

Physical Education (Grades K–12)

Subtest 2 Sample Items

1. The prevalence of obesity and type 2 diabetes is increasing among children and adolescents. In addition to promoting weight loss, a regular program of physical activity can help reduce the risk of type 2 diabetes among this population by:

- A. improving the digestive system's ability to break down carbohydrates.
- B. promoting greater insulin production by the pancreas.
- C. enhancing the body's ability to convert fats to energy.
- D. increasing the sensitivity of cells to circulating insulin.

2. A high school student is engaged in a weight-training program using resistance machines. The student is currently able to do three sets of 15 repetitions of a bench press at a particular weight. To most appropriately apply the principle of progressive overload to increase arm strength, the student should increase the:

- A. weight by 10 percent.
- B. weight by 25 percent.
- C. number of sets to 6.
- D. number of repetitions to 20.

3. Which of the following fitness assessment tests is typically used to measure hamstring flexibility?

- A. step test
- B. standing long jump
- C. modified pull-up
- D. back-saver sit and reach

4. A local business that manufactures athletic equipment contacts a high school physical education teacher to discuss ways that the company could promote its products. In which of the following ways could the teacher best use a partnership with the company to create physical education opportunities for the students?

- A. accepting donations or loans of sports equipment from the company in exchange for a public acknowledgement of their generosity
- B. inviting a representative from the company to the school to give a demonstration and marketing presentation on their sports equipment
- C. arranging to take physical education students on tours of the company's manufacturing plant to learn how sports equipment is produced
- D. asking the company to sponsor the half-time entertainment show at the school's varsity sports home games

5. A middle school physical education teacher plans the student activities listed below as part of a new fitness unit of study.

- comparing new terminology with related terminology from previous units
- developing nonverbal representations (e.g., charts, illustrations) of new terminology
- classifying new terminology according to specific criteria
- generating analogies with new terminology

These activities are likely to promote students' reading comprehension related to this unit primarily in which of the following ways?

- A. by providing the students with strategies for determining the meaning of unfamiliar vocabulary as they read
- B. by promoting the students' ability to decode and spell new vocabulary words accurately
- C. by teaching the students how to use structural analysis as a strategy for building domain-specific vocabulary
- D. by broadening the students' understanding of new vocabulary words and their associated concepts

Answer Key

Item Number	Correct Response	Subarea	Objective
1	D	I. Physical Fitness and Wellness	0009
2	A	I. Physical Fitness and Wellness	0010
3	D	I. Physical Fitness and Wellness	0011
4	A	II. The Physical Education Program	0013
5	D	II. The Physical Education Program	0015

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