



Sample Test Questions

Health/Fitness



SAMPLE TEST QUESTIONS

The sample test questions in this document are designed to give you an introduction to the nature of the questions included in the Washington Educator Skills Tests—Endorsements (WEST–E). They represent the various types of questions you may expect to see on an actual test in this test field; however, they are *not* designed to provide diagnostic information to help you identify specific areas of individual strength or weakness or to predict your performance on the test as a whole.

Work through the sample questions carefully before referring to the answer key that follows. The answer key provides the correct response for each question and lists the objective within the test framework to which each question is linked. When you are finished with the sample questions, you may wish to review the test objectives and descriptive statements provided in the test framework for this test field.

In addition to reading and answering the sample questions, you should also utilize the following preparation materials available on the WEST Web site:

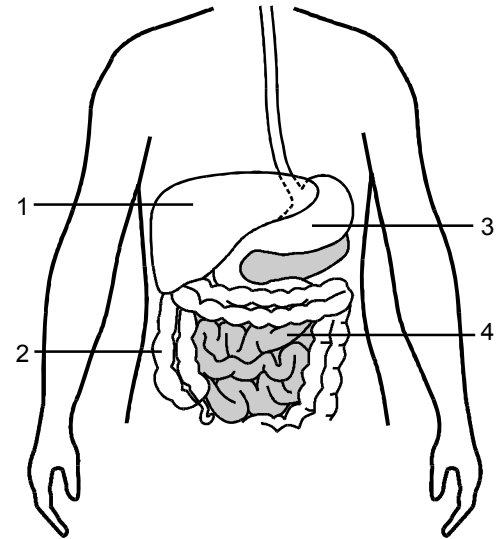
- Read **WEST–E Test-Taking Strategies** to understand how test questions are designed to measure specific test objectives and to learn important test-taking strategies for the day of the test.
- Review the **Test Summary and Framework** for your test field to familiarize yourself with the structure and content of the test. This document contains general testing information as well as the percentage of the total test score derived from each content domain described in the test framework.

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SAMPLE MULTIPLE-CHOICE QUESTIONS

1. A parent is discussing the use of tobacco with a 13-year-old boy. The parent decides to focus the discussion on how tobacco use can cause bad breath and reduced physical endurance rather than on how it can cause emphysema and cancer. One important advantage of this approach is that it recognizes that adolescents are more likely than adults to be:
 - A. overly concerned with the impression they make on others.
 - B. interested in issues related to health and hygiene.
 - C. self-centered and concerned primarily with their own welfare.
 - D. concerned with immediate issues rather than long-term consequences.

2. Use the diagram of the human digestive system below to answer the question that follows.



Which of the following organs stores glycogen and vitamins, regulates blood volume, and removes toxic substances from the blood?

- A. Organ 1
- B. Organ 2
- C. Organ 3
- D. Organ 4



3. To support the cardiorespiratory endurance of adolescent athletes and allow them to work longer before exhaustion, it would be most important to provide a diet high in:
- A. unsaturated fat.
 - B. vitamins.
 - C. protein.
 - D. carbohydrates.
4. Which of the following is a warning sign that a dating relationship is unstable and the risks involved in continuing the relationship outweigh the benefits?
- A. One partner attempts to manage the other partner's daily activities and questions the partner about his or her interactions with others.
 - B. Each partner sometimes displays frustration, exasperation, or a lack of patience with the other partner's actions and decisions.
 - C. One partner enjoys going out and socializing with groups of people and the other partner prefers staying in or socializing with a few friends.
 - D. Each partner seems oblivious to the characteristics in the other partner that other individuals, including friends and family, find unappealing.
5. Lupus is a chronic disease in which the body inappropriately produces antibodies that destroy:
- A. the cells that produce myelin, the insulating material that allows nerve conduction to occur, resulting in deterioration of nervous system function.
 - B. fibrous connective tissue, resulting in periods of inflammation, stiffness, fatigue, chest discomfort, and widespread pain in muscles, joints, and skin.
 - C. the inner surface and muscular layer of the intestinal wall, resulting in abdominal pain, fever, diarrhea, weight loss, and intestinal problems.
 - D. abnormal red blood cells that cannot pass through capillaries, resulting in anemia and, in some cases, impaired lung function and congestive heart failure.
6. Use of some psychoactive drugs such as barbiturates causes the body's tissues to adapt to the drug's presence and creates a situation in which the body needs the drug to maintain homeostasis. This process leads to the development of:
- A. cross-tolerance.
 - B. an antagonistic drug effect.
 - C. drug dependence.
 - D. a synergistic drug effect.



7. During the summer, 14-year-old Lexie occasionally spends some of her weekends with two girls her age who live on her street. While Lexie does not consider the girls her closest friends, she does enjoy their company. The girls secretly smoke cigarettes, and they recently pressured Lexie to try smoking. Which of the following strategies is likely to be most effective in helping Lexie respond to the pressure to smoke?
- A. Periodically remind the girls about the long-term health effects of smoking (e.g., respiratory illness, heart disease, lung cancer).
 - B. Assertively tell the girls that if they ask her again to smoke, she will have to end the friendship.
 - C. Avoid the potential for an uncomfortable situation by spending time with the girls only in the presence of parents/guardians.
 - D. Think about and decide in advance what to do if asked to smoke (e.g., suggest doing something else instead, leave the group).
8. Warren is planning to purchase a stationary bicycle. After doing some research and reading reviews by an independent consumer group, he has narrowed his choices to two models in his price range. Which of the following steps would be most advisable for Warren to take next before making a final decision?
- A. determining which of the two models has more advanced features (e.g., built-in heart monitor, programmability)
 - B. comparing the prices of the two models at different stores or online auction sites
 - C. trying out both models under conditions as similar as possible to his intended use (e.g., duration, settings)
 - D. asking a knowledgeable salesperson to demonstrate how to operate each of the models



9. Which of the following is likely to be the most effective way for adults to help children and adolescents resist the influences of the depiction of violent interactions between individuals on television?
- A. ensuring that viewing of violent programs is balanced by viewing of nonviolent programs
 - B. describing for young people ways of recognizing whether a situation they are in may become violent
 - C. pointing out that media depictions are fictional and often highly exaggerated
 - D. discussing with young people alternatives that the television characters could have used to resolve conflicts
10. Which of the following rules should be most firmly established when discussing Internet safety practices with children?
- A. always staying out of social network sites and chat rooms that are popular with young people
 - B. limiting each online session to one half-hour to prevent others from detecting location or e-mail information
 - C. never providing personally identifying information or agreeing to meet in person someone met online
 - D. avoiding instant messaging and communicating through e-mail accounts instead



11. Which of the following accurately describes an important motor-learning principle related to practicing open motor skills?
- A. Open motor skills are more likely to be mastered when practice conditions and environments remain unchanged.
 - B. The more the practice context resembles the actual context, the better the performance of open motor skills is likely to be.
 - C. Open motor skills practiced in massed practice sessions are more likely to be retained than those practiced in distributed practice sessions.
 - D. When an open motor skill is low in complexity and high in organization, using the part method of practice is more effective than using the whole method.
12. A five-year-old boy is playing on playground equipment with his older sister. The boy attempts to walk across a narrow, shaky beam suspended just above the ground without falling off. His sister encourages him. "Try to keep your head up and your back straight as you cross. Bend your knees a little and keep your chest, hips, and knees aligned," she advises. Which of the following movement concepts is being communicated?
- A. A body is balanced when its center of gravity is located over its base of support.
 - B. Three forces act on a body in motion: gravity, air resistance, and the initial force that put it in motion.
 - C. A shift of one body part beyond its base of support requires an equal and opposite shift to maintain balance.
 - D. The greater the distance and time over which momentum can be developed, the greater the momentum.



13. Which of the following is a critical element in the motor patterns for overhand throwing a football, swinging a golf club, and backhand throwing a flying disc?
- A. using a Ferris wheel swing while keeping the head steady
 - B. stopping the follow-through after release or contact
 - C. beginning with the side of the body facing the target
 - D. reaching both arms back before the throw or strike
14. During a batting practice activity, elementary students will use plastic bats to hit foam balls off batting tees. One student, who has balance problems due to a muscular disorder, may have difficulty completing the activity successfully. To best promote this student's self-esteem and skill acquisition, it would be most appropriate for the student to:
- A. engage in an alternative activity that promotes balance and attempt the batting-tee drill once balance improves.
 - B. perform modified batting-tee drills from the most stable body position possible along with other students.
 - C. work on softball-related manipulative skills that do not require balance, such as throwing and catching balls while seated.
 - D. perform the batting-tee drills with a thicker, shorter bat and a larger ball than other students will be using.
15. In the game of "B-o-o-o-p," four to eight students form a circle and join hands, except for one who holds a beach ball. The student with the ball tosses it in the air and then joins the circle. The object of the game is to keep the ball in the air for as long as possible without letting go of hands. Which of the following is the most important purpose of this type of activity?
- A. fostering positive group communication skills and strategy development
 - B. understanding the importance of synchronized movements in executing difficult motor skills
 - C. enhancing students' ability to work together at the same speed or pace to accomplish a group goal
 - D. establishing the foundations of team membership and identity by building trust among students



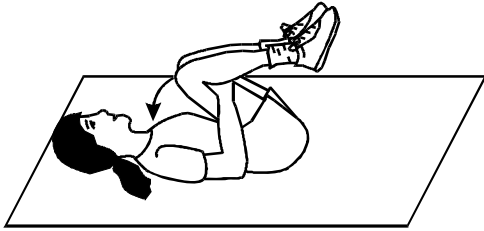
Use the information below to answer the two questions that follow.

A fitness plan developed by a healthy 15-year-old boy named Steven is shown below.

Steven's Weekly Fitness Plan	
Monday:	30–40 minutes of cardiorespiratory endurance exercise
Tuesday:	20 push-ups, 20 curl-ups, 20 leg lifts each side 15 minutes of flexibility exercises
Wednesday:	30–40 minutes of cardiorespiratory endurance exercise
Thursday:	20 push-ups, 20 curl-ups, 20 leg lifts each side 15 minutes of flexibility exercises
Friday:	30–40 minutes of cardiorespiratory endurance exercise
Saturday:	20 push-ups, 20 curl-ups, 20 leg lifts each side 15 minutes of flexibility exercises

16. Which of the following types of activities is most appropriate for the Monday, Wednesday, and Friday exercise sessions?
- A. competitive sports such as badminton, softball, volleyball, and flag football
 - B. dynamic stretching activity such as ballistic stretches for sport-specific skills
 - C. moderate aerobic activity such as jogging, cycling, inline skating, and cross-country skiing
 - D. a combination of plyometric and resistance activities such as jumping drills and lifting free weights
17. Which of the following modifications to Steven's fitness plan would best maximize the physiological benefits of flexibility training?
- A. increasing the flexibility training sessions to every day
 - B. scheduling the flexibility training to occur just after the cardiorespiratory endurance workouts
 - C. decreasing the duration of the flexibility training sessions
 - D. scheduling the flexibility training to occur just before the cardiorespiratory endurance workouts

18. Use the illustration below to answer the question that follows.



Which of the following muscle groups is being targeted by the exercise above?

- A. erector spinae
 - B. obliques
 - C. hamstrings
 - D. trapezius
19. Supervised adventure activities in which children climb, swing, and traverse ropes, cargo nets, and climbing walls are particularly effective for which of the following purposes?
- A. prompting children to explore ways to increase the efficiency of movements used in daily activities
 - B. stimulating children's inquiry and creative processes for group problem solving
 - C. providing children with opportunities to take risks and challenge themselves
 - D. helping children develop self-control and respect for authority and rules

20. Which of the following should be considered a top priority by high school students who are interested in careers in health and fitness fields?
- A. taking as many math, science, and technology courses as possible before they graduate from high school
 - B. learning about the educational and training prerequisites for the occupations in which they are most interested
 - C. gaining experience in as many different health and fitness fields as possible through part-time work or internships
 - D. consulting with professional employment specialists to narrow their career choices before they graduate from high school



ANSWER KEY

Question Number	Correct Response	Test Objective
1	D	0001
2	A	0002
3	D	0003
4	A	0005
5	B	0006
6	C	0008
7	D	0009
8	C	0010
9	D	0011
10	C	0013
11	B	0014
12	A	0015
13	C	0016
14	B	0020
15	A	0021
16	C	0022
17	B	0024
18	A	0023
19	C	0025
20	B	0026