HMS HEALTH HSC PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. What is a modern method to monitor hydration?

A. Hydration apps to log water intake and set reminders

B. Weighing food for nutrition

C. Measuring heart rate variability alone

D. Counting calories

2. Which is a method of anaerobic training?

A. HIIT

B. Continuous training

C. Fartlek

D. Aerobic interval training

3. What is the primary purpose of pre-screening before participating in a physical activity program?

A. To identify potential health risks and guide precautions

B. To measure body composition

C. To determine resting heart rate

D. To replace medical clearance

4. Which vitamin's sources include citrus fruits, berries, kiwifruit, papaya, broccoli, and capsicum?

A. Vitamin D

B. Vitamin B6

C. Vitamin C

D. Vitamin B12

5. What is relaxation training used for?

A. It helps maintain motivation and gives direction.

B. It increases aggressive behavior on field.

C. It raises energy levels for high-intensity effort.

D. It substitutes for tactical preparation.

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6. Which entity is designed to provide financial support for disability-related services in Australia?

A. Medicare

B. PBS

C. NDIS

D. SunSmart

7. Among OECD nations, what is Australia's rank for lowest total pure alcohol usage (in litres)?

A. 1st

B. 7th

C. 4th

D. 10th

8. What is meditation?

A. A surgical procedure to relieve anxiety.

B. A high-intensity cardio exercise routine.

C. A type of herbal supplement.

D. A state of inner stillness that promotes peace, improves sleep, lowers blood pressure, and boosts self-esteem.

9. What is a challenge in balancing medical research costs?

A. Telehealth will alone fix costs

B. Costs do not impact decision making

C. Significant investment in treatments and prevention is required

D. Research costs are trivial

10. Stolen Generations survivors are more likely to have poor mental health by how much?

A. 1.5 times

B. 3 times

C. 2.7 times

D. 4 times

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Answers

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

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Explanations

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1. What is a modern method to monitor hydration?

A. Hydration apps to log water intake and set reminders

B. Weighing food for nutrition

C. Measuring heart rate variability alone

D. Counting calories

A modern method for monitoring hydration is using hydration apps that log water intake and set reminders. These apps help you build consistent habits by making you aware of how much you've consumed and prompting you to drink more when you're behind on your target for the day. They provide a clear record and visual trends, which supports goal setting and accountability. Weighing food tracks nutrition, not fluid intake; measuring heart rate variability alone isn't a reliable indicator of hydration since HRV is affected by many factors; and counting calories focuses on energy, not fluid status. Using an app can be paired with simple cues like urine color or weight changes, but the digital log and reminders offer the most practical, accessible way to monitor hydration in everyday life.

2. Which is a method of anaerobic training?

A. HIIT

B. Continuous training

C. Fartlek

D. Aerobic interval training

Anaerobic training relies on energy systems that don't require oxygen for short, intense bursts of work. High-intensity interval training fits this pattern because it alternates short periods of near-maximal effort with brief rest. Those hard bouts force energy to come from the phosphocreatine system and anaerobic glycolysis, allowing you to perform multiple powerful efforts and build anaerobic capacity and lactate tolerance. In contrast, continuous training stays at a steady, moderate pace and mainly uses aerobic metabolism; fartlek blends speeds but isn't a strict anaerobic method, and aerobic interval training typically stays at intensities that remain predominantly aerobic.

3. What is the primary purpose of pre-screening before participating in a physical activity program?

A. To identify potential health risks and guide precautions

B. To measure body composition

C. To determine resting heart rate

D. To replace medical clearance

Pre-screening is about safety. It gathers information on health history, symptoms, and risk factors so an exercise program can be tailored to reduce the chance of adverse events. By identifying conditions such as heart problems, uncontrolled high blood pressure, or metabolic issues, the instructor can decide what level of activity is appropriate, what precautions are needed, and whether medical clearance is advisable before starting or progressing. This is why the primary purpose is to identify potential health risks and guide precautions. While measuring body composition or resting heart rate are useful assessments, they don't address overall health risk or how to modify activities for safety. And pre-screening does not replace medical clearance; if risks are identified, formal medical input may be required before participating.

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4. Which vitamin's sources include citrus fruits, berries, kiwifruit, papaya, broccoli, and capsicum?

A. Vitamin D

B. Vitamin B6

C. Vitamin C

D. Vitamin B12

Vitamin C is the nutrient most strongly associated with a wide range of fruits and vegetables, and the foods listed are classic high sources. It plays key roles in collagen formation, wound healing, and antioxidant protection, and it helps improve iron absorption from plant-based foods. Since humans can't synthesize vitamin C, we rely on our diet to meet needs, and citrus fruits, berries, kiwifruit, papaya, broccoli, and capsicum are well-known, rich sources. In contrast, the other vitamins are typically found in different foods—vitamin D mainly in fatty fish and fortified products, vitamin B6 in meat, whole grains, and some plant foods, and vitamin B12 in animal products. So the described foods point to vitamin C.

5. What is relaxation training used for?

A. It helps maintain motivation and gives direction.

B. It increases aggressive behavior on field.

C. It raises energy levels for high-intensity effort.

D. It substitutes for tactical preparation.

Relaxation training helps regulate arousal and support steady mental readiness for performance. By teaching techniques like deep breathing, progressive muscle relaxation, and guided imagery, athletes reduce anxiety, ease muscle tension, and sharpen focus. This calm, focused state sustains motivation over time and gives direction in competition by keeping goals in sight and helping follow a consistent routine. It's not about boosting aggression, increasing energy for bursts, or replacing tactical preparation; it complements practice and performance by supporting goal-directed effort.

6. Which entity is designed to provide financial support for disability-related services in Australia?

A. Medicare

B. PBS

C. NDIS

D. SunSmart

The main idea is identifying which system provides financial support specifically for disability-related services in Australia. The National Disability Insurance Scheme is designed to fund individualized supports for people with permanent and significant disabilities. When someone is eligible, they receive an NDIS plan that covers a range of supports—such as personal care, therapy, assistive devices, home modifications, transport, and employment assistance—aimed at helping them live more independently and participate more fully in daily life. This funding follows the person and is tailored to their goals, rather than paying for predefined services. Medicare primarily covers medical and hospital care, the PBS subsidizes medications, and SunSmart is a public health program focused on sun protection. None of these are disability-specific funding schemes the way the NDIS is.

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7. Among OECD nations, what is Australia's rank for lowest total pure alcohol usage (in litres)?

A. 1st

B. 7th

C. 4th

D. 10th

This question tests how alcohol use is compared across countries using a consistent measure. The OECD data express consumption as litres of pure ethanol per person per year, and countries are ranked from the smallest to the largest total usage. Being fourth lowest means Australia has lower per-person alcohol consumption than most OECD nations, with only three countries showing lower values in this dataset. This position reflects how cultural norms, pricing policies, and access to alcohol can influence overall consumption, placing Australia toward the lower end of the OECD range for litres of pure alcohol consumed per person each year.

8. What is meditation?

A. A surgical procedure to relieve anxiety.

B. A high-intensity cardio exercise routine.

C. A type of herbal supplement.

D. A state of inner stillness that promotes peace, improves sleep, lowers blood pressure, and boosts self-esteem.

Meditation is a practice of training attention and awareness to bring about mental calm and clarity. The description that best fits is a state of inner stillness that promotes peace, improves sleep, lowers blood pressure, and boosts self-esteem. Rather than forcing the mind to empty, meditation usually involves gently focusing on a chosen anchor—like the breath, bodily sensations, or a kind, nonjudgmental attitude—and noticing thoughts that arise without getting caught up in them. Over time, this practice activates the body's relaxation response, reducing sympathetic arousal and lowering heart rate and blood pressure, which can help with sleep and mood. When people experience steadier attention and self-compassion through regular practice, they often feel more grounded and have a healthier sense of self-esteem. The other options describe things that aren't meditation—surgical procedures, vigorous cardio routines, or herbal supplements—so they don't capture what meditation actually is. Starting with just a few minutes of breath-focused attention each day makes the idea approachable and builds consistency.

9. What is a challenge in balancing medical research costs?

A. Telehealth will alone fix costs

B. Costs do not impact decision making

C. Significant investment in treatments and prevention is required

D. Research costs are trivial

A fundamental challenge is that progress in medical research relies on substantial, ongoing investment across the entire spectrum of work—from developing new treatments to prevention efforts. Developing therapies involves a long journey: discovery, preclinical studies, multiple phases of clinical trials, regulatory approval, and then manufacturing and distributing the product. Preventive strategies, like vaccines and screening programs, also require funding for research, effectiveness studies, and how to implement them at scale in real-world settings. Because these costs are high and benefits may take years to materialize, deciding how to allocate limited funds becomes a balancing act to maximize overall health impact. Telehealth can help reduce some care delivery costs but can't solve the overarching financial pressures on research. Research costs are substantial and do influence budgeting and funding decisions.

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10. Stolen Generations survivors are more likely to have poor mental health by how much?

A. 1.5 times

B. 3 times

C. 2.7 times

D. 4 times

This question is about relative risk: how much more likely Stolen Generations survivors are to have poor mental health compared with people who did not experience removal. Research consistently shows a substantially higher risk for survivors, quantified as about 2.7 times greater likelihood. In other words, their probability of experiencing poor mental health is roughly 2.7 times that of those who weren't part of the Stolen Generations. To put it in perspective, if the baseline rate in the comparison group were 10%, survivors would be around 27% likely to have poor mental health; if the baseline were 20%, survivors would be about 54%. Estimates can vary by study and measurement, but 2.7 times is the commonly cited figure for this population.

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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.

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

https://hmshealthhsc.examzify.com

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

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