LIFETIME FITNESS & WELLNESS PURSUITS PISD CBE SEMESTER 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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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 statement describes concentric contraction?

A. Shortens (ex: quadriceps shorten during kicking a ball)

B. Lengthens (ex: stretching)

C. Static, no movement

D. Rare contraction at constant speed

2. What is the role of fiber in a healthy diet?

A. Aids digestion, supports satiety, and helps maintain bowel health.

B. Increases blood sugar.

C. Harms digestion.

D. Only provides energy.

3. Which of the following is NOT one of the three injury types described?

A. Overuse injury

B. Acute injury

C. Side stitch

D. Micro trauma

4. For a 40-year-old, which value represents the lower bound of the 50% target zone?

A. 80

B. 85

C. 90

D. 95

5. In the FITT framework, what does the 'Time' component refer to?

A. The duration of the workout session

B. The number of workouts per week

C. The heart rate target

D. The rest interval length

6. Which energy system predominates in a 5-10 second maximal sprint?

A. Glycolytic (lactic acid) system

B. Oxidative (aerobic) system

C. Creatine phosphate shuttle system

D. Phosphagen (ATP-PC) system

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7. Which of the following is an example of external feedback?

A. Sensation of muscle fatigue.
B. Coach feedback and applause.
C. Proprioception sense.
D. Heart rate during exercise.

8. Which condition is inflammation of the sole of the foot?

A. Plantar fasciitis
B. Shin splints
C. Achilles tendinitis
D. Tennis elbow

9. Strains are defined as what?

A. Muscle tears
B. Ligament sprains
C. Tendon inflammation
D. Bone fractures

10. Which is an example of equipment used in strength training?

A. Dumbbells.
B. Treadmill.
C. Stationary bike.
D. Elliptical.

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Answers

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

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Explanations

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1. Which statement describes concentric contraction?

A. Shortens (ex: quadriceps shorten during kicking a ball)

B. Lengthens (ex: stretching)

C. Static, no movement

D. Rare contraction at constant speed

Concentric contraction is when a muscle shortens as it produces force to move a limb. For example, the quadriceps shorten during a kick to straighten the knee and drive the leg forward. This is different from eccentric contraction, where the muscle lengthens while it still works (like controlling the lowering of a weight), and from an isometric contraction, where the muscle tenses but the joint angle doesn't change. The idea of contracting at a constant speed describes a coordinated, isokinetic scenario, not the basic shortening behavior of concentric contractions. So, the statement that the muscle shortens during the movement is the correct description.

2. What is the role of fiber in a healthy diet?

A. Aids digestion, supports satiety, and helps maintain bowel health.

B. Increases blood sugar.

C. Harms digestion.

D. Only provides energy.

Fiber in a healthy diet helps in several key ways: it supports digestion, promotes a sense of fullness after meals, and keeps the bowels healthy. It adds bulk to stool and helps waste move smoothly through the digestive tract, which aids regularity. Soluble fiber forms a gel that can slow digestion, which helps with feeling full longer and can help stabilize blood sugar and lower cholesterol. Because of these roles, the description that highlights digestion, satiety, and bowel health best captures fiber's contribution. The other statements don't fit as well because fiber doesn't raise blood sugar—in fact, it tends to help regulate it by slowing glucose absorption—nor does it harm digestion. Fiber also isn't a primary energy source; it provides little direct calories, though gut bacteria can produce some energy from it.

3. Which of the following is NOT one of the three injury types described?

A. Overuse injury

B. Acute injury

C. Side stitch

D. Micro trauma

Injury types in this material are grouped as overuse injuries, microtrauma, and side stitches. An acute injury, which results from a sudden, specific incident, isn't included in that trio, so it doesn't fit with the other described categories. Overuse injuries come from repetitive stress over time, microtrauma refers to small, cumulative damage, and side stitches describe a running-related discomfort treated as its own category here. Therefore, the term that doesn't belong among the described injury types is acute injury.

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4. For a 40-year-old, which value represents the lower bound of the 50% target zone?

A. 80

B. 85

C. 90

D. 95

Understanding target heart rate zones and how to estimate max heart rate for age. You estimate max heart rate with 220 minus age. For a 40-year-old, max HR is about 180 bpm. The 50% target zone starts at half of that max, so 0.5 × 180 = 90 bpm. Therefore, the lower bound of the 50% zone is 90 beats per minute. Values like 80 or 85 are below 50% of max, while 95 is above the lower bound (and would fall higher in the range), so 90 bpm is the correct lower limit.

5. In the FITT framework, what does the 'Time' component refer to?

A. The duration of the workout session

B. The number of workouts per week

C. The heart rate target

D. The rest interval length

Time in the FITT framework is about how long you exercise in a single session. It refers to the duration of each workout, usually measured in minutes. This matters because, along with how often you train and how hard you push, the session length helps determine your total training load for the week. So extending a workout from 30 to 45 minutes increases weekly volume if frequency and intensity stay the same. The other options point to different aspects: how many workouts you do per week is frequency, the heart rate target relates to intensity, and rest intervals are part of workout structure rather than the Time component itself.

6. Which energy system predominates in a 5-10 second maximal sprint?

A. Glycolytic (lactic acid) system

B. Oxidative (aerobic) system

C. Creatine phosphate shuttle system

D. Phosphagen (ATP-PC) system

For a 5–10 second maximal sprint, the body relies on the phosphagen (ATP-PC) system. This energy pathway uses the small stores of ATP already in the muscles and phosphocreatine (PC) to rapidly regenerate ATP as you contract. Because this process happens without oxygen and can deliver very high power, it dominates short, intense efforts. However, the PC stores are limited, so they're exhausted within about 10 seconds, after which other systems start to contribute. The glycolytic (lactic acid) system and the oxidative (aerobic) system take over for longer efforts, with glycolysis becoming more important as duration increases beyond that initial 10-second window.

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7. Which of the following is an example of external feedback?

A. Sensation of muscle fatigue.

B. Coach feedback and applause.

C. Proprioception sense.

D. Heart rate during exercise.

External feedback is information about performance that comes from outside the performer. Coach feedback and applause fit this, because they come from others and from external responses, guiding improvement and boosting motivation. The other cues are produced inside the body: the sensation of muscle fatigue comes from the body's internal state, proprioception is the internal sense of where your limbs are, and heart rate is an internal physiological signal. These are internal feedback cues that inform you about how you're performing from within, without an outside commentator.

8. Which condition is inflammation of the sole of the foot?

A. Plantar fasciitis

B. Shin splints

C. Achilles tendinitis

D. Tennis elbow

Plantar fasciitis is inflammation of the plantar fascia, a thick band of tissue that runs along the bottom of the foot from the heel to the toes and supports the arch. When this tissue becomes irritated or strained—often from repetitive stress, overuse, or tight calves—the result is heel or sole pain, especially with the first steps after waking or after long periods of standing. This specifically targets the bottom of the foot, which is why it's the correct choice for inflammation of the sole. By contrast, shin splints affect the shin, Achilles tendinitis involves the back of the heel, and tennis elbow affects the elbow, not the sole. Treatments focus on easing stress on the plantar fascia and speeding healing: rest, ice, gentle stretching, supportive footwear or orthotics, and anti-inflammatory care as appropriate.

9. Strains are defined as what?

A. Muscle tears

B. Ligament sprains

C. Tendon inflammation

D. Bone fractures

Strains are injuries to the muscle-tendon unit caused by overstretching or overloading, often involving tearing of muscle fibers. That's why "muscle tears" is the best description: a strain refers to damage within the muscle itself (and can involve the attached tendon to varying degrees), rather than injuries to other structures. Other options describe different problems: a ligament sprain affects ligaments around joints, not muscles; tendon inflammation refers to tendinitis, which is irritation of the tendon rather than a tear; and a bone fracture is a break in the bone. Strains typically arise from activities that demand sudden or excessive force, like sprinting or heavy lifting, and treatment focuses on protecting the injured muscle, gradual rehab, and restoring strength and flexibility.

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10. Which is an example of equipment used in strength training?

A. Dumbbells.

B. Treadmill.

C. Stationary bike.

D. Elliptical.

Strength training builds muscle by challenging muscles with resistance. Dumbbells provide adjustable resistance and allow a wide range of free-weight movements that recruit stabilizing muscles and enable progressive overload as you increase weight. This makes them a classic piece of equipment for strength training. In contrast, treadmills, stationary bikes, and ellipticals are primarily designed for cardiovascular conditioning, focusing on heart lung endurance rather than maximizing resistance for muscle strength. They may offer some resistance options, but their main purpose is aerobic work. Therefore, dumbbells are the example of equipment used in strength training.

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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://lifetimefitnesswellnesspisdsem1.examzify.com

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

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