ILTS PHYSICAL EDUCATION (213) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://iltsphysicaled213.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 16

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Identify one method for teaching sportsmanship in physical education.

A. Encouraging competitive behavior

B. Modeling disrespectful behavior

C. Discussing fair play during games

D. Ignoring negative behaviors

2. Which practice helps accommodate students with varied abilities in physical education?

A. Standardization of skill levels

B. Inflexibility in lesson plans

C. Adaptability in teaching methods

D. Emphasis on competitive outcomes

3. How do static and dynamic stretching differ?

A. Static stretching occurs while seated; dynamic while standing

B. Static involves holding a position; dynamic involves active movements

C. Static is for endurance; dynamic is for strength

D. Both serve the same purpose but are performed differently

4. What is the purpose of using a drum to teach dance?

A. Better control of the tempo and effort

B. Provide students with creative alternatives

C. Allows students to take turns using the drum

D. Closer alignment to convey movement concepts

5. What is the key distinction between intrinsic and extrinsic motivation?

A. Intrinsic motivation is based on external rewards

B. Extrinsic motivation is driven by internal satisfaction

C. Intrinsic motivation comes from within

D. Extrinsic motivation is based on personal values

SAMPLE

6. How can a teacher assess if his concerns about reducing student engagement due to excessive talking during instruction are accurate?

A. Ask another PE teacher for instructional feedback

B. Ask the principal to conduct an informal observation

C. Employ an academic learning time assessment

D. Have students assess instructional delivery

7. Which exercise is most effective for training the shoulders?

A. Lat Pulls

B. Lateral Deltoid Raises

C. Overhead Triceps Extensions

D. Shrugs

8. Which of the following should the teacher first consider during long-term planning of outdoor lessons?

A. Temperature

B. Playing surface

C. Supervision

D. Boundaries

9. To improve cardiovascular health, what are the recommendations of engagement for children and adults?

A. 20-45 minutes, three days a week

B. 20-30 minutes, most days of the week

C. 10-20 minutes, three days a week

D. 30-60 minutes, most days of the week

10. Jack is not following through on his overhand throw. Which feedback type is most effective for skill improvement?

A. verbal feedback

B. video analysis and verbal feedback

C. written feedback

D. verbal and written feedback

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Identify one method for teaching sportsmanship in physical education.

A. Encouraging competitive behavior

B. Modeling disrespectful behavior

C. Discussing fair play during games

D. Ignoring negative behaviors

Discussing fair play during games is an effective method for teaching sportsmanship in physical education because it directly engages students in the principles of respect, fairness, and cooperation that underlie good sportsmanship. This method helps students understand the importance of these values not only during games but also in broader social contexts. By having conversations about fair play, teachers can clarify what constitutes acceptable behavior, highlight examples of both good and bad sportsmanship, and encourage students to reflect on their own actions and the actions of others. This proactive approach reinforces positive behaviors while fostering an environment of mutual respect and understanding among participants, which is essential for developing a sportsmanship mindset. Other methods, such as encouraging competitive behavior or modeling disrespectful behavior, could lead to misunderstandings about acceptable conduct in sports, while ignoring negative behaviors would fail to address and correct poor sportsmanship, allowing it to persist unchallenged.

2. Which practice helps accommodate students with varied abilities in physical education?

A. Standardization of skill levels

B. Inflexibility in lesson plans

C. Adaptability in teaching methods

D. Emphasis on competitive outcomes

Adaptability in teaching methods is essential when accommodating students with varied abilities in physical education. This approach involves modifying activities, tasks, and expectations to meet the diverse needs of all students, ensuring that each individual can participate meaningfully in the lessons. By being flexible, educators can create an inclusive environment where students feel supported and have the opportunity to succeed at their own levels. This adaptability can manifest in various ways, such as providing alternative tasks, varying the complexity of instructions, or using different equipment to match students' capabilities. The focus is on promoting participation and skill development, regardless of each student's physical or cognitive abilities. In contrast, practices like standardization of skill levels tend to create a one-size-fits-all environment that does not account for individual differences. Inflexibility in lesson plans can hinder the ability to adapt to the unique needs of students, while an emphasis on competitive outcomes may discourage those who struggle with certain skills, thereby reducing their motivation and engagement in physical education.

SAMPLE

3. How do static and dynamic stretching differ?

A. Static stretching occurs while seated; dynamic while standing

B. Static involves holding a position; dynamic involves active movements

C. Static is for endurance; dynamic is for strength

D. Both serve the same purpose but are performed differently

Static and dynamic stretching serve different purposes and are performed in distinct ways. Static stretching involves extending a muscle to its furthest point and holding that position for a period, typically between 15 to 60 seconds. This method is effective for improving flexibility and increasing muscle relaxation after exercise. On the other hand, dynamic stretching incorporates active movements that lead to the stretch of the muscles but do not involve holding a position. This type of stretching typically consists of controlled movements that take you through your full range of motion, helping to prepare muscles and joints for the activity ahead. The distinction in how these stretches are performed highlights their respective focuses: static stretching is about maintaining a position to enhance flexibility, while dynamic stretching emphasizes movement to warm up the muscles and improve performance. Though both types of stretching contribute to overall physical fitness, they are tailored for different scenarios and physical demands.

4. What is the purpose of using a drum to teach dance?

A. Better control of the tempo and effort

B. Provide students with creative alternatives

C. Allows students to take turns using the drum

D. Closer alignment to convey movement concepts

Using a drum to teach dance serves multiple purposes, one of which is to provide better control of the tempo and effort in the movement. The drum offers a rhythmic foundation that helps students internalize the timing and pace of their movements, ensuring that they can synchronize their dance steps to the beat. This can enhance the overall quality of the performance, as students are better able to express the music through their movements. In addition to tempo control, using a drum can also motivate students to feel the music more deeply. The physicality of drumming engages them in a way that abstract rhythms might not, allowing for a more embodied experience of the dance. While other options may also present relevant benefits—such as fostering creativity or promoting collaboration through turns—having a steady beat from the drum is fundamental for establishing a cohesive dance practice and enhancing the learning experience.

5. What is the key distinction between intrinsic and extrinsic motivation?

A. Intrinsic motivation is based on external rewards

B. Extrinsic motivation is driven by internal satisfaction

C. Intrinsic motivation comes from within

D. Extrinsic motivation is based on personal values

The key distinction between intrinsic and extrinsic motivation lies in the source of motivation itself. Intrinsic motivation comes from within an individual, meaning that a person engages in an activity purely for the satisfaction and enjoyment it brings. This could involve participating in physical education or sports because one finds it fulfilling, engaging, or aligned with personal interests, rather than for any external rewards or recognition. This internal source of motivation can lead to higher levels of persistence and engagement in activities, as individuals feel a deeper connection to what they are doing. They are more likely to pursue challenges and activities that resonate with their personal values and interests, ultimately enhancing their physical and mental well-being. In contrast, extrinsic motivation relies on external factors such as rewards, recognition, or pressures from others. By understanding this distinction, educators can better tailor their approaches to nurture intrinsic motivation in students, fostering a more profound and lasting engagement in physical activities.

SAMPLE

6. How can a teacher assess if his concerns about reducing student engagement due to excessive talking during instruction are accurate?

A. Ask another PE teacher for instructional feedback

B. Ask the principal to conduct an informal observation

C. Employ an academic learning time assessment

D. Have students assess instructional delivery

Employing an academic learning time assessment is an effective way for a teacher to determine if excessive talking during instruction impacts student engagement. This type of assessment focuses on measuring the time students are actively engaged in learning activities and can provide quantifiable data regarding the level of attentiveness and participation during instruction. By analyzing this data, the teacher can identify patterns of engagement and pinpoint specific moments when excessive talking disrupts the learning process. This assessment can help the teacher understand whether the concerns about student engagement are substantiated by evidence, allowing for informed decisions on instructional strategies. If academic learning time is found to be low during periods of excessive talking, this would validate the teacher's concerns and inform potential adjustments to their teaching approach. In contrast, seeking feedback from another physical education teacher or asking the principal for an informal observation might provide insights, but these methods could be subjective and not specifically focused on quantifiable engagement metrics. Similarly, having students assess instructional delivery can offer valuable perspective but may not yield the objective data necessary to conclusively determine the effect of talking on engagement levels.

7. Which exercise is most effective for training the shoulders?

A. Lat Pulls

B. Lateral Deltoid Raises

C. Overhead Triceps Extensions

D. Shrugs

Lateral deltoid raises are particularly effective for training the shoulders because they specifically target the deltoid muscles, primarily the lateral or middle fibers. This muscle group's main function is to abduct the arm, which is essential for movements that require raising the arms to the sides. By performing lateral deltoid raises, the muscle is isolated and engaged throughout the range of motion, promoting strength and hypertrophy in the shoulder area. The effectiveness of this exercise is enhanced by its emphasis on proper form, allowing individuals to develop shoulder stability and overall shoulder strength, both of which are crucial for various athletic movements and everyday activities. In contrast, other choices, while beneficial for different muscle groups, do not focus directly on the shoulder musculature in the same manner. Lat pulls primarily engage the back muscles, particularly the latissimus dorsi, while overhead triceps extensions focus on the triceps. Shrugs concentrate on the upper trapezius muscles rather than targeting the deltoids directly. Therefore, lateral deltoid raises stand out as the most effective exercise for comprehensive shoulder training.

SAMPLE

8. Which of the following should the teacher first consider during long-term planning of outdoor lessons?

A. Temperature

B. Playing surface

C. Supervision

D. Boundaries

When planning outdoor lessons, considering the temperature is crucial as it directly affects both the safety and comfort of the students. Extreme temperatures can lead to health complications such as heat exhaustion, heat stroke, or hypothermia. A teacher must evaluate forecasted weather conditions to ensure that activities planned match the safety recommendations for temperature. For example, during hot weather, it may be beneficial to schedule activities during cooler parts of the day, ensure access to hydration, or modify the intensity of physical activities. This aspect of planning sets a foundational framework, as ensuring that students are not subjected to uncomfortable or dangerous conditions enables better learning experiences and participation. Other factors, while significant, often depend on the temperature. If conditions are unsafe due to extreme heat or cold, it may be necessary to pivot strategies related to the playing surface, supervision, or boundaries.

9. To improve cardiovascular health, what are the recommendations of engagement for children and adults?

A. 20-45 minutes, three days a week

B. 20-30 minutes, most days of the week

C. 10-20 minutes, three days a week

D. 30-60 minutes, most days of the week

Engaging in 30-60 minutes of moderate-intensity cardiovascular activity on most days of the week is widely supported by health organizations as a means to improve cardiovascular health for both children and adults. This duration and frequency allow individuals to accumulate sufficient physical activity to enhance heart health, build endurance, and promote overall fitness. The recommendation of 30-60 minutes recognizes that to achieve significant health benefits, especially in cardiovascular fitness, individuals need to engage in sustained activity that elevates the heart rate over time. This timeframe allows for proper warm-up and cooldown, making it safer and more effective in promoting long-term heart health. Additionally, specifying "most days of the week" encourages consistency and habit formation in physical activity, vital for maintaining cardiovascular health and reducing the risk of heart disease. The other options, while they may suggest some level of activity, do not reach the recommended duration or frequency to optimize cardiovascular benefits. For instance, shorter durations or less frequent engagement may not provide as significant health improvements. Thus, 30-60 minutes of exercise on most days establishes a solid framework for cardiovascular health improvement across age groups.

SAMPLE

10. Jack is not following through on his overhand throw. Which feedback type is most effective for skill improvement?

A. verbal feedback

B. video analysis and verbal feedback

C. written feedback

D. verbal and written feedback

Video analysis combined with verbal feedback is highly effective for skill improvement, particularly for a physical skill such as an overhand throw. The visual component of video analysis allows the athlete to see their own mechanics in action, which can often reveal mistakes or inefficiencies that they may not feel or realize while performing the throw. When Jack watches his throwing technique, he can pinpoint specific aspects where he may be lacking, such as the need for a more pronounced follow-through. This visual feedback provides a concrete reference point, making the subsequent verbal feedback more impactful. The instructor can then offer precise, tailored advice based on what Jack observes, enhancing his understanding of how to adjust his technique effectively. Combining both types of feedback addresses both cognitive (understanding what needs to change) and kinesthetic (actually executing the change) learning styles, facilitating a more comprehensive approach to skill development. This dual method maximizes the potential for improvement compared to using only one type of feedback, such as verbal or written alone, which may not provide the same level of clarity or engagement.

SAMPLE

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://iltsphysicaled213.examzify.com

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

SAMPLE