IGCSE PHYSICAL EDUCATION PRACTICE EXAM (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. Which mineral is essential for strong bones and teeth?

A. Calcium

B. Iron

C. Sodium

D. Potassium

2. Which symptom is commonly seen with a dislocation?

A. Pain

B. Deformity

C. Swelling

D. All of the above

3. Which description defines flexion?

A. Decreasing angle at joint

B. Increasing angle at joint

C. Movement toward midline

D. Movement around the axis

4. What proportion of protein should come from animal sources?

A. One half

B. Two thirds

C. One third

D. Three quarters

5. Muscular Strength is defined as?

A. Maximum amount of oxygen that can be transported and used by the body in a specified period of intense/maximal exercise

B. Range of movement at a joint

C. Time between presentation of stimulus and onset of movement

D. Amount of force a muscle can exert against a resistance

6. In a warm-up, the pulse raiser is typically which type of activity?

A. Mental preparation

B. Static stretching

C. Cardiovascular activity such as cycling or jogging

D. Cooling down

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7. Which of the following best describes centers of excellence?

A. Centers of excellence are specialists who provide top-quality facilities, coaching, equipment, and accommodation

B. Centers of excellence run all local leagues

C. Centers of excellence fund only pro athletes

D. Centers of excellence design team uniforms

8. Where do stress fractures commonly occur?

A. Upper body non-weight-bearing bones

B. Weight-bearing parts of body (e.g., lower leg)

C. Skull

D. Fingers

9. Which factor increases the risk of coronary heart disease?

A. Sedentary lifestyle

B. Regular vigorous exercise

C. Balanced diet

D. Adequate hydration

10. Which attribute describes the ability to sustain prolonged physical or mental effort?

A. Power

B. Stamina

C. Speed

D. Timing

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Answers

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

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Explanations

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1. Which mineral is essential for strong bones and teeth?

A. Calcium

B. Iron

C. Sodium

D. Potassium

Calcium is the mineral needed for strong bones and teeth. It forms the hard mineral part of bone, the matrix that gives bones their rigidity, by combining with phosphate to create calcium phosphate crystals. Osteoblasts lay this material down during bone formation, and calcium is stored in bone as a reserve to maintain blood calcium levels for nerves and muscles. That's why calcium is the most important for bone strength—adequate intake helps build dense, sturdy bones and teeth, and insufficient calcium can lead to weaker bones over time, with risks like osteoporosis in adults or poor bone growth in children. Iron is mainly involved in transporting oxygen in blood; sodium and potassium regulate fluid balance and nerve impulses, not the bone-strengthening mineral.

2. Which symptom is commonly seen with a dislocation?

A. Pain

B. Deformity

C. Swelling

D. All of the above

A dislocation forces the bones of a joint out of their normal position, which injures surrounding tissues and nerves. This causes immediate, severe pain as the joint is stretched or torn. The misalignment often makes the joint look deformed or out of place. Swelling appears quickly due to tissue damage and potential bleeding into the joint area. Because pain, deformity, and swelling commonly occur together after a dislocation, the choice that includes all of these symptoms is the best answer.

3. Which description defines flexion?

A. Decreasing angle at joint

B. Increasing angle at joint

C. Movement toward midline

D. Movement around the axis

Flexion is bending a joint to decrease the angle between the bones that meet at that joint. When you bend the elbow, the forearm moves toward the upper arm, and the elbow angle gets smaller—that's flexion. In contrast, increasing the angle at a joint is extension, such as straightening the arm. Moving toward the midline of the body is adduction, not flexion, and moving around an axis describes rotation. So the description that specifies a decreasing angle at the joint best defines flexion.

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4. What proportion of protein should come from animal sources?

A. One half

B. Two thirds

C. One third

D. Three quarters

Animal proteins provide all essential amino acids in the right proportions and are of high quality, so they form the larger part of daily protein intake. Plant proteins can complement this but may be missing one or more essential amino acids, making it harder to ensure complete protein with a higher plant share. A practical balance is two thirds from animal sources and one third from plant sources, which is why two thirds is the best choice.

5. Muscular Strength is defined as?

A. Maximum amount of oxygen that can be transported and used by the body in a specified period of intense/maximal exercise

B. Range of movement at a joint

C. Time between presentation of stimulus and onset of movement

D. Amount of force a muscle can exert against a resistance

The key idea here is how much force a muscle can generate in one maximal effort. Muscular strength is defined by the maximum amount of force a muscle can exert against a resistance, typically in a single contraction. This capacity depends on factors like muscle size and how effectively the nervous system can recruit motor units to produce force. Practically, tests often look at the heaviest load a person can lift once (one-repetition maximum). Strength training targets increasing this maximum by lifting heavy loads with relatively few repetitions. The other descriptions refer to different fitness components: the first is about oxygen transport and use during intense exercise (endurance/VO2 max), the second about how far a joint can move (flexibility), and the third about how quickly you start moving after a stimulus (reaction time).

6. In a warm-up, the pulse raiser is typically which type of activity?

A. Mental preparation

B. Static stretching

C. Cardiovascular activity such as cycling or jogging

D. Cooling down

Raising heart rate and body temperature through light cardiovascular work is the idea behind the pulse raiser in a warm-up. The goal is to prepare the body for exertion by increasing blood flow to the muscles, which improves performance and reduces injury risk. A cardiovascular activity such as cycling or jogging fits best because it gradually elevates heart rate and warms the whole body. Mental preparation helps focus but doesn't significantly lift the pulse. Static stretching doesn't raise the pulse much and is better placed after the cardio part or later in the warm-up, and cooling down is done after exercise to bring the body back to resting levels.

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7. Which of the following best describes centers of excellence?

A. Centers of excellence are specialists who provide top-quality facilities, coaching, equipment, and accommodation

B. Centers of excellence run all local leagues

C. Centers of excellence fund only pro athletes

D. Centers of excellence design team uniforms

Centers of excellence are hubs that support athlete development by providing top-quality facilities, coaching, equipment, and suitable accommodation. This combination creates the ideal environment for training, learning, and progressing to higher levels of performance. The other options describe tasks outside this development focus: running local leagues is about organizing competitions, funding only pro athletes narrows access and isn't the general purpose, and designing team uniforms is about appearance and branding rather than developing performance. So, the description that best fits centers of excellence is the one that emphasizes giving athletes the best resources and support to improve.

8. Where do stress fractures commonly occur?

A. Upper body non-weight-bearing bones

B. Weight-bearing parts of body (e.g., lower leg)

C. Skull

D. Fingers

Stress fractures come from repetitive, submaximal loading that outpaces the bone's ability to repair itself. Bones adapt to the forces they regularly endure, but when training increases too quickly or rest is insufficient, tiny cracks accumulate. Weight-bearing bones absorb the most repetitive impact during activities like running or jumping, so they are the most common sites—especially in the lower leg. The skull and fingers aren't subjected to the same ongoing axial and bending stresses in usual activity, so they're far less typical locations for stress fractures. A common scenario is a runner who suddenly increases mileage, risking a tibial stress fracture due to repeated loading over time.

9. Which factor increases the risk of coronary heart disease?

A. Sedentary lifestyle

B. Regular vigorous exercise

C. Balanced diet

D. Adequate hydration

The main idea is how lifestyle choices affect the risk of coronary heart disease. A sedentary lifestyle lowers cardiovascular fitness and tends to increase body fat, raise blood pressure, and worsen blood lipid levels, all of which raise the chance that arteries narrow or become blocked. Regular vigorous exercise strengthens the heart, improves the cholesterol profile, helps control weight, and reduces blood pressure, so it lowers risk. A balanced diet supports heart health and helps manage weight, also reducing risk. Adequate hydration is important for overall function but does not by itself increase coronary risk. So, a lack of activity directly contributes to the risk factors that promote coronary heart disease.

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10. Which attribute describes the ability to sustain prolonged physical or mental effort?

A. Power

B. Stamina

C. Speed

D. Timing

The ability to sustain prolonged physical or mental effort is stamina. Stamina reflects endurance, meaning you can keep working at a steady level for a long time and resist fatigue, whether the task is a long run, a cycling workout, or a mentally demanding activity. Training stamina strengthens the aerobic energy system, improving how efficiently oxygen is delivered and used to keep you going over extended periods. Power is about how much force you can produce in a short, explosive moment. Speed is about how fast you can move. Timing relates to doing actions in the right order or at the right moment. So stamina best fits the description of sustaining effort over time.

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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://igcsepe.examzify.com

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

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