



SECTION 4

TEST II SAMPLE QUESTIONS

This section of the Georgia Assessments for the Certification of Educators® (GACE™) Preparation Guide provides sample selected-response questions with an annotated answer key for you to review as part of your preparation for the test. The sample selected-response questions are designed to illustrate the nature of the test questions. Work through the questions carefully before referring to the annotated answer key, which follows the sample selected-response questions. The answer key provides the correct response to each question, describes why each correct response is the best answer, and lists the objective within the test framework to which each question is linked.

QUESTIONS

1. According to the definition of motor learning, consistent and successful performance of a motor skill is most likely to occur if the learner:
 - A. has received sufficiently high levels of different types of external feedback during practice to form an unbiased view of his or her performance of the skill.
 - B. has performed the motor skill in the same environment, under the same practice conditions, and for about the same length of time during each practice session.
 - C. is able to detect errors in others' performance of the same motor skill and make valid suggestions for improving execution of the skill based on his or her observations.
 - D. has developed an internal process through practice that has resulted in relatively permanent changes in his or her capability for responding to the skill task.
2. Which of the following best explains why becoming proficient at performing the overhand throw can help a student learn the beginner's tennis serve?
 - A. The basic grip used to throw a ball and to grasp a tennis racket is the same.
 - B. The movement pattern of the dominant arm is similar for both skills.
 - C. The object being manipulated in each skill is about the same size and weight.
 - D. The nondominant arm moves through the same spatial pathways and levels in both skills.
3. As part of an assignment, a student creates a routine that involves jumping rope, running up and down stairs, and sliding from the center of a room—first to the right to touch the wall, then quickly reversing direction and sliding to the left to touch the opposite wall. This combination of locomotor skills is particularly appropriate for developing:
 - A. agility.
 - B. dynamic balance.
 - C. anaerobic power.
 - D. hand-eye coordination.

Use the description below of a middle school physical education activity to answer the two questions that follow.

Team Handball

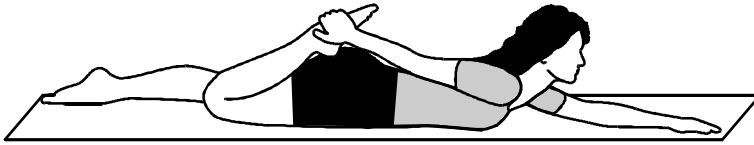
1. Define two goal areas with two cones each at opposite ends of a playing area or field. Establish a safety area in front of each goal that players must avoid.
2. Form two teams of 5–8 players; spread each team out on its half of the field to start. Players may move around the entire field once the game begins.
3. The object is to pass a foam ball from teammate to teammate until a player scores a goal by throwing the ball below waist-level between the two cones that define the goal area.
4. After catching the ball, a player cannot walk or run. If she or he does, traveling is called and the ball is awarded to the other team. If the ball is batted down or touches the ground, the ball goes to the other team. Defensive players may intercept the ball, but no physical contact is allowed.
5. Extra players can be rotated from the sideline into the game every five minutes or so.

4. In which of the following ways could the physical education teacher best modify this activity to promote the use of cooperation and collaboration skills?
 - A. Assign two students as line referees and one student as scorekeeper and rotate the assignments.
 - B. Encourage students on the sideline to cheer and offer verbal support to both teams.
 - C. After each goal is scored, allow each team to pick a player from the other team to switch sides.
 - D. Award an extra point to a team when it makes four successful passes in a row.
5. Which of the following strategies would be most effective for promoting safe interaction among players and limiting fouls?
 - A. extending the safety area in front of each goal
 - B. requiring defensive players to stay at least two feet from offensive players
 - C. playing with two foam balls instead of one
 - D. allowing offensive players to pivot or wheel around to find open teammates

Section 4: Test II Sample Questions

6. One of the benefits of a regular program of aerobic exercise is that the myoglobin content within muscles increases. This change is most important in allowing muscles to:
- A. efficiently remove accumulated waste products.
 - B. increase the force generated by a contraction.
 - C. maintain a sufficient reserve supply of oxygen.
 - D. build new muscle fibers from available nutrients.
7. A high school student with a basic level of fitness would like to ensure that the cardiovascular endurance activities she plans to engage in several times a week will produce health-related benefits. Which of the following is the most appropriate training principle to use in achieving this goal?
- A. Engage in aerobic activities that elevate the heart rate to 60 to 75 percent of its maximum rate continuously for at least 20 to 30 minutes.
 - B. Vary the frequency and length of exercise sessions but engage in one specific type of aerobic activity to maintain motivation.
 - C. Engage in aerobic activity that is at a level of intensity just above the target heart rate zone in progressively longer time durations.
 - D. Alternate ten-minute aerobic exercise sessions with short bouts of anaerobic exercise so that two types of energy pathways are utilized.

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



This exercise is most appropriate for promoting the flexibility of which of the following muscle groups?

- A. gluteals
- B. hamstrings
- C. quadriceps
- D. triceps surae

Section 4: Test II Sample Questions

9. Use the information below to answer the question that follows.

Fitness Test	Raw Score
One-Mile Run	14 min: 15 sec
Curl-up	25 completed
90-degree Push-up	4 completed
Trunk Lift	11 inches
Back-Saver Sit and Reach	right—Y (10 inches); left—Y (9 inches)
Percent Body Fat	21%

The table presents fitness test results for a 12-year-old female student. Based on these test results, it would be most appropriate for this student to consider a personal fitness plan that emphasizes activities designed to improve:

- A. trunk extensor strength and flexibility.
- B. body composition and lower body strength.
- C. abdominal strength and low back flexibility.
- D. cardiovascular endurance and upper body strength.

Section 4: Test II Sample Questions

10. Which of the following best describes a critical element for efficient performance of the golf swing?
- A. The wrists should be flexed at takeaway and then released at the top of the swing.
 - B. The body's weight should be transferred from the rear foot to the front foot during the swing.
 - C. The plane of the swing should be as close to vertical as possible.
 - D. The length of the follow-through should be restricted as much as possible at the end of the swing.
11. In flag football, a receiver drops a lateral and the defensive team recovers the ball. What is the correct ruling on the play?
- A. The ball is dead at the spot of the fumble.
 - B. The down must be replayed.
 - C. The ball is awarded to the team that recovered the ball.
 - D. The play is an incomplete forward pass.
12. A group of students is planning a late fall overnight camping trip in the mountains of northern Georgia. To avoid the risk of hypothermia, it is most important that the students have:
- A. sleeping bags designed to keep the occupant warm in below-freezing temperatures.
 - B. a sufficient supply of high-energy, high-sugar snack foods.
 - C. appropriate clothing and gear for remaining warm and dry in case of rain.
 - D. propane tent heaters that can be used safely inside each of their tents.
13. Which of the following principles would be most appropriate to emphasize to help students develop proper footwork skills during a social dance unit?
- A. carrying weight on the balls of the feet for easier balance and changes in direction
 - B. using shorter steps for slower rhythms and longer steps for faster rhythms
 - C. starting with the feet apart and maintaining at least six inches between feet when the feet pass each other
 - D. initiating the action from the knee when swinging the leg or reaching forward or backward with a step

ANNOTATED ANSWER KEY

For question	The correct response is	Reason	Test Objective
1	D	Richard Schmidt, a leading researcher in motor learning and performance and founder of the <i>Journal of Motor Behavior</i> , defined motor learning as "a set of [internal] processes associated with practice or experience leading to relatively permanent changes in the capability for responding." Schmidt describes motor learning as "the acquisition of new skills with practice," indicating that motor skills are learned and do not emerge because of maturation or other factors. An individual who acquires a motor skill through practice and commits it to long-term memory can demonstrate the skill consistently and proficiently, even when time passes between performances.	0012
2	B	The overhand throw begins in a stride stance with the nondominant side facing the target. The dominant arm extends back, the foot opposite the arm steps forward, and, as the hips and shoulders rotate toward the target, the throwing arm comes forward past the head, keeping the elbow at shoulder level. The throwing hand continues toward the target and follows through diagonally across the front of the body. This same motor pattern is used in the beginner's tennis serve, which is the overhand strike used to begin a point in tennis, with the racket acting as an extension of the striking arm.	0013
3	A	Agility is the fitness attribute that refers to the ability to change body position quickly and to change direction quickly while moving. It is a necessity in many sports that involve complex locomotion skills such as tennis, football, basketball, badminton, soccer, and gymnastics. Jumping rope, which involves skipping in place, running up and down stairs, and sliding from right to left and left to right with quick reversals in direction are good choices for general agility training.	0014
4	D	To enhance cooperative and collaborative behaviors, the teacher should strive to involve as many students as possible in positive, productive team interactions. Therefore, awarding extra points for four successful passes in a row is the best response. This strategy promotes teamwork, communication, and collaboration, and motivates students to cooperate and support one another in a competitive atmosphere.	0015

Section 4: Test II Sample Questions

For question	The correct response is	Reason	Test Objective
5	B	Although regulation team handball involves some body contact (defensive play permits the use of the torso to obstruct an opponent), unnecessary contact and rough play is not permitted. It is imperative, however, in a modified team activity within a physical education setting, to minimize the potential for any physical contact, aggressive play, and risk of injury, since students may be diverse in terms of height and weight, fitness attributes, and skill levels. The best strategy for promoting safe interactions and eliminating the potential for fouls, therefore, is to require defensive players to maintain a distance of at least two feet from offensive players.	0015
6	C	An important physiological benefit of aerobic exercise is the substantial increase in the myoglobin content of working muscles. When oxygen enters a muscle fiber, it binds to myoglobin, an iron-containing compound that transports oxygen molecules from cell membranes to skeletal muscle mitochondria. The myoglobin stores oxygen and releases it as the body goes from rest to exercise, providing oxygen to mitochondria during the lag between the onset of exercise and the increase in cardiovascular delivery of oxygen.	0016
7	A	To improve cardiovascular endurance fitness benefits, experts generally recommend that an individual engage in aerobic activities several days per week for at least 20 to 30 minutes at an intensity level within the target heart rate zone. According to fitness training principles, aerobic exercise should be vigorous enough to elevate and maintain heart rate within a target heart rate zone (THRZ) that is 60-75 percent of maximum heart rate (MHR), which is calculated by subtracting one's age from 220. The type of exercise may vary as long as it is aerobic. The frequency, intensity, and duration of exercise can be gradually increased over time to maintain and improve health-related cardiovascular fitness.	0017
8	C	The illustration shows a quadriceps stretch. This static stretch, performed by grasping the ankle of the bent leg and pulling the foot gently toward the buttocks, should involve a slow, gradual, and controlled elongation of the quadriceps femoris muscle group, which consists of four muscles in the front thigh that extend from the pelvis to the knee. Flexibility training through stretching improves the ability of the muscles and the joints to which they are attached to move through a full and normal range of motion.	0018

Section 4: Test II Sample Questions

For question	The correct response is	Reason	Test Objective
9	D	Based on the fitness test results presented, this student would benefit most from an exercise plan designed to improve cardiovascular endurance and upper body strength. The student's time of 14 minutes and 15 seconds on the one-mile run is above the standard healthy fitness range of 9-12 minutes for 12-year-old girls, indicating a poor aerobic capacity and the need for cardiovascular endurance conditioning. The student's completion of 4 push-ups is below the standard healthy fitness range of 7-15 push-ups for girls her age, indicating the need for upper body strengthening. The student's scores on the curl-up, trunk lift, and sit and reach tests indicate good abdominal strength and low back health, trunk extensor strength and flexibility, and hamstring flexibility, respectively, and her percentage of body fat is within the optimal range for body composition.	0019
10	B	An essential component of a biomechanically efficient golf swing is a shift in body weight from the rear foot to the front foot during the forward swing. From the address position, the golfer shifts his or her weight to the rear foot during the backswing. The forward swing begins as the front knee and hip move slightly toward the target and the hips rotate forward; these movements cause a shift in body weight to the target side and initiate the downward movement to the ball.	0020
11	A	According to the rules of flag football, all fumbles are considered dead at the spot of the fumble. If an offensive player drops a lateral, the football becomes dead at the spot and remains in the possession of the offensive team.	0021
12	C	At the time of year and in the region specified, the risk of hypothermia is more likely to arise due to cold rainy conditions than to other factors. Prolonged exposure to rain or damp environmental conditions, which can easily occur when camping, exacerbates heat loss—the body loses heat significantly faster when wet or in moist air than it does in dry air of the same temperature. Therefore, appropriate clothing and gear for remaining warm and dry while camping is essential.	0022
13	A	Only response choice A accurately describes an important movement principle of dance technique. The application of proper footwork in social dance involves several general principles, one of which is that weight should be carried on the balls of the feet. This allows for easy balance, efficient transfer of weight from step to step, and quick changes of direction.	0023