

PDHPE Higher School Certificate (HSC) CORE 1 Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which area of the Ottawa Charter focuses on improving the skills of individuals for better health choices?**
 - A. Building healthy public policy**
 - B. Reorienting health services**
 - C. Developing personal skills**
 - D. Creating supportive environments**

- 2. Which of the following factors is considered a biological determinant of health?**
 - A. A person's socioeconomic status**
 - B. Genetic makeup**
 - C. Cultural practices**
 - D. Dietary habits**

- 3. Strengthening community action often involves which of the following?**
 - A. Increasing mandatory health screenings**
 - B. Bringing people together for healthier choices**
 - C. Raising taxes on unhealthy foods**
 - D. Implementing stricter health regulations**

- 4. Which behavior is considered detrimental to health?**
 - A. Regularly exercising**
 - B. Eating a balanced diet**
 - C. Smoking tobacco**
 - D. Practicing mindfulness**

- 5. What benefit does regular exercise provide in terms of quality of life?**
 - A. Increases sedentary behavior**
 - B. Enhances physical fitness and mental health**
 - C. Only improves physical fitness**
 - D. Decreases social interaction**

6. How can the social factors like location and socioeconomic status affect epidemiological studies?

- A. They enhance the precision of statistical data**
- B. They simplify the determination of health trends**
- C. They may introduce limitations in data interpretation**
- D. They eliminate the need for further research**

7. What term describes the number of new cases of a condition within a specific timeframe?

- A. Prevalence**
- B. Incidence**
- C. Morbidity**
- D. Mortality**

8. Type 1 diabetes occurs due to the pancreas' inability to produce what?

- A. Glucose**
- B. Insulin**
- C. Fat**
- D. Carbohydrates**

9. Which factor is least likely considered a social determinant of health?

- A. Education access**
- B. Employment opportunities**
- C. Personal lifestyle choices**
- D. Housing stability**

10. What best describes globalization's role in health trends?

- A. It restricts access to health information**
- B. It promotes unity in healthcare practices**
- C. It increases the diversity of health products**
- D. It decreases health literacy**

Answers

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1. C
2. B
3. B
4. C
5. B
6. C
7. B
8. B
9. C
10. C

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Explanations

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1. Which area of the Ottawa Charter focuses on improving the skills of individuals for better health choices?

- A. Building healthy public policy**
- B. Reorienting health services**
- C. Developing personal skills**
- D. Creating supportive environments**

The focus on improving the skills of individuals for better health choices is encapsulated in developing personal skills. This area of the Ottawa Charter emphasizes education and the enhancement of knowledge regarding health, which empowers individuals to make informed decisions and adopt healthier behaviors. By fostering skills such as health literacy, individuals are better equipped to manage their health, navigate healthcare systems, and understand the importance of lifestyle choices. Developing personal skills involves activities such as workshops, seminars, and community programs designed to educate people about nutrition, physical activity, mental health, and other essential health-related topics. The ultimate goal is to encourage self-efficacy, enabling individuals to take responsibility for their health outcomes through informed choices.

2. Which of the following factors is considered a biological determinant of health?

- A. A person's socioeconomic status**
- B. Genetic makeup**
- C. Cultural practices**
- D. Dietary habits**

Genetic makeup is indeed considered a biological determinant of health because it encompasses the inherited traits and predispositions that individuals carry, which can significantly affect their health status. These genetic factors can influence the likelihood of developing certain diseases, response to medications, and overall health throughout a person's lifespan. Biological determinants focus specifically on the physiological and genetic aspects that contribute to health, distinguishing them from social, cultural, or behavioral factors. While socioeconomic status, cultural practices, and dietary habits are critical in understanding health outcomes, they are classified as social or environmental determinants rather than biological. Understanding genetic influences helps to elucidate why certain populations may be more susceptible to specific health issues and aids in tailoring more effective public health strategies.

3. Strengthening community action often involves which of the following?

- A. Increasing mandatory health screenings**
- B. Bringing people together for healthier choices**
- C. Raising taxes on unhealthy foods**
- D. Implementing stricter health regulations**

Strengthening community action focuses on empowering individuals and groups within a community to collaborate and make informed decisions regarding their health. One of the most effective ways to achieve this is by bringing people together to encourage healthier choices. This collaborative approach fosters a sense of ownership and shared responsibility among community members, which can significantly enhance the effectiveness of health initiatives. Community action involves mobilizing local resources, engaging in discussions, and creating an environment where healthier lifestyle options are accessible and supported. For example, community-led programs may involve workshops, social events, and activities that promote nutritious eating, physical fitness, and mental well-being. By gathering individuals to support one another, share knowledge, and collectively take action, communities can create lasting change that resonates with their unique needs and challenges. The other options, while they may contribute to improved health outcomes, do not directly emphasize the importance of collective community engagement and action. Mandatory health screenings, raising taxes, and implementing stricter regulations can be effective health strategies but often operate from a top-down approach that may not facilitate the same level of community involvement or empowerment.

4. Which behavior is considered detrimental to health?

- A. Regularly exercising**
- B. Eating a balanced diet**
- C. Smoking tobacco**
- D. Practicing mindfulness**

Smoking tobacco is recognized as a behavior that is detrimental to health due to its significant negative impacts on both physical and mental well-being. Tobacco use is linked to a range of serious health issues, including various forms of cancer, respiratory diseases, and cardiovascular problems. The harmful chemicals released when tobacco is burned can damage nearly every organ in the body, and the addictive nature of nicotine makes quitting difficult for many individuals. In contrast, regularly exercising, eating a balanced diet, and practicing mindfulness are all behaviors associated with numerous health benefits. Regular physical activity can improve cardiovascular health, enhance mood, and increase overall fitness. A balanced diet provides essential nutrients that support bodily functions and maintain energy levels. Mindfulness practices can reduce stress and improve mental health outcomes, contributing positively to one's overall well-being. These healthy behaviors promote longevity, reduce the risk of chronic illness, and enhance quality of life, contrasting sharply with the negative effects of smoking.

5. What benefit does regular exercise provide in terms of quality of life?

- A. Increases sedentary behavior
- B. Enhances physical fitness and mental health**
- C. Only improves physical fitness
- D. Decreases social interaction

Regular exercise significantly enhances both physical fitness and mental health, making it a vital component of a person's quality of life. Engaging in physical activity improves cardiovascular health, strengthens muscles and bones, and can help maintain a healthy weight. This overall improvement in physical fitness contributes to better endurance and energy levels, which allows individuals to perform daily activities with greater ease and less fatigue. In addition to the physical benefits, regular exercise has profound effects on mental health. It is known to reduce feelings of anxiety and depression, boost mood, and improve overall cognitive function. The release of endorphins during physical activity leads to a heightened sense of well-being and can serve as a natural stress reliever. Together, these factors contribute to a higher quality of life, enabling individuals to feel more capable and engaged in their daily interactions and responsibilities. The other options do not encapsulate the multifaceted benefits of regular exercise on quality of life. For instance, sedentary behavior leads to negative health outcomes rather than benefits, and improvements in quality of life encompass both physical fitness and mental health, rather than focusing solely on one aspect. Furthermore, while some might think that exercise could decrease social interaction, many forms of exercise, such as team sports or group classes, actually enhance social connectivity.

6. How can the social factors like location and socioeconomic status affect epidemiological studies?

- A. They enhance the precision of statistical data
- B. They simplify the determination of health trends
- C. They may introduce limitations in data interpretation**
- D. They eliminate the need for further research

Social factors such as location and socioeconomic status play a significant role in epidemiological studies, and their influence often introduces limitations in data interpretation. For instance, different geographical areas may have varying availability of healthcare resources, environmental conditions, or cultural practices, which can skew data regarding disease prevalence and health outcomes. Socioeconomic status can affect access to healthcare, health literacy, and lifestyle choices, further complicating the analysis of health trends across different populations. These factors need to be accounted for to avoid misinterpretations of the data. If such social determinants are not properly considered, they can lead researchers to draw inaccurate conclusions about the health of specific populations or skew the understanding of disease patterns, making it challenging to apply findings more broadly. In contrast, the other options either imply a simplification of research processes or the potential for inaccuracies rather than acknowledging the complexities involved due to social factors. Thus, the correct choice highlights the need for careful consideration of these influences to ensure a well-rounded understanding of epidemiological data.

7. What term describes the number of new cases of a condition within a specific timeframe?

- A. Prevalence**
- B. Incidence**
- C. Morbidity**
- D. Mortality**

The term that describes the number of new cases of a condition within a specific timeframe is "incidence." Incidence specifically measures the rate of new occurrences of a disease or condition in a population at risk over a designated period. For instance, if a researcher reports that there were 50 new cases of a disease within a year in a population of 1,000 people, they are referring to the incidence rate. Understanding incidence is crucial for public health and epidemiology because it helps to assess the risk of contracting a condition and informs strategies for disease prevention and control. This differs from prevalence, which indicates the total number of cases (both new and existing) at a given point in time, morbidity, which relates to the incidence of diseases and their effects on individuals, and mortality, which pertains to the number of deaths caused by a condition.

8. Type 1 diabetes occurs due to the pancreas' inability to produce what?

- A. Glucose**
- B. Insulin**
- C. Fat**
- D. Carbohydrates**

In Type 1 diabetes, the pancreas fails to produce insulin, which is a crucial hormone responsible for regulating blood glucose levels. Insulin facilitates the uptake of glucose by cells, allowing them to use it as a source of energy. When insulin production is insufficient or absent, glucose accumulates in the bloodstream, leading to high blood sugar levels. This condition can result in a range of symptoms and complications if not properly managed. The other substances listed—glucose, fat, and carbohydrates—are not produced by the pancreas in the same way insulin is. Glucose is a sugar that the body gets from food and can also be produced by the liver. Fat is a macronutrient found in foods, while carbohydrates are a type of macronutrient that can be broken down into glucose in the body. Their roles are crucial for energy and metabolism, but they are not directly related to the pancreatic function that is impaired in Type 1 diabetes.

9. Which factor is least likely considered a social determinant of health?

- A. Education access**
- B. Employment opportunities**
- C. Personal lifestyle choices**
- D. Housing stability**

Personal lifestyle choices are least likely to be considered a social determinant of health because they primarily reflect individual behaviors and decisions rather than social and environmental factors. Social determinants of health are the conditions in which people are born, grow, live, work, and age, and they influence a wide range of health outcomes. Education access, employment opportunities, and housing stability are all clear examples of social determinants, as they are influenced by societal structures and can collectively impact an individual's overall health. For instance, education access can lead to better job opportunities and higher income, which in turn can influence housing stability and access to healthcare. Personal lifestyle choices, while they play a significant role in an individual's health, are generally shaped by these broader social determinants rather than being categorized as such themselves.

10. What best describes globalization's role in health trends?

- A. It restricts access to health information**
- B. It promotes unity in healthcare practices**
- C. It increases the diversity of health products**
- D. It decreases health literacy**

Globalization significantly influences health trends by increasing the diversity of health products available worldwide. This diversification occurs for several reasons. Firstly, as countries become more interconnected, they can share medical innovations, research findings, and best practices, leading to a wider array of health products, including pharmaceuticals, medical equipment, and wellness products. Additionally, globalization facilitates trade and communication between countries, which can enhance competition among health product manufacturers. This competition often drives improvements in product quality and availability. As a result, consumers gain access to a broader spectrum of health products that meet varied needs and preferences, thus potentially improving overall health outcomes. Moreover, the exchange of cultural practices in health and wellness through globalization can also lead to the incorporation of traditional and alternative health products that may not have been previously available in certain regions. This has the potential to enrich health practices and offer more holistic approaches to medicine and wellness. In contrast, restrictions on access to health information, decreased health literacy, and local unity in healthcare practices do not capture the essence of globalization's contributions, as globalization primarily facilitates communication, information dissemination, and the sharing of health resources rather than hindering them.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://pdhpehsccore1.examzify.com>

We wish you the very best on your exam journey. You've got this!

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