

# PDHPE HIGHER SCHOOL CERTIFICATE (HSC) CORE 2 PRACTICE EXAM (SAMPLE) STUDY GUIDE



*Prepare with structure. Pass with confidence*



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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 type of aerobic training method involves varied pace throughout the workout?**
  - A. Circuit training
  - B. Fartlek training
  - C. Interval training
  - D. Continuous training
- 2. Protein is described as what type of organic compound?**
  - A. Made of fatty acids
  - B. Inorganic compound
  - C. Composed of one or more chains of amino acids
  - D. Simple sugars
- 3. What characterizes a ballistic stretch?**
  - A. A static hold for muscle elongation
  - B. A repetitive bouncing movement to stretch muscles
  - C. An isometric contraction to enhance flexibility
  - D. A slow, controlled stretch to increase range of motion
- 4. What does tapering refer to in athletic training?**
  - A. A period of increased training intensity
  - B. A specific diet prior to competition
  - C. A period of reduced training volume and intensity before competition
  - D. A method of cross-training
- 5. What is the primary role of carbohydrates in the body?**
  - A. To provide energy
  - B. To build muscle tissue
  - C. To facilitate chemical reactions
  - D. To support hormone production
- 6. Which of the following is true about massed practice?**
  - A. Includes longer rest periods
  - B. Involves continuous practice with short rest intervals
  - C. Is focused solely on motor skills
  - D. Is a cognitive learning method

**7. Which of the following describes an important aspect of warming up before exercise?**

- A. It prepares the body for maximum output
- B. It involves static stretching only
- C. It is primarily about mental readiness
- D. It is an option, not a requirement

**8. What is the structure of distributed practice?**

- A. Equal practice times with shorter breaks
- B. Longer breaks between shorter practice sessions
- C. High-intensity practice without breaks
- D. Practice in a single continuous session

**9. What describes the effect of practicing skills with shorter rest intervals?**

- A. Massed practice
- B. Distributed practice
- C. Massed + distributed practice
- D. Affective learning

**10. What does muscular endurance specifically relate to?**

- A. The maximum weight a muscle can lift
- B. The ability to maintain activity over time
- C. How quickly a muscle can recover after working
- D. The total strength of all muscles combined



## **Answers**

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

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## **Explanations**

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### 1. Which type of aerobic training method involves varied pace throughout the workout?

- A. Circuit training
- B. Fartlek training**
- C. Interval training
- D. Continuous training

*Fartlek training is a unique aerobic training method that incorporates varied pace throughout the workout, allowing for a blend of steady efforts and bursts of high intensity. This approach can be applied during activities such as running, where the participant alternates between fast-paced efforts and slower recovery periods. By integrating these differing intensities, Fartlek training not only enhances cardiovascular fitness but also improves speed and endurance. This method is particularly effective because it mimics the natural variations found in outdoor conditions, making it a practical choice for developing both aerobic and anaerobic fitness. The versatility of Fartlek training allows athletes to customize their workouts based on their fitness level and goals, whether they're training for a specific event or simply aiming to improve their overall fitness.*

### 2. Protein is described as what type of organic compound?

- A. Made of fatty acids
- B. Inorganic compound
- C. Composed of one or more chains of amino acids**
- D. Simple sugars

*Protein is classified as an organic compound primarily because it is composed of one or more chains of amino acids. Amino acids are the building blocks of proteins and contain both an amino group and a carboxyl group, along with a side chain that differentiates one amino acid from another. This unique structure allows proteins to perform a vast array of functions in the body, including catalyzing metabolic reactions, providing structural support, and facilitating communication between cells. The reason behind this classification is that proteins contain carbon, hydrogen, oxygen, and nitrogen, which are characteristic elements of organic compounds. The arrangement of these amino acids into polypeptide chains further defines the properties and functions of specific proteins, as the sequence and type of amino acids will influence how the protein folds and what its role in the organism will be. Other options do not correctly define proteins: fatty acids are components of lipids, inorganic compounds do not contain carbon-hydrogen bonds, and simple sugars refer to carbohydrates, which differ structurally and functionally from proteins.*

### 3. What characterizes a ballistic stretch?

- A. A static hold for muscle elongation
- B. A repetitive bouncing movement to stretch muscles**
- C. An isometric contraction to enhance flexibility
- D. A slow, controlled stretch to increase range of motion

*A ballistic stretch is characterized by a repetitive bouncing movement designed to stretch the muscles. This type of stretching involves quick, forceful movements that push the muscles beyond their normal range of motion, effectively increasing flexibility. While such an approach can be beneficial for some athletes looking to enhance explosive strength and flexibility, it does carry certain risks, such as muscle strain or injury, if not performed with proper control and technique. Other stretching techniques, such as static stretching, involve holding a position to elongate muscles, isometric contractions are aimed at muscle engagement without movement, and slow, controlled stretches focus on a gradual increase in range of motion. These methods generally contrast with the dynamics of ballistic stretching, which rely on momentum and rapid movements rather than sustained or gradual tension.*

#### 4. What does tapering refer to in athletic training?

- A. A period of increased training intensity
- B. A specific diet prior to competition
- C. A period of reduced training volume and intensity before competition**
- D. A method of cross-training

*Tapering refers to a strategic reduction in training volume and intensity before a competition or event. This approach allows athletes to recover from the accumulated fatigue of their training, while still maintaining fitness levels. The period of tapering helps the body to repair muscle tissue, replenish energy stores, and adapt to the training stress, ultimately leading to improved performance on competition day. During tapering, athletes typically decrease the duration and intensity of their workouts. This reduction can vary in length, depending on the sport and the individual athlete's needs, but it generally occurs in the weeks leading up to the event. This practice is crucial as it helps to ensure that athletes are well-rested and at peak physical condition when it is time to compete.*

#### 5. What is the primary role of carbohydrates in the body?

- A. To provide energy**
- B. To build muscle tissue
- C. To facilitate chemical reactions
- D. To support hormone production

*The primary role of carbohydrates in the body is to provide energy. Carbohydrates are one of the macronutrients that serve as a key source of fuel for the body, particularly for the brain and during physical activity. When consumed, carbohydrates are broken down into glucose, which is then utilized by cells for energy or stored as glycogen in the liver and muscles for later use. The body's energy needs are influenced by factors such as activity level, metabolic processes, and overall dietary intake, making carbohydrates an essential part of a balanced diet. While other nutrients like proteins and fats also contribute to energy, carbohydrates are generally the body's preferred and most efficient source for quick energy, particularly during high-intensity or endurance activities. In addition to their energy-providing capabilities, carbohydrates also play a crucial role in various bodily functions, but their primary contribution is unequivocally in fueling physical and mental activities, ensuring that the body can maintain optimal performance and health.*

#### 6. Which of the following is true about massed practice?

- A. Includes longer rest periods
- B. Involves continuous practice with short rest intervals**
- C. Is focused solely on motor skills
- D. Is a cognitive learning method

*Massed practice involves continuous practice of a skill with relatively short rest intervals in between. This approach emphasizes the repetition of the same task or skill over an extended period without significant breaks, which is effective for promoting muscle memory and skill proficiency in various activities. The structure of massed practice leads to high levels of engagement and allows for substantial practice time, which is beneficial for improving performance in the skill being learned. The other options do not accurately represent massed practice. Longer rest periods are characteristic of distributed practice, which contrasts with the continuous nature of massed practice. While massed practice can be used for motor skills, it is not limited to them, as it can also apply to cognitive tasks, making the focus solely on motor skills inaccurate. Lastly, massed practice is not classified as a cognitive learning method as it primarily emphasizes physical skill acquisition rather than cognitive strategies.*

**7. Which of the following describes an important aspect of warming up before exercise?**

- A. It prepares the body for maximum output**
- B. It involves static stretching only
- C. It is primarily about mental readiness
- D. It is an option, not a requirement

*Warming up before exercise is crucial as it prepares the body for maximum output by gradually increasing the heart rate, enhancing blood flow to the muscles, and elevating body temperature. This physiological preparation helps reduce the risk of injury and prepares the cardiovascular and musculoskeletal systems for the demands of intense physical activity. When the body's systems are primed through a proper warm-up, athletes may experience improved performance. The increase in muscle temperature can enhance flexibility, allowing for better range of motion, which is essential for executing movements safely and effectively. Thus, this aspect of warming up plays a significant role in ensuring that the body is both physically and mentally ready for exercise. While elements like static stretching, mental readiness, and the perception of warming up as optional have their merits, they do not capture the comprehensive benefit of preparing the body for optimal function during exercise, which is central to its importance.*

**8. What is the structure of distributed practice?**

- A. Equal practice times with shorter breaks
- B. Longer breaks between shorter practice sessions**
- C. High-intensity practice without breaks
- D. Practice in a single continuous session

*The structure of distributed practice involves longer breaks between shorter practice sessions, which enhances learning and retention. This approach contrasts sharply with massed practice, where learning occurs in fewer, longer sessions without substantial breaks. In distributed practice, the intervals allow the learner to recover and process information, leading to improved performance and better retention over time. Research supports that spacing out practice sessions helps to embed knowledge deeper into long-term memory compared to the high-intensity, non-stop practice suggested by other options. This makes distributed practice particularly effective for building and refining skills, as it caters to the cognitive needs of learners by preventing fatigue and overload.*

**9. What describes the effect of practicing skills with shorter rest intervals?**

- A. Massed practice**
- B. Distributed practice
- C. Massed + distributed practice
- D. Affective learning

*Massed practice refers to a training technique where an individual practices a skill continuously without much interruption, leading to shorter rest intervals between practice sessions. This approach can enhance muscular memory and allow for more repetitions in a shorter timeframe, making it beneficial for developing skills that require a high degree of repetition. Shorter rest intervals can lead to fatigue, but in the context of massed practice, this fatigue may actually aid in solidifying skill acquisition as the body learns to perform under stress. It is often used in scenarios where the goal is to improve performance quickly, though it may not be sustainable for longer periods due to the physical and mental demands it places on the participant. On the other hand, distributed practice typically involves longer rest intervals, allowing for recovery and retention of information, which is beneficial for tasks requiring high levels of concentration and skill refinement. The other options mentioned do not directly relate to the concept of practicing skills with shorter rest intervals. Affective learning pertains more to emotional and attitudinal aspects of learning rather than physical skill practice.*

## 10. What does muscular endurance specifically relate to?

- A. The maximum weight a muscle can lift
- B. The ability to maintain activity over time**
- C. How quickly a muscle can recover after working
- D. The total strength of all muscles combined

*Muscular endurance specifically relates to the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. This aspect of fitness is essential for activities that require prolonged effort, such as running, swimming, or cycling, where the muscles need to perform continuously without succumbing to fatigue. While maximizing the weight a muscle can lift pertains to muscular strength, which focuses on the maximum force produced in a single effort, muscular endurance emphasizes the duration and repetition of those efforts. Recovery rate, on the other hand, is an indicator of how quickly the muscles can recuperate after exertion, which is a different aspect of physical fitness. Lastly, total strength refers to the combined power of all muscle groups, which does not specifically isolate the endurance capabilities of individual muscles or muscle groups. This distinction clarifies why the ability to maintain activity over time is the best descriptor of muscular endurance.*

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## 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](mailto:hello@examzify.com).

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

<https://pdhpehscore2.examzify.com>

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

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