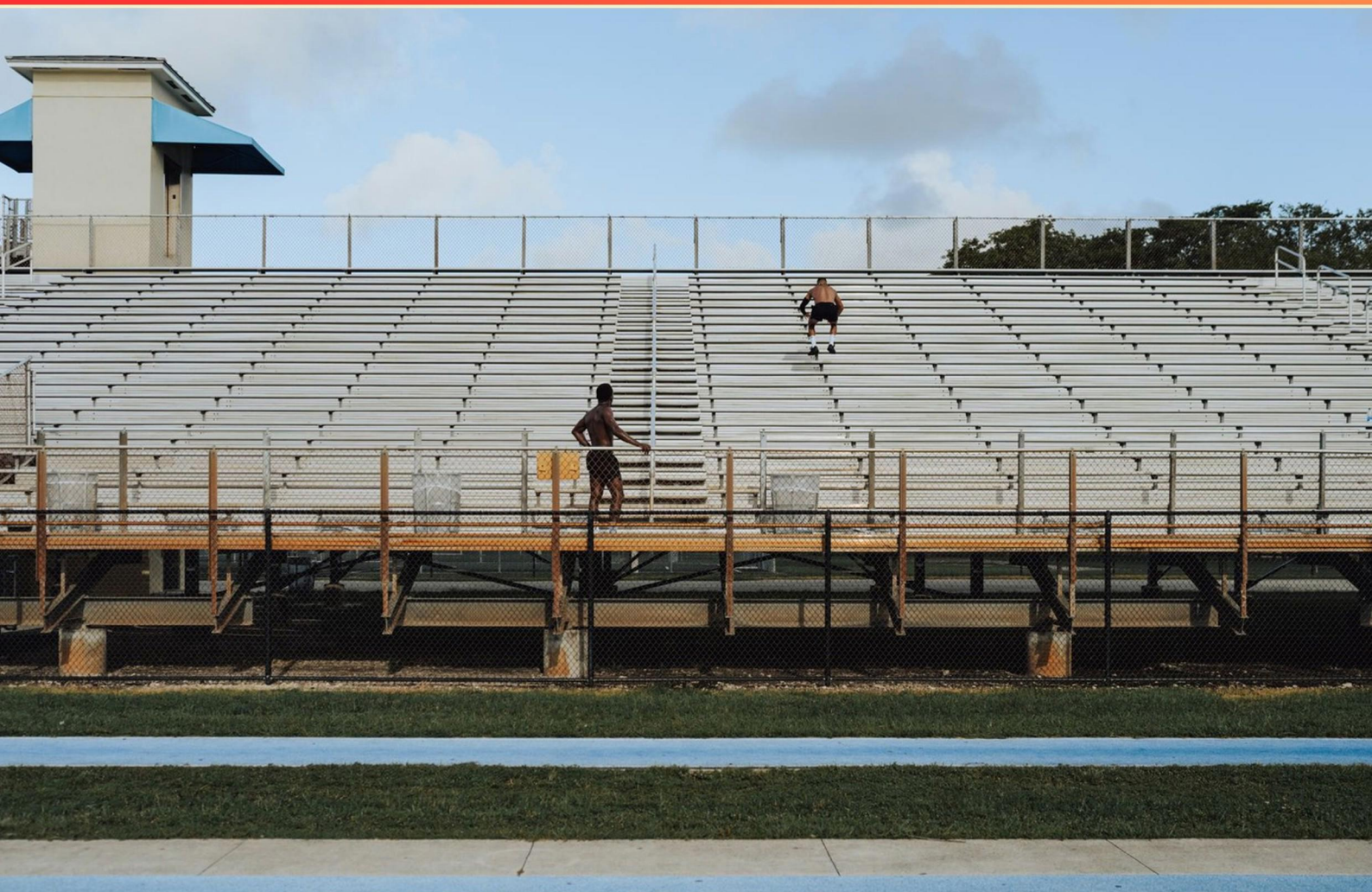


WJEC GENERAL CERTIFICATE OF SECONDARY EDUCATION (GCSE) PE PRACTICE TEST (SAMPLE)

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. Which training zone is used to develop cardiovascular endurance (CVE) and muscular endurance (ME)?**
 - A. Anaerobic Training Zone
 - B. Recovery Zone
 - C. Aerobic Training Zone
 - D. Warm-up Zone
- 2. Which statement best describes fast-twitch muscle fibers?**
 - A. They contract slowly and generate high force
 - B. They are resistant to fatigue
 - C. They contract quickly but fatigue slowly
 - D. They contract quickly and fatigue rapidly
- 3. Which is a long-term skeletal adaptation to regular exercise?**
 - A. Short-term fatigue
 - B. Joints become more unstable
 - C. Flexibility decreases
 - D. Cartilage thickens
- 4. Which of the following is a physical benefit of exercise?**
 - A. Losing weight
 - B. Mental resilience
 - C. Improved posture
 - D. Meeting friends
- 5. Which description matches an endomorph body type?**
 - A. Pear shaped body
 - B. Wide shoulders
 - C. Fat or larger
 - D. Muscular build

- 6. Long-term goals are best described as which of the following?**
- A. They are short-term increments
 - B. They are not time-bound
 - C. They are only for beginners
 - D. The ultimate objective that guides training over months/years (e.g., Olympic Games)
- 7. Which statement best defines knowledge of performance?**
- A. Information concerning the outcome of performance
 - B. Information concerning how well the movement was performed
 - C. Information from the coach about future sessions
 - D. Reaction time measurements only
- 8. Which technology is primarily used to improve decision making during games?**
- A. Hawk-Eye
 - B. Gum shields
 - C. Video analysis programmes
 - D. 3G pitch
- 9. Which lever is used during a bicep curl?**
- A. Third class lever
 - B. Fourth class lever
 - C. First class lever
 - D. Second class lever
- 10. Spine is also called which bone?**
- A. Skull
 - B. Back bone
 - C. Rib cage
 - D. Pelvis

Answers

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

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Explanations

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1. Which training zone is used to develop cardiovascular endurance (CVE) and muscular endurance (ME)?

- A. Anaerobic Training Zone
- B. Recovery Zone
- C. Aerobic Training Zone**
- D. Warm-up Zone

Focusing on sustained, moderate work builds endurance most effectively. In the aerobic zone, the body relies mainly on oxygen to produce energy, which strengthens the heart and lungs and increases the muscles' capacity to use oxygen. This improves cardiovascular endurance by making the heart more efficient and the circulation better, and it also enhances muscular endurance because muscles become better at ongoing, repetitive contractions over longer periods. High-intensity, short-duration efforts target speed and power rather than endurance, while very light work is for warm-up or recovery. So the sense of training that develops both cardiovascular and muscular endurance is the aerobic zone, when you can talk in full sentences and maintain effort for an extended time.

2. Which statement best describes fast-twitch muscle fibers?

- A. They contract slowly and generate high force
- B. They are resistant to fatigue
- C. They contract quickly but fatigue slowly
- D. They contract quickly and fatigue rapidly**

Fast-twitch muscle fibers are built for quick, powerful actions. They contract rapidly, producing high force in a short time, but they fatigue rapidly because they rely mainly on anaerobic energy systems and have fewer mitochondria and capillaries to sustain activity. This combination makes them ideal for short, intense efforts like sprints or heavy lifts. So, the statement that describes them best is that they contract quickly and fatigue rapidly. (There are fast-twitch subtypes with different fatigue levels, but the general pattern is fast contraction with quicker fatigue.)

3. Which is a long-term skeletal adaptation to regular exercise?

- A. Short-term fatigue
- B. Joints become more unstable
- C. Flexibility decreases
- D. Cartilage thickens**

Regular, long-term loading of joints prompts the skeletal system to adapt by strengthening the structures that cushion and support movement. Articular cartilage responds to consistent mechanical stress by producing more of its matrix, which makes the cartilage thicker and better at absorbing impact. This cushioning helps joints cope with repeated stress and reduces wear over time. Short-term fatigue is a temporary response rather than a lasting structural change. Joints becoming more unstable would be harmful and is not a typical adaptation to regular exercise. Flexibility often improves with ongoing training, especially when combined with stretching, rather than decreasing. So, cartilage thickening is the clear long-term skeletal adaptation to regular exercise.

4. Which of the following is a physical benefit of exercise?

- A. Losing weight
- B. Mental resilience
- C. Improved posture
- D. Meeting friends

A key idea is that exercise brings physical changes in the body that affect movement and how we hold ourselves. Improved posture is a direct physical benefit because regular activity strengthens the muscles that support the spine and enhances balance and flexibility. When the back, core, and shoulder muscles become stronger and more coordinated, the spine is held more upright, slouching decreases, and alignment improves. This kind of lasting change in how the body sits and moves comes straight from training. Other options are not as directly linked: weight loss can occur with exercise but isn't guaranteed and depends on diet and energy balance; mental resilience is a mental benefit; meeting friends is social. So improving posture best reflects a physical outcome of exercise.

5. Which description matches an endomorph body type?

- A. Pear shaped body
- B. Wide shoulders
- C. Fat or larger
- D. Muscular build

Endomorphs are described by a rounder, softer body with a tendency to store fat easily. The key identifying feature is a pear-shaped silhouette, where the hips and thighs are wider than the shoulders, giving a curvier lower body. This fat distribution differentiates endomorphs from other types and is what the pear-shaped description captures. Wide shoulders and a muscular build point more toward a mesomorph, who typically has a broader, more athletic frame. The idea of simply being "fat or larger" is too vague and doesn't pin down the distinctive pear-shaped shape that characterizes endomorphs.

6. Long-term goals are best described as which of the following?

- A. They are short-term increments
- B. They are not time-bound
- C. They are only for beginners
- D. The ultimate objective that guides training over months/years (e.g., Olympic Games)

Long-term goals are the overarching target that shapes training over an extended period. They set the destination for months or years, guiding how a program is structured and when you should peak for a major event, like the Olympic Games. Because of this, the plan is built in phases that lead toward that ultimate aim, with mid-term milestones and short-term actions that keep progression on track and motivation high. This kind of goal isn't limited to beginners; athletes at any level use a long-term objective to chart progression toward a specific, ambitious outcome.

7. Which statement best defines knowledge of performance?

- A. Information concerning the outcome of performance
- B. Information concerning how well the movement was performed**
- C. Information from the coach about future sessions
- D. Reaction time measurements only

Knowledge of performance is feedback about how the movement was carried out—the quality of the technique, not just the end result. It helps you adjust form and execution, such as your posture, sequencing, or timing, to improve how you perform the skill. For example, in a tennis serve, KP would focus on toss height, racket acceleration, and follow-through rather than whether the ball landed in or out. The other ideas relate to different aspects: information about the outcome describes knowledge of results, planning about future sessions is about scheduling or coaching plans, and reaction time measurements are a single performance metric, not overall movement quality.

8. Which technology is primarily used to improve decision making during games?

- A. Hawk-Eye**
- B. Gum shields
- C. Video analysis programmes
- D. 3G pitch

Technology that improves decisions during games relies on precise, real-time data from cameras. Hawk-Eye uses multiple cameras around a venue to track the ball and recreate its path, providing clear evidence about where the ball landed or whether it crossed a line. This helps referees and officials make accurate calls during play. Gum shields are protective gear and don't affect decisions. A 3G pitch refers to the playing surface and isn't a decision-support tool. Video analysis programmes are great for reviewing performance after a game or for training, not typically used to make live decisions during a match. So Hawk-Eye is the tool most directly used to improve decision making during games.

9. Which lever is used during a bicep curl?

- A. Third class lever**
- B. Fourth class lever
- C. First class lever
- D. Second class lever

In levers, what matters is where the pivot (fulcrum), the load, and the effort sit relative to each other. For a bicep curl, the elbow is the pivot, the weight in the hand is the load, and the biceps pull on the forearm from a point between the elbow and the hand. Since the effort is applied between the fulcrum and the load, this is a third-class lever. That arrangement lets you move and accelerate the hand quickly, but it requires the muscle to produce more force relative to the load. First-class would have the fulcrum between load and effort, second-class would have the load between fulcrum and effort, and the setup here doesn't match those configurations.

10. Spine is also called which bone?

- A. Skull
- B. Back bone**
- C. Rib cage
- D. Pelvis

The main idea here is that the spine is commonly known as the backbone. The spine runs from the base of the skull down to the pelvis and is made of vertebrae with discs in between, forming the central support of the body and protecting the spinal cord while allowing movement. This central support is what people mean by the backbone. The skull is the bones of the head, the rib cage protects the chest, and the pelvis sits at the base of the spine—these are different structures. So, the spine is the backbone, not the skull, rib cage, or pelvis.

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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://wjecgcsepe.examzify.com>

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

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