



111813

K-16 Education Center

Continuing & Innovative Education

PE 1A: Foundations of Personal Fitness Study Guide Examination for Acceleration (EA)/Credit by Exam (CBE)

The exam you are interested in taking is designed to test your proficiency in the relevant subject matter. You should be thoroughly familiar with the subject matter before you attempt to take the exam. This EA/CBE Study Guide can help you prepare for the exam by giving you an idea of what you need to review. You can check your familiarity level by reviewing the Texas Essential Knowledge and Skills (TEKS) for this course (see below). To refine your skills, you can refer to any of the state-adopted textbooks.

Texas Essential Knowledge and Skills (TEKS)

Every question that appears on this exam is derived from the knowledge and skills statements and student expectations within the Texas-mandated standards, the Texas Essential Knowledge and Skills (TEKS). You can view the TEKS for this exam online via the following link: <http://ritter.tea.state.tx.us/rules/tac/chapter116/ch116c.html> - 116.52. Refer to section (c), Knowledge and skills, 1A–5G. Throughout this guide, you’ll see TEKS references. These refer to the numbers listed under (c) Knowledge and skills; for example, 1A or 3B.

Materials Needed

You will need to bring a #2 pencil to complete the exam. You will receive a computer-graded answer sheet when you arrive at the testing center.

Exam Structure

You will be allowed **3 hours** to complete this exam. The exam consists of 50 multiple-choice questions worth 2 points each, for a total of 100 points.

General Study Tips

The bulleted lists and sample questions in this study guide can assist you in preparing for the exam. It is a fairly complete guide, but does not cover every item on the test. Ultimately, you should use the TEKS to guide your exam preparation.

Scholastic Honesty

When you arrive at the testing center you will be asked to carefully read the exam rules and sign a statement agreeing to take the exam in accordance with the rules. This is called the Examinee's Certification. The following is a copy of these rules:

Examinee's Certification

This certification must be signed *before* the exam is administered and then returned with the completed examination attached, or credit for the exam will not be given.

Scholastic dishonesty is a serious academic violation that will not be tolerated. Scholastic dishonesty encompasses, but is not limited to:

- copying from another student's work;
- using an unauthorized testing proctor or taking the exam at an unauthorized testing location;
- using materials not authorized by a testing proctor;
- possessing materials that are not authorized by a testing proctor, such as lessons, books, or notes;
- knowingly using or soliciting, in whole or part, the contents of an unadministered test;
- collaborating with or seeking aid from another student without authorization during the test;
- substituting for another person, or permitting another person to substitute for oneself, in taking a course test or completing any course-related assignment;
- using, buying, stealing, or transporting some or all of the contents of an unadministered test, test rubric, homework answer, or computer program.

Evidence of scholastic dishonesty will result in a grade of *F* on the examination and an *F* in the course (if applicable).

At the testing center, you will be asked to sign a statement that says you have read the above and agree to complete the examination with scholastic honesty.

Additional Study Tips

The following information provides direction for your studies. You will find study tips and sample questions to give you a general idea of the types of questions you can expect to see on the exam.

Study Tips

This exam relates to TEKS 1A–5G. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- Physiological principles related to exercise and training; such as, warm-up/cool down, overload, frequency, intensity, specificity, or progression
- Biomechanical principles related to exercise and training; such as, force, leverage, and type of contraction
- Rules, procedure, and etiquette associated with sports and other physical fitness activities
- Recognizing and resolving conflict during physical activity
- Safety procedures; such as, wearing appropriate footwear and spotting during gymnastics and weightlifting
- Examples of activities or exercises that may be harmful or unsafe
- The relationship between fluid balance, physical activity, and environmental conditions (e.g., loss of water and salt during exercise)
- The effects of substance abuse on physical performance
- The relationship between physical fitness and health
- Knowledge of a variety of physical fitness activities and how they develop health-related fitness; such as, aerobic exercise to develop cardiovascular efficiency
- Skill components of sports-related fitness; such as, agility, balance, coordination, power, reaction time, and speed in sports-related fitness
- Components of health-related fitness; such as, cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility
- Comparing and contrasting health-related and skill-related fitness
- Methods of evaluating health-related fitness; such as, FitnessGram[®]
- FitnessGram physical fitness test, including how to analyze the results and develop a personal wellness plan
- The components of exercise prescription; such as, overload principle, type, progression, or specificity
- Consumer issues related to physical fitness; such as, marketing claims promoting fitness products and services
- Positive and negative attitudes toward exercise and physical activities
- Physical fitness activities that can be used for stress reduction
- How overtraining can contribute to negative health problems
- The relationship between sound nutritional practices and physical activity
- Myths associated with physical activity and nutritional practices
- Methods of weight control; such as, diet, exercise, or a combination of both
- Changeable risk factors that affect physical activity and health; such as, inactivity, smoking, nutrition, and stress

Sample Questions

The following are sample questions. You can find the correct answers listed after the questions, but try answering without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST response to each of the following questions.

1. Some fitness plans call for slowly adding weights or increasing resistance with each workout. This systematic training plan is called _____.
 - A. rehabilitation
 - B. weight training
 - C. overload resistance
 - D. progressive resistance
2. Which of the following is the **BEST** substance to eat about one hour before working out to give the body the energy and resources needed to excel during the exercise?
 - A. Simple sugar, such as an apple or orange
 - B. High-fiber carbohydrates, such as broccoli or lentils
 - C. Complex carbohydrates and protein, such as half a bagel with peanut butter
 - D. Complex carbohydrates, protein, and fruits, such as spaghetti with meat sauce
3. Which of the following is a method used in the FitnessGram[®] program to evaluate muscular strength and endurance?
 - A. BMI
 - B. Trunk lift
 - C. PACER test
 - D. Skinfold measurements
4. To improve his kicking skills for soccer, Drew's trainer recommended that he train with a leg-extension exercise, gradually increasing the weight to increase his strength. The leg extension exercise works the _____ muscle.
 - A. trapezius
 - B. hamstring
 - C. quadriceps
 - D. gluteus maximus

[1: D; 2: C; 3: B; 4:C]