

5561 Praxis Test

Section: 5511 Fundamental Subjects Exams • Total Questions: 1 • Format: Verified Q&A

1. Which of the following best describes the author's purpose in the passage?

"The continuous use of the running muscles will produce more fatigue, aches, and pains than running at the same pace while taking walk breaks. If you walk before your running muscles start to get tired, you allow the muscle to recover instantly—increasing your capacity for exercise while reducing the chance of next-day soreness.

The "method" part involves having a strategy. By using a ratio of running and walking you can manage your fatigue. Using this fatigue-reduction tool conserves resources and bestows mental confidence to cope with any challenges that can come later."

—Jeff Galloway, from Half-Marathon: You Can Do It

- (A) Describing a character's feelings about a situation
- (B) Exploring a character's relationship with another character
- (C) Describing a setting through a character's perspective
- (D) Exploring a conflict through a character's perspective