CSET PHYSICAL EDUCATION SUBTEST 129 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. **Of the following activities, which one is the best way to increase student endurance?**

   A. Having them run laps

   B. Having them warm up at the beginning of class and cooling down at the end

   C. Integrating strength training activities

   D. Keeping them motivated to participate by keeping the activities fun and interesting

2. **Which statement about the time commitment for exercise is true?**

   A. People who are trying to lose weight should engage in short, high-intensity work-outs.

   B. Higher intensity workouts take less time.

   C. Every student should engage in moderate exercise for 60 minutes per day.

   D. 15 minutes a day of exercise is sufficient for meeting any fitness goal.

3. **Ultimately, what causes movement?**

   A. Distance

   B. Matter

   C. Force

   D. Time

4. **Which is NOT a benefit of the Functional Movement Screen?**

   A. Shows precise body fat and lean body mass measurements

   B. Shows potential dangers of injuries

   C. Shows left and right body imbalances

   D. Shows muscle weaknesses

5. **Which of the following is NOT included in the general term 'physical fitness'?**

   A. Intelligence

   B. Endurance

   C. Strength

   D. Coordination

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6. How does growth affect motor development in children?

A. Larger and stronger children may have more advanced gross motor skills.

B. Strong kids are often more advanced in fine motor skills.

C. Smaller children usually have better fine motor skills.

D. Growth has no effect on motor development.

7. Which is NOT an offensive basketball skill?

A. Dribbling

B. Stealing

C. Shooting

D. Passing

8. What kind of assessment tasks involve reflecting on one's own performance?

A. Self-assessment

B. A quiz

C. A unit test

D. Peer assessment

9. Which statement is considered a benefit of the Functional Movement Screen?

A. Shows precise body fat and lean body mass measurements

B. Shows potential dangers of injuries

C. Shows left and right body imbalances

D. Shows muscle weaknesses

10. Which is NOT one aspect of the Lebed Method?

A. Often helps to improve gait

B. Uses low-impacts steps

C. Often helps to improve balance

D. Is also known as the Feldenkrais Method

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Answers

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

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Explanations

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1. Of the following activities, which one is the best way to increase student endurance?

A. Having them run laps

B. Having them warm up at the beginning of class and cooling down at the end

C. Integrating strength training activities

D. Keeping them motivated to participate by keeping the activities fun and interesting

Endurance grows most when students stay consistently engaged in regular, longer-duration aerobic activity. In a classroom setting, the biggest driver is keeping activities enjoyable and interesting so students want to participate often and for longer periods. When students are motivated and find the work enjoyable, they accumulate more total aerobic time over weeks and months, which builds cardiovascular endurance and stamina. Directly making them run laps can help, but it risks disengagement if students find it tedious or hard to keep going. Warming up and cooling down are essential for safety and recovery, but they don't by themselves maximize endurance gains. Strength training adds muscular endurance and can support overall fitness, but the primary way to boost cardiovascular endurance for a whole class is sustained, enjoyable aerobic activity that students actually keep doing over time. So, keeping activities fun and interesting to sustain participation is the most effective approach for increasing student endurance.

2. Which statement about the time commitment for exercise is true?

A. People who are trying to lose weight should engage in short, high-intensity work-outs.

B. Higher intensity workouts take less time.

C. Every student should engage in moderate exercise for 60 minutes per day.

D. 15 minutes a day of exercise is sufficient for meeting any fitness goal.

The main idea is that how hard you work (the intensity) can change how long you need to exercise to achieve a given fitness result. When you push at a higher intensity, you burn more calories per minute and stimulate your cardiovascular system more, so you can reach similar benefits in less overall time. That's why taking on higher-intensity workouts can take less time to reach a goal, provided you do them safely and allow for recovery. Think about typical guidelines: many adults benefit from about 150 minutes of moderate activity or 75 minutes of vigorous activity per week, with options to mix in shorter, higher-intensity sessions that still add up to those totals. So shorter, tougher workouts can be effective time-wise, but they're not a universal rule for everyone or for every goal. The other statements oversimplify or misstate realities. Weight loss depends largely on total energy balance over time, not just workout duration, so while high-intensity work can aid it, it isn't the only path. Saying everyone should do 60 minutes of moderate activity every day isn't a one-size-fits-all prescription, and 15 minutes a day isn't enough to meet most fitness goals.

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3. Ultimately, what causes movement?

A. Distance

B. Matter

C. Force

D. Time

Movement arises when a net force acts on an object, causing a change in its velocity. In practice, muscles or external pushes apply force, and when that force overcomes inertia and opposing forces like friction, the body begins to move and can speed up, slow down, or change direction. Distance and time describe how far and how long the movement occurs, but they are results of movement, not what causes it, while matter is simply what is being moved. If no net force acts, an object at rest stays at rest and a moving object continues at the same speed in the same direction until another force changes it.

4. Which is NOT a benefit of the Functional Movement Screen?

A. Shows precise body fat and lean body mass measurements

B. Shows potential dangers of injuries

C. Shows left and right body imbalances

D. Shows muscle weaknesses

Functional Movement Screen is about how you move, not how your body is composed. It focuses on movement quality, looking for weaknesses, mobility limits, and asymmetries that could indicate injury risk. Because of that, it can reveal muscle weaknesses and identify left–right imbalances, which helps guide corrective training and injury prevention. It also aims to flag potential injury dangers based on how patterns perform under load or stress. Measuring body fat or lean mass, however, isn't something FMS does; body composition requires separate assessments. So, the statement about precise body fat and lean mass measurements isn't a benefit of the Functional Movement Screen, while the other points describe what FMS can help uncover.

5. Which of the following is NOT included in the general term 'physical fitness'?

A. Intelligence

B. Endurance

C. Strength

D. Coordination

Physical fitness refers to the body's ability to perform movements and activities, relying on bodily systems and neuromuscular control. It includes components like endurance (the capacity to sustain activity), strength (the amount of force muscles can generate), and coordination (how well the body's systems work together to execute movements). Intelligence is a cognitive function involving reasoning, memory, and problem-solving, not physical performance. Therefore, intelligence is not included in the general concept of physical fitness, while endurance, strength, and coordination are.

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6. How does growth affect motor development in children?

A. Larger and stronger children may have more advanced gross motor skills.

B. Strong kids are often more advanced in fine motor skills.

C. Smaller children usually have better fine motor skills.

D. Growth has no effect on motor development.

Growth changes body size and strength, which influences how kids move. For gross motor activities like running, jumping, and throwing, bigger muscles and longer limbs provide more leverage and power, helping these large-movement skills develop further as children grow. Increased core strength and better balance from growth also support smoother, more coordinated whole-body movements, so gross motor skills often appear more advanced in larger, stronger children. It's normal to see temporary coordination shifts during growth spurts as the body adjusts to new proportions, but overall growth tends to support improved large-motor performance. Fine motor skills, which involve small muscles in the hands and fingers and precise hand–eye coordination, depend more on practice, dexterity, and neuromuscular maturation rather than size alone. So growth doesn't predict fine motor advancement as directly as it does gross motor growth.

7. Which is NOT an offensive basketball skill?

A. Dribbling

B. Stealing

C. Shooting

D. Passing

In basketball, offensive skills are the moves players use to advance the ball and score. Dribbling lets a ball handler move with control, passing moves the ball to teammates to create scoring opportunities, and shooting is attempting to score by putting the ball in the basket. Stealing, on the other hand, is a defensive action—it's about taking the ball away from the opponent or disrupting their possession. It's a skill used by defenders to stop the offense, not a technique used to produce scoring. So stealing is not an offensive skill.

8. What kind of assessment tasks involve reflecting on one's own performance?

A. Self-assessment

B. A quiz

C. A unit test

D. Peer assessment

Self-assessment tasks center on the learner reflecting on how well they performed and judging it against a set of criteria or standards. In physical education, this might involve using a rubric or checklist after a drill or game to rate technique, effort, and decision-making, then noting what went well and what to improve, and setting a concrete plan for practice. This process builds metacognition and helps students take ownership of their progress over time. Quizzes and unit tests measure knowledge or skills at a specific moment, not necessarily the student's ongoing reflection and planning. Peer assessment is about receiving feedback from classmates, rather than the learner evaluating their own performance. So reflecting on one's own performance is the hallmark of self-assessment.

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9. Which statement is considered a benefit of the Functional Movement Screen?

A. Shows precise body fat and lean body mass measurements

B. Shows potential dangers of injuries

C. Shows left and right body imbalances

D. Shows muscle weaknesses

The main idea behind the Functional Movement Screen is to evaluate how a person moves as a whole and, importantly, to spot differences between the left and right sides. When one side doesn't move in the same way or to the same extent as the other, it reveals bilateral imbalances. These imbalances often reflect compensations, which can increase the risk of injury if not addressed. By identifying these asymmetries, practitioners can design targeted corrective exercises to restore symmetry and improve movement quality. This tool isn't about measuring body fat or lean mass, so it doesn't provide body composition data. While movement asymmetries relate to injury risk, the screen specifically highlights imbalances and movement limitations rather than predicting danger by itself. And although weaknesses can contribute to imbalanced movement, the screen focuses on movement patterns and symmetry rather than isolating specific muscle strength.

10. Which is NOT one aspect of the Lebed Method?

A. Often helps to improve gait

B. Uses low-impacts steps

C. Often helps to improve balance

D. Is also known as the Feldenkrais Method

The Lebed Method is a gentle, low-impact movement program designed to improve mobility, gait, and balance through simple stepping patterns and coordinated movements. Because of this focus, it commonly helps with gait and balance and uses low-impact steps to protect joints. It is not the Feldenkrais Method, which is a different approach centered on increasing body awareness and motor learning through guided movement sequences. Therefore, the statement that the Lebed Method is also known as the Feldenkrais Method is not an aspect of Lebed.

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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://csetphysicaledsubtest129.examzify.com

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

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