

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. What role does haemoglobin play in the body?**
 - A. It transports carbon dioxide only
 - B. It enhances muscle contraction
 - C. It transports oxygen, determining the blood's oxygen capacity
 - D. It regulates body temperature
- 2. What is the primary energy source during moderate exercise?**
 - A. Proteins
 - B. Carbohydrates
 - C. Fats
 - D. Vitamins
- 3. What characterizes static stretching?**
 - A. Fast, bouncing movements to improve range of motion
 - B. A slow stretch held to improve motion at a joint
 - C. Dynamic movements incorporating flexibility
 - D. Short bursts of tension followed by rest
- 4. What does adenosine triphosphate primarily do in the body?**
 - A. Transports oxygen to muscles
 - B. Stores and transfers energy
 - C. Regulates heart rate
 - D. Promotes metabolic waste removal
- 5. What does part practice involve in skill development?**
 - A. The entire skill is practiced as one sequence
 - B. The skill is broken into smaller components, practiced separately
 - C. The skill is performed in varying environments
 - D. The skill is executed at different speeds
- 6. What is the result of vasodilation on blood vessels?**
 - A. Decreases blood vessel size
 - B. Increases blood flow
 - C. Prevents blood flow
 - D. Has no change in blood vessel size

- 7. What is the term that describes small gains from practice in early sessions followed by significant improvement later?**
- A. Positively accelerated
 - B. Gradual improvement
 - C. Steady progression
 - D. Immediate adaptation
- 8. Which of the following best describes intrinsic motivation?**
- A. Pursuing activities for external awards
 - B. Engaging in activities for personal satisfaction
 - C. Participating due to peer pressure
 - D. Competing primarily for trophies
- 9. Which of the following is a form of extrinsic motivation?**
- A. Enjoying the process of learning
 - B. Financial rewards for achievements
 - C. Personal satisfaction from completing a task
 - D. Interest in topic exploration
- 10. What is the chemical compound ATP known for?**
- A. Storing fat reserves for energy
 - B. Transporting oxygen in the bloodstream
 - C. Providing energy through the breakdown of food
 - D. Regulating muscle contractions during exercise

Answers

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

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Explanations

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1. What role does haemoglobin play in the body?

- A. It transports carbon dioxide only
- B. It enhances muscle contraction
- C. It transports oxygen, determining the blood's oxygen capacity**
- D. It regulates body temperature

Haemoglobin plays a crucial role in the body's respiratory system by transporting oxygen from the lungs to the tissues and organs, which is essential for cellular respiration and energy production. This protein, found in red blood cells, binds to oxygen molecules, thereby increasing the blood's capacity to carry oxygen. Once it reaches the tissues, haemoglobin releases the oxygen, allowing cells to utilize it for metabolic processes. This function is vital for maintaining the body's energy levels and overall homeostasis. In contrast, while haemoglobin does interact with carbon dioxide, its primary role is not limited to transporting it; rather, it is much more focused on oxygen transport. Moreover, it does not play a direct role in muscle contraction or regulating body temperature. These functions are attributed to other physiological mechanisms and proteins in the body.

2. What is the primary energy source during moderate exercise?

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

The primary energy source during moderate exercise is carbohydrates. During this level of physical activity, the body utilizes carbohydrates because they can be quickly broken down into glucose, which is readily available for energy production. The efficiency of carbohydrates in providing energy makes them particularly useful for moderate-intensity activities, as they can fuel quick bursts of effort and sustained activity for longer durations. While fats are also a significant energy source during physical activity, they are typically used more during prolonged, low-intensity exercise rather than moderate intensity, where the demand for instant energy is crucial. Proteins, although important for muscle repair and growth, serve as a secondary energy source and are not primarily relied on during exercise. Vitamins play a crucial role in various bodily functions, including energy metabolism, but they do not provide energy themselves. Thus, carbohydrates are the most efficient and immediate source of energy for the body during moderate exercise, which is why this choice is the most appropriate.

3. What characterizes static stretching?

- A. Fast, bouncing movements to improve range of motion
- B. A slow stretch held to improve motion at a joint**
- C. Dynamic movements incorporating flexibility
- D. Short bursts of tension followed by rest

Static stretching is characterized by a slow stretch that is held to improve the range of motion at a joint. This technique involves gradually elongating a muscle to its limit and holding that position for a specific period, often between 15 to 60 seconds. The primary purpose of static stretching is to increase flexibility and prevent injuries by enhancing the overall elasticity of the muscle and connective tissues. This method is particularly beneficial in a warm-up or cool-down routine, as it allows muscles to relax and adapt to increased length without the risks associated with more dynamic or ballistic types of stretching. Additionally, static stretching can help improve circulation and can be advantageous for post-exercise recovery, allowing muscles to return to baseline tension efficiently. In contrast, the other choices describe different approaches to flexibility and movement that are not indicative of static stretching. Fast, bouncing movements represent ballistic stretching, while dynamic movements involve active movements that stretch muscles through their range of motion. Short bursts of tension followed by rest could refer to isometric or plyometric training rather than the steady, controlled approach of static stretching.

4. What does adenosine triphosphate primarily do in the body?

- A. Transports oxygen to muscles
- B. Stores and transfers energy**
- C. Regulates heart rate
- D. Promotes metabolic waste removal

Adenosine triphosphate (ATP) plays a crucial role in the body as the primary energy carrier. It is responsible for storing and transferring energy within cells, making it essential for various physiological processes. When cells require energy for activities such as muscle contraction, nerve impulse transmission, and biosynthesis of macromolecules, ATP is broken down into adenosine diphosphate (ADP) and inorganic phosphate. This process releases energy, which is then used by the cell to perform work. The regeneration of ATP from ADP is also a critical aspect of energy metabolism, allowing cells to maintain their energy supply continuously. The other options, while relevant to overall bodily functions, do not accurately describe the primary role of ATP. For example, the transport of oxygen to muscles is primarily the function of hemoglobin in red blood cells, and regulating heart rate involves complex interactions primarily governed by the autonomic nervous system and hormones. Metabolic waste removal pertains to the kidneys and liver, which filter and process waste rather than being a direct function of ATP. Thus, ATP's fundamental role as the energy currency in the body is highlighted by its function in energy storage and transfer.

5. What does part practice involve in skill development?

- A. The entire skill is practiced as one sequence
- B. The skill is broken into smaller components, practiced separately**
- C. The skill is performed in varying environments
- D. The skill is executed at different speeds

Part practice is an effective teaching method in skill development that emphasizes breaking a complex skill into smaller, more manageable components. This approach allows learners to focus on mastering each individual part before integrating them into the whole skill. For instance, in sports, a volleyball player's serve can be divided into different stages such as tossing the ball, the swing of the arm, and the follow-through. By practicing these segments separately, the athlete can focus on refining their technique and gaining confidence in each phase without the overwhelming complexity of executing the entire skill all at once. This method is particularly beneficial for skills that are intricate or have multiple steps, as it can lead to improved understanding and retention of each component. Once the learner is comfortable with each part, they can then combine them to perform the complete skill more effectively.

6. What is the result of vasodilation on blood vessels?

- A. Decreases blood vessel size
- B. Increases blood flow**
- C. Prevents blood flow
- D. Has no change in blood vessel size

Vasodilation refers to the process in which blood vessels widen, allowing for an increase in their diameter. This physiological response is crucial for increasing blood flow to various tissues, especially during physical activity or in response to certain stimuli such as heat. When blood vessels dilate, the resistance to blood flow decreases, meaning that the heart can pump blood more easily, resulting in an increase in blood flow to the areas of the body that require more oxygen and nutrients. This mechanism is significant in regulating body temperature, managing the distribution of blood based on activity levels, and supporting the body's response to stress. It plays a vital role in processes like inflammation and healing, as well as in the exercise response, where muscles require greater blood supply to meet increased metabolic demands. The other options do not accurately reflect the physiological effects of vasodilation, as the process neither decreases blood vessel size nor prevents blood flow; instead, it is characterized by an increase in both the size of the vessels and the flow of blood.

7. What is the term that describes small gains from practice in early sessions followed by significant improvement later?

- A. Positively accelerated**
- B. Gradual improvement
- C. Steady progression
- D. Immediate adaptation

The term that describes small gains from practice in early sessions, followed by significant improvement later, is known as positively accelerated learning. This phenomenon is characterized by an initial period where progress may be slow or marginal, but as individuals continue to practice, they start to experience a dramatic increase in their performance levels. This concept illustrates that early practice lays the foundational skills, and as learners become more familiar and comfortable with the task, they can make larger leaps in improvement. The other options do not encapsulate this specific pattern of learning. Gradual improvement suggests a steady rate of progress without emphasizing the initial small gains followed by more substantial advancements. Steady progression implies a consistent and uniform rate of improvement throughout the learning process, which differs from the positively accelerated concept. Immediate adaptation refers to a quick adjustment or response to new information or changes, but it does not account for the initial slow gains followed by later significant improvements. Thus, positively accelerated correctly depicts the learning trajectory described in the question.

8. Which of the following best describes intrinsic motivation?

- A. Pursuing activities for external awards
- B. Engaging in activities for personal satisfaction**
- C. Participating due to peer pressure
- D. Competing primarily for trophies

Intrinsic motivation is characterized by engaging in activities for personal satisfaction and enjoyment rather than for any external rewards. When someone is intrinsically motivated, they find pleasure and fulfillment in the task itself, leading to a deeper engagement and often a greater sense of accomplishment. This form of motivation is crucial for activities related to health and physical education, as it fosters a lifelong love for physical activity and well-being. In contrast, the other options focus on external factors that influence motivation. For instance, pursuing activities for external awards describes extrinsic motivation, where rewards such as trophies or recognition are the driving forces. Participating due to peer pressure also highlights a motivation that is influenced by others rather than personal satisfaction. Competing primarily for trophies similarly emphasizes an external validation rather than the intrinsic joy of the activity. Thus, the best description of intrinsic motivation remains engaging in activities for personal satisfaction.

9. Which of the following is a form of extrinsic motivation?

- A. Enjoying the process of learning
- B. Financial rewards for achievements**
- C. Personal satisfaction from completing a task
- D. Interest in topic exploration

Extrinsic motivation involves engaging in a behavior or activity to achieve a separable outcome, typically tied to external rewards or benefits. Financial rewards for achievements exemplify this concept because they are tangible incentives that encourage individuals to strive toward specific goals or complete tasks. In this scenario, the motivation comes from the prospect of receiving money or a bonus, which is an external factor. Enjoying the process of learning, personal satisfaction from completing a task, and interest in topic exploration are all forms of intrinsic motivation. In these cases, the motivation arises from within the individual, driven by personal fulfillment, curiosity, or a sense of accomplishment, rather than from outside rewards or pressures.

10. What is the chemical compound ATP known for?

- A. Storing fat reserves for energy
- B. Transporting oxygen in the bloodstream
- C. Providing energy through the breakdown of food**
- D. Regulating muscle contractions during exercise

ATP, or adenosine triphosphate, is a critical molecule in cellular metabolism and energy transfer. It serves as the primary energy currency of the cell, providing energy for various biological processes. When ATP is broken down through hydrolysis into ADP (adenosine diphosphate) and an inorganic phosphate, energy is released. This energy is then used to power cellular functions such as muscle contractions, nerve impulse propagation, and biosynthetic reactions. The focus on ATP's role in providing energy through the breakdown of food highlights its essential function in cellular respiration, where energy from nutrients is captured and stored in ATP for immediate use. This function establishes ATP as the central player in energy metabolism, linking the energy derived from food to the energy needs of the cell. By contrast, while storing fat reserves for energy is an essential process for energy storage in the body, it is not the primary role of ATP. The transportation of oxygen in the bloodstream is carried out by hemoglobin in red blood cells, not by ATP. Additionally, although ATP does play a crucial role in muscle contractions, it does not specifically regulate these contractions but rather provides the energy needed for the contraction process itself.

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://pdhpehscore2.examzify.com>

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

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