

ST. MARTIN ACADEMY – SPECIALIZED ACTIVITIES (WEEK 10) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What is a primary aim of debriefing after an activity?**
 - A. Assign grades for the activity
 - B. Decide who is responsible for mistakes
 - C. End the session early
 - D. Reflect on learning and address safety or behavior issues
- 2. What is described as a simple cooldown and its purpose?**
 - A. High-intensity sprinting to finish strong
 - B. Complete rest with no movement
 - C. Light activity and stretching to gradually reduce heart rate and prevent stiffness
 - D. Jumping jacks for 5 minutes
- 3. Under LA R.S. 28:53 L. (1) Admission by Emergency Certificate, what is a required destination for transport?**
 - A. Mental health center
 - B. Prison
 - C. Shopping mall
 - D. School
- 4. Explain the FITT principle and how Week 10 sessions use it to design conditioning.**
 - A. Flexibility, Intervention, Tempo, Type; used to schedule meals.
 - B. Frequency, Intensity, Time, Type; used to plan progression and tailor workouts to participants' abilities.
 - C. Frequency, Intensity, Tempo, Type; used to measure effort.
 - D. Frequency, Intensity, Time, Type; used to label equipment.
- 5. Which is NOT part of a dynamic warm-up?**
 - A. Static stretching held for 20-30 seconds.
 - B. A series of moving exercises that raise heart rate.
 - C. Mobility drills.
 - D. A light jog.

- 6. Which approach promotes balance between competition and inclusion in Week 10?**
- A. Eliminate competition entirely.
 - B. Grade students and separate by ability.
 - C. Use modified games, equal opportunities to participate, and focus on personal bests.
 - D. Increase standard game rules with no adjustments.
- 7. Domestic terrorism is intended to intimidate or coerce which audiences?**
- A. The government
 - B. The civilian population
 - C. Any segment thereof
 - D. All of the above
- 8. Which group is described as wanting to violently attack or overthrow the government and primarily targeting individuals they believe could violate constitutional rights?**
- A. Sovereign Citizens
 - B. Extremist Militia Groups
 - C. Terrorist Organizations
 - D. Insurgents
- 9. What is the maximum time a CEC can hold a person in a treatment facility?**
- A. 7 days
 - B. 30 days
 - C. 15 days
 - D. 60 days
- 10. Which item is NOT part of CHOB?**
- A. Clarity
 - B. Honesty
 - C. Objectivity
 - D. Courage

Answers

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

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Explanations

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1. What is a primary aim of debriefing after an activity?

- A. Assign grades for the activity
- B. Decide who is responsible for mistakes
- C. End the session early
- D. Reflect on learning and address safety or behavior issues**

Debriefing after an activity is about reflecting on what was learned and checking in on safety and behavior so everyone can grow from the experience. It gives a chance to review what happened, connect what was practiced to the goals, and identify any safety concerns or conduct issues that surfaced. This reflection helps reinforce learning, clarify any misunderstandings, and set up adjustments for the next activity to be safer and more effective. Grading is a separate step that evaluates performance, not the reflective discussion itself. Blaming individuals for mistakes isn't the aim here; the focus is on understanding what happened, what can be learned, and how to improve. Ending the session early would skip important thoughts and safety checks that are essential for ongoing learning.

2. What is described as a simple cooldown and its purpose?

- A. High-intensity sprinting to finish strong
- B. Complete rest with no movement
- C. Light activity and stretching to gradually reduce heart rate and prevent stiffness**
- D. Jumping jacks for 5 minutes

A cooldown is the period after exercise where you ease your body back to a resting state with light activity and stretches. The purpose is to gradually lower the heart rate, keep blood flowing so it returns from the muscles to the heart, and prevent stiffness or dizziness from stopping too abruptly. Light activity and stretching accomplish this by staying active but at a low intensity, helping the body recover and maintain flexibility. This is why the best description is light activity and stretching to gradually reduce heart rate and prevent stiffness. High-intensity sprinting would keep the heart rate up and isn't easing you down. Complete rest with no movement stops circulation and doesn't aid the recovery process. Jumping jacks for five minutes stay in the realm of ongoing exercise rather than a true cooldown.

3. Under LA R.S. 28:53 L. (1) Admission by Emergency Certificate, what is a required destination for transport?

- A. Mental health center**
- B. Prison
- C. Shopping mall
- D. School

The important idea here is that an Emergency Certificate is for immediate mental health evaluation and care. When someone is admitted under this certificate, the goal is to get them to a place equipped to assess and address their mental health needs. That means transporting to a mental health center where trained clinicians can evaluate safety, capacity, and the potential need for treatment or commitment. A prison, shopping mall, or school would not provide the required psychiatric assessment or the appropriate care pathway, so they aren't the designated destinations. So the required destination is a mental health center.

4. Explain the FITT principle and how Week 10 sessions use it to design conditioning.

A. Flexibility, Intervention, Tempo, Type; used to schedule meals.

B. Frequency, Intensity, Time, Type; used to plan progression and tailor workouts to participants' abilities.

C. Frequency, Intensity, Tempo, Type; used to measure effort.

D. Frequency, Intensity, Time, Type; used to label equipment.

FITT is a framework for designing exercise programs: Frequency (how often you train), Intensity (how hard you train), Time (how long each session lasts), and Type (the kind of activity). In Week 10 conditioning design, these elements are used together to build a plan that steadily improves fitness while fitting participants' abilities. For example, a Week 10 plan might start with training three times a week, at a moderate effort, for about 20–30 minutes per session, using a mix of aerobic work and some resistance moves. As participants adapt, you progress by adjusting one element: add another session, extend the duration, increase effort, or switch to different types of exercise (like incorporating intervals, heavier lifts, or mobility work). This approach keeps progression safe and balanced, helps avoid plateaus, and ensures conditioning covers cardio, strength, and functional fitness. The other options mix in terms that aren't part of the framework (like scheduling meals or labeling equipment) or describe measuring effort rather than planning how often, how hard, how long, and what type of activity to perform.

5. Which is NOT part of a dynamic warm-up?

A. Static stretching held for 20-30 seconds.

B. A series of moving exercises that raise heart rate.

C. Mobility drills.

D. A light jog.

Dynamic warm-ups prepare the body for activity through movement, raising heart rate, increasing muscle temperature, and activating the nervous system. Moving exercises that elevate heart rate and mobility drills specifically prime muscles and joints for action, while a light jog serves as a gentle progression into more activity. Static stretching held for 20-30 seconds, however, involves staying still in a stretch and does not actively warm up the body or prepare it for dynamic performance; in fact, long static holds can temporarily reduce strength and power. Because of this, static stretching is not part of a dynamic warm-up.

6. Which approach promotes balance between competition and inclusion in Week 10?

- A. Eliminate competition entirely.
- B. Grade students and separate by ability.
- C. Use modified games, equal opportunities to participate, and focus on personal bests.**
- D. Increase standard game rules with no adjustments.

Balancing competition with inclusion means keeping the challenge and motivation of competing, while making sure everyone can join in and feel they can succeed. Using modified games helps with this by changing rules, equipment, or field size so activities are fair and approachable for all skill levels, yet still carry a sense of challenge. Providing equal opportunities to participate ensures every student gets a chance to be involved, touch the ball, and contribute, rather than excluding some players. Focusing on personal bests shifts the emphasis from winning to personal growth, which supports a positive, inclusive atmosphere where progress is celebrated regardless of rank. Together, these elements keep the spirit of competition alive while ensuring no one is left out. In contrast, removing competition entirely strips away motivation; separating by ability creates divisions and can stigmatize students; and keeping standard rules with no adjustments can make activities inaccessible for beginners, reducing participation and inclusion.

7. Domestic terrorism is intended to intimidate or coerce which audiences?

- A. The government
- B. The civilian population
- C. Any segment thereof
- D. All of the above**

The idea being tested is that domestic terrorism aims to intimidate or coerce audiences in order to influence political or social outcomes. This intimidation can be directed at the government, at the civilian population, or at any specific segment within society. Because the goal is to pressure decision-makers or shape public behavior through fear, the act can target multiple audiences or any part of the population. That's why the broad, inclusive option—All of the above—best captures the range of possible targets.

8. Which group is described as wanting to violently attack or overthrow the government and primarily targeting individuals they believe could violate constitutional rights?

- A. Sovereign Citizens
- B. Extremist Militia Groups**
- C. Terrorist Organizations
- D. Insurgents

Extremist militia groups are defined by armed efforts to resist or overthrow the government, often casting their actions as defending constitutional rights. They frame violence as a necessary means to stop actions they view as violating those rights and to assert their interpretation of lawful authority. This combination—armed intent to topple or destabilize the government and a focus on individuals or groups they deem threats to constitutional rights—fits the description best. Sovereign citizens typically challenge government authority through legalistic arguments and nonviolent tactics, though some may become violent, their movement is not built around an organized armed campaign to overthrow the government. Terrorist organizations pursue broad ideological or political aims and use violence to create fear and influence policy, but their targets aren't limited to people they believe violate constitutional rights. Insurgents engage in armed conflict within a country to overthrow or control the government, often in a civil context, but their focus is on broader political control rather than specifically targeting individuals accused of violating constitutional rights.

9. What is the maximum time a CEC can hold a person in a treatment facility?

- A. 7 days
- B. 30 days
- C. 15 days**
- D. 60 days

The time allowed reflects the need to balance rapid, thorough assessment with the protection of an individual's rights. Fifteen days gives clinicians enough opportunity to complete medical clearance, assess safety and mental health needs, and determine the appropriate next step—voluntary treatment, a formal commitment, or discharge. If, after this period, the person doesn't meet criteria for involuntary commitment, they should be released or offered voluntary services. Longer detention typically requires additional legal authorization, while shorter holds may not provide enough time for a full evaluation.

10. Which item is NOT part of CHOBE?

- A. Clarity
- B. Honesty
- C. Objectivity
- D. Courage**

The idea here is to know what CHOBE stands for. CHOBE includes Clarity, Honesty, Objectivity, Balance, and Empathy. Among the options, Clarity, Honesty, and Objectivity are clearly listed in that set, while Courage is not. So Courage doesn't belong to CHOBE, making it the item that doesn't fit. Remember the five parts: Clarity, Honesty, Objectivity, Balance, and Empathy.

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://stmartinacademyweek10.examzify.com>

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

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