lifestyles among youth, and ultimately improve the overall health and fitness of the nation's children. The establishment of this council marked a significant moment in the history of youth fitness efforts in the United States, making 1956 the correct answer.

7. In walking, what is a key characteristic of the foot's contact with the surface?

- A. One foot is off the ground at all times
- B. Feet contact the surface at all times**
- C. Feet jump off the surface
- D. One foot drags on the ground

In walking, a key characteristic is that the feet maintain contact with the surface at all times. This continuous contact ensures a stable and balanced gait, which is essential for efficient movement and minimizing the risk of falls. During walking, there is a phase known as the "double support phase," where both feet are in contact with the ground simultaneously, contributing to stability. This characteristic allows for a smooth transition of weight from one leg to the other, aiding in forward momentum while ensuring that at least one foot is always providing support. Such stability is critical for both the biomechanics of walking and the overall safety of the individual. The other options refer to scenarios that do not align with the mechanics of typical walking. For example, having one foot off the ground at all times would describe a running gait rather than walking. Similarly, jumping off the surface or dragging a foot on the ground also does not accurately represent the dynamics of walking, leading to instability or injury.

8. In volleyball, what occurs when two players simultaneously contact the ball above the net?

- A. Set ball
- B. Held ball**
- C. Net violation
- D. Double touch

When two players simultaneously contact the ball above the net, the scenario described is referred to as a "held ball." This situation is particularly common in volleyball when players from opposing teams attempt to play the same ball at the net, often during a two-person block or when sending the ball back over. The referees may call a held ball when it is determined that the players have not clearly established possession or control of the ball, leading to a situation where it appears "held" as both players make contact at the same time. In volleyball officiating, this decision is heavily reliant on the criteria that assess the nature of the contact made by each player. If the officials feel that neither player had the right to distinctly "own" the ball due to their equal and simultaneous touch, they may rule it as a held ball, resulting in a stoppage of play or a replay. Other terms such as "set ball," "net violation," and "double touch" refer to different circumstances in the game. A set ball usually pertains to a specific type of play executed by a setter, a net violation involves infringing on the net during play, and a double touch occurs when one player touches the ball twice consecutively before it crosses the net. Each of

9. Which term refers to the collective tissues of the human body?

A. Body composition

B. Physical fitness

C. Health metrics

D. Muscle mass

The term that refers to the collective tissues of the human body is body composition. Body composition encompasses the various components that make up an individual's body, including muscles, fat, bone, and water. It provides a comprehensive view of an individual's physical makeup and is important for assessing health and fitness levels. Understanding body composition is crucial for evaluating overall health, as an optimal balance of these components can indicate good physical condition and lower risk for certain diseases. Physical fitness refers to the overall physical condition and ability to perform physical activities, which can be influenced by body composition but does not directly describe the tissues themselves. Health metrics can include a range of measurements and assessments used to gauge health, but they are not specific to the collective tissues in the body. Muscle mass specifically denotes the amount of muscle tissue present, which is only one part of the overall body composition. Thus, body composition is the most accurate term for describing the collective tissues of the human body.

10. What is the primary focus of invasion games?

A. Personal skill development

B. Team cooperation and strategy

C. Scoring by entering the opponent's territory

D. Improving physical fitness

The primary focus of invasion games is scoring by entering the opponent's territory. Invasion games, such as soccer, basketball, and football, require teams to invade the opponent's space to achieve objectives, specifically to score points or goals. In these games, the core objective revolves around moving the ball or object into the scoring area of the opposing team while employing tactics and strategies to bypass defensive efforts. While teamwork, personal skill development, and physical fitness are important components of invasion games, the fundamental essence lies in the ability to successfully penetrate the opposition's territory. This aspect highlights not only offensive strategies but also the importance of defense, as controlling territory is critical to game dynamics. Overall, effectively entering and utilizing the opponent's territory defines the success and strategy involved in these competitive scenarios.

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://westefitnesshealth.examzify.com>

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

SAMPLE