

Praxis 5857 Exam

Section: 5857 Health and Physical Education Exams • Total Questions: 10 • Format: Verified Q&A

1. A high school health education teacher overhears a group of students discussing a bullying incident that recently occurred at school. The teacher also notices a disturbing change in the behavior of the student who was bullied. Which of the following is the first step the teacher should take to address concerns about the student who was bullied?

- (A) Discussing the next appropriate action to take with the school's principal
 - (B) Asking the student if the bullying is continuing and who else is involved
 - (C) Talking with other students in class to obtain additional information
 - (D) Calling the student's parents to discuss possible causes for the bullying
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2. Which of the following pairs of characteristics is used in the Karvonen method for calculating target heart rate zone?

- (A) Weight and resting heart rate
 - (B) $\dot{V}O_2$ max and age
 - (C) Age and resting heart rate
 - (D) Resting heart rate and $\dot{V}O_2$ max
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3. Which of the following are skill-related fitness components?

- (A) Agility and flexibility
 - (B) Power and muscular endurance
 - (C) Speed and muscular strength
 - (D) Agility and speed
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4. Which of the following would be the most valid source of health information?

- (A) An article on vitamin supplements written by a nutrition expert and quoted on a commercial website
 - (B) An article on weight-lifting techniques written for a fitness magazine by a body builder
 - (C) An article on weight loss written for a newspaper article by a person who has lost 45 pounds
 - (D) An article about caffeine use written by a registered dietician appearing on a professional organization's website
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5. Which of the following best describes why the national standards for beginning physical educators state that a new teacher must understand the importance of being a reflective practitioner?

- (A) Professional development is always based on reflection.
 - (B) Being reflective is easy to do and does not take much time or effort.
 - (C) Collaborating with other teachers is easy when one is a reflective teacher.
 - (D) Reflective teachers learn and grow while teaching.
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6. Which of the following cognitive abilities is most affected by the aging process?

- (A) Working memory
 - (B) Implicit memory
 - (C) Fluid intelligence
 - (D) Attention span
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7. Which of the following is the most appropriate goal for someone beginning a weight reduction program that involves both an exercise component and a nutrition component?

- (A) Losing 20 lb by the end of one month
 - (B) Losing 5 lb consistently each week
 - (C) Losing 4 to 8 lb by the end of one month
 - (D) Lose 30 lb in two months
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8. The smallest of the balls used in a game of bocce is called a

- (A) jack
 - (B) birdie
 - (C) wicket
 - (D) shuttle
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9. Which of the following is the most effective approach for giving directions for an activity to a class of students?

- (A) Provide detailed verbal instructions explaining all aspects of the activity in depth
 - (B) Provide verbal instructions and then ask if students have specific questions about the explanation.
 - (C) Provide instructions, field questions, and then monitor the initial activity to see if understanding has occurred.
 - (D) Provide a written description of the activity and give students time to read it quietly.
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10. Individuals 65 years of age and older are most likely to experience a decrease in which of the following?

- (A)** General intelligence
- (B)** Visual acuity
- (C)** Reading comprehension
- (D)** Creativity