

PDHPE Higher School Certificate (HSC) CORE 2 Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. What is an example of a nutrient classified as a carbohydrate?**
 - A. Protein**
 - B. Fatty acid**
 - C. Glucose**
 - D. Vitamin**

- 2. What is glycogen primarily used for in the body?**
 - A. A fuel source for anaerobic energy systems only**
 - B. A storage form of protein in the blood**
 - C. A fuel source for lactic and aerobic energy systems**
 - D. A storage form of fat in adipose tissues**

- 3. Which of the following best describes external feedback?**
 - A. Only feedback from peers**
 - B. Feedback received after a skill is performed**
 - C. Feedback received during skill execution**
 - D. Only feedback from self-assessment**

- 4. What describes a learning plateau?**
 - A. An increase in learning rate**
 - B. Observable leveling off of the learning curve**
 - C. A sudden drop in learning capability**
 - D. A brief decline in skill acquisition**

- 5. What is the main focus of circuit training?**
 - A. Flexibility improvement**
 - B. Muscular recovery**
 - C. Cardiovascular endurance and muscular strength**
 - D. Skill development**

- 6. What is a kilojoule a measurement of?**
 - A. Muscle tension**
 - B. Fluid volume**
 - C. Energy value in food**
 - D. Temperature variation**

7. What is the primary fuel source during aerobic exercise?

- A. Proteins**
- B. Fats**
- C. Carbohydrates**
- D. Vitamins**

8. What is the role of warm-up and cool-down techniques in training?

- A. Improve strength**
- B. Reduce injury risk and aid recovery**
- C. Speed up metabolism**
- D. Increase workout intensity**

9. How is validity defined in the context of testing?

- A. The ability of a test to be repeated**
- B. The degree to which a test measures what it is designed to measure**
- C. The consistency of results over time**
- D. The range of scores a test can provide**

10. What defines the aerobic training zone?

- A. Low-intensity exercise**
- B. Moderate intensity causing training gains**
- C. Very high-intensity sprints**
- D. Recovery after high-intensity workouts**

Answers

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

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Explanations

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1. What is an example of a nutrient classified as a carbohydrate?

- A. Protein**
- B. Fatty acid**
- C. Glucose**
- D. Vitamin**

Glucose is classified as a carbohydrate because it is a simple sugar, or monosaccharide, that serves as a primary energy source for the body. Carbohydrates are one of the three main macronutrients, alongside proteins and fats. They are essential for energy production, particularly for the brain and during physical activity. Glucose is involved in various metabolic processes and is readily available in the body as a key fuel. In contrast, the other options represent different categories of nutrients. Proteins are made up of amino acids and are essential for tissue repair and growth. Fatty acids, which classify under fats, provide a concentrated source of energy and support cellular function. Vitamins are organic compounds necessary for various metabolic processes, but they do not provide energy themselves like carbohydrates do. This distinction highlights the unique role of glucose as a carbohydrate.

2. What is glycogen primarily used for in the body?

- A. A fuel source for anaerobic energy systems only**
- B. A storage form of protein in the blood**
- C. A fuel source for lactic and aerobic energy systems**
- D. A storage form of fat in adipose tissues**

Glycogen serves as a critical energy reserve in the body, primarily stored in the liver and muscles, and is readily converted into glucose when energy is needed. This glucose is then used as a fuel source for both lactic and aerobic energy systems. When exercising, particularly during high-intensity activities or prolonged aerobic activities, the body utilizes glycogen for energy. In anaerobic conditions, such as during short bursts of intense exercise, glycogen is broken down into glucose and lactic acid, providing energy quickly without requiring oxygen. In aerobic conditions, glycogen can be metabolized to generate ATP in the presence of oxygen, supporting prolonged physical activity. Therefore, glycogen plays a versatile role in fueling the body's energy demands across different types of metabolic pathways. Other options, such as the idea of glycogen being solely a fuel source for anaerobic energy systems or being associated with protein or fat storage, do not accurately capture glycogen's primary function. Glycogen is specifically a carbohydrate and does not play a role in protein storage in the blood or in adipose tissue fat storage.

3. Which of the following best describes external feedback?

- A. Only feedback from peers**
- B. Feedback received after a skill is performed**
- C. Feedback received during skill execution**
- D. Only feedback from self-assessment**

The concept of external feedback refers to information or responses that a performer receives after completing a skill or task, which can be crucial for refining and improving performance. This feedback often comes from a coach, teacher, or even a video analysis of the performance, allowing individuals to identify strengths and areas for improvement based on observations and evaluations made after the skill execution. In this context, feedback received after a skill is completed provides the necessary insights that can lead to adjustments and enhancements in future performances. This contrasts with other forms of feedback, such as that from peers or self-assessment, which may not encompass the comprehensive insights gained from external sources. External feedback typically plays a significant role in skill acquisition and development because it helps learners understand how their actions are perceived and how they may be adjusted for better outcomes.

4. What describes a learning plateau?

- A. An increase in learning rate**
- B. Observable leveling off of the learning curve**
- C. A sudden drop in learning capability**
- D. A brief decline in skill acquisition**

A learning plateau is best characterized by an observable leveling off of the learning curve. During a learning plateau, an individual may notice that, despite continued practice and effort, there is little to no improvement in performance or skill acquisition over a certain period. This stagnant phase can occur when learners consolidate their existing skills and competencies, and it often reflects a temporary halt before further progress is achieved. The other options refer to different phenomena in the learning process. An increase in learning rate suggests that progress is being made, which does not represent a plateau. A sudden drop in learning capability implies a decline that is more drastic than the stabilization seen in a plateau, while a brief decline in skill acquisition indicates temporary setbacks rather than the steady state of a plateau. Therefore, the observable nature of the leveling off in the learning curve aligns specifically with the definition of a learning plateau, making it the correct choice.

5. What is the main focus of circuit training?

- A. Flexibility improvement
- B. Muscular recovery
- C. Cardiovascular endurance and muscular strength**
- D. Skill development

Circuit training primarily focuses on improving both cardiovascular endurance and muscular strength. This form of high-intensity workout involves a series of exercises performed one after the other, with minimal rest in between. By alternating between different exercises that target various muscle groups, circuit training effectively builds strength while also maintaining an elevated heart rate, which enhances cardiovascular fitness. This dual focus makes circuit training a versatile approach to fitness, appealing to those looking to achieve multiple health and fitness goals simultaneously. While aspects like flexibility improvement, muscular recovery, or skill development may be incorporated into some fitness programs, they do not represent the core aim of circuit training itself. The fundamental principle behind circuit training is to maximize efficiency and effectiveness in enhancing overall fitness by targeting both strength and endurance.

6. What is a kilojoule a measurement of?

- A. Muscle tension
- B. Fluid volume
- C. Energy value in food**
- D. Temperature variation

A kilojoule is a unit of measurement specifically used to quantify energy, particularly the energy value in food. This measurement indicates the amount of energy that can be obtained from consuming a certain food item. In nutrition, kilojoules are critical in understanding how much energy the body can derive from macronutrients such as carbohydrates, fats, and proteins. This is important for dietary planning and understanding energy balance, which influences body weight and overall health. Recognizing kilojoules as a measure of energy rather than a measurement for muscle tension, fluid volume, or temperature variation highlights its significant role in fields like nutrition and exercise science. Understanding the concept of energy in kilojoules is fundamental for students studying health and physical education, as it connects to how energy is utilized and expended in physical activities and overall metabolic processes.

7. What is the primary fuel source during aerobic exercise?

- A. Proteins
- B. Fats**
- C. Carbohydrates
- D. Vitamins

During aerobic exercise, the primary fuel source utilized by the body is fats. This is because aerobic exercise relies on the presence of oxygen to produce energy over an extended duration. When the intensity of the activity is moderate, the body effectively metabolizes fats as a preferred energy source. Fats provide a dense source of energy; they are oxidized in the mitochondria during aerobic metabolism, which allows for sustained energy release over long periods of activity. As the exercise duration increases, and if performed at lower to moderate intensity, the body will increasingly rely on fat stores rather than carbohydrates. While carbohydrates are also a critical energy source, particularly during higher intensity exercise or for quick energy bursts, the body first taps into glycogen stores (carbohydrates) and then shifts toward using fats as a fuel source in prolonged moderate-intensity aerobic workouts. Proteins serve mainly as a last resort for energy and are not a primary fuel source during aerobic exercise, as their main role is for tissue repair and growth. Vitamins do not serve as fuel sources themselves; instead, they act as co-factors in various metabolic processes. Thus, within the context of sustained aerobic activity, fats stand out as the primary fuel source, making them essential for endurance performance and overall energy

8. What is the role of warm-up and cool-down techniques in training?

- A. Improve strength
- B. Reduce injury risk and aid recovery**
- C. Speed up metabolism
- D. Increase workout intensity

The role of warm-up and cool-down techniques in training is primarily to reduce injury risk and aid recovery. Warm-up exercises prepare the body for the physical demands of a workout. They gradually increase heart rate, improve blood flow to muscles, and enhance flexibility, easing the body into more strenuous activity. By doing so, they help prevent strains or sprains that might occur due to sudden exertion. Cool-down techniques, on the other hand, help the body transition back to a resting state after intense activity. This phase helps to restore heart rate and blood pressure to normal levels, promotes the removal of metabolic waste products from the muscles, and reduces muscle stiffness. Together, these practices not only minimize the risk of injury during exercise but also enhance overall recovery, ensuring that the body can perform optimally in subsequent training sessions. This integration of warm-up and cool-down is crucial for athletes and individuals engaged in regular physical activity, contributing to long-term performance and health.

9. How is validity defined in the context of testing?

- A. The ability of a test to be repeated
- B. The degree to which a test measures what it is designed to measure**
- C. The consistency of results over time
- D. The range of scores a test can provide

Validity refers to the degree to which a test accurately assesses or measures what it is intended to evaluate. In other words, if a test is designed to measure a specific concept, such as physical fitness or knowledge in a particular subject, its validity determines how effectively it captures that concept. A test may have high reliability (producing consistent results), but if it does not measure what it claims to measure, it lacks validity. For instance, if a fitness test claims to measure cardiovascular endurance but actually assesses flexibility instead, it cannot be considered valid. Therefore, option B highlights the crux of validity, emphasizing its importance in ensuring tests yield meaningful and relevant results that align with their intended purpose. Other options refer to different aspects of testing: repeatability pertains to reliability, consistency relates to both reliability and stability over time, and range indicates the breadth of possible scores a test can yield, but none encompass the precise definition of validity.

10. What defines the aerobic training zone?

- A. Low-intensity exercise
- B. Moderate intensity causing training gains**
- C. Very high-intensity sprints
- D. Recovery after high-intensity workouts

The aerobic training zone is characterized by moderate intensity exercise, which promotes cardiovascular fitness and increases endurance. This zone is typically defined as exercising at a level where the body can efficiently use oxygen, allowing for sustained activity over an extended period. In this zone, energy is primarily derived from fat and carbohydrates, fostering adaptations in the cardiovascular system, including improved heart function and enhanced oxygen delivery to muscles. Exercising in this moderate intensity range leads to significant training gains, as it optimizes the body's ability to perform endurance activities. This contrasts with low-intensity exercise, which may not provide the same level of cardiovascular conditioning, and high-intensity sprints, which rely more on anaerobic energy systems. Recovery activities, while important for overall training, do not contribute to developing the aerobic capacity that is established within the aerobic training zone.

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://pdhpehsccore2.examzify.com>

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

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