

APE Practice Test Questions and Answers

1. In the context of APE, 'proprioception' refers to:

- A) Visual tracking of moving objects
- B) Awareness of body position and movement without visual input
- C) Auditory processing of verbal cues
- D) Tactile sensitivity in the fingertips

2. The overload principle in physical fitness programming means:

- A) Exercising until muscle failure each session
- B) Progressively increasing exercise demand beyond current capacity
- C) Alternating muscle groups on consecutive days
- D) Reducing intensity to allow adequate recovery

3. What is the role of peer support in adapted physical education?

- A) To assist in teaching the activity.
- B) To encourage social interaction and participation.
- C) To monitor students' progress.
- D) To ensure fairness in team selections.

4. What is the role of peer tutoring in adaptive physical education?

- A) To provide personalized instruction to every student.
- B) To give one student a leadership role in the class.
- C) To support students with disabilities and encourage teamwork.
- D) To ensure only students with disabilities are active in class.

Answers: 1-B 2-B 3-B 4-C

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