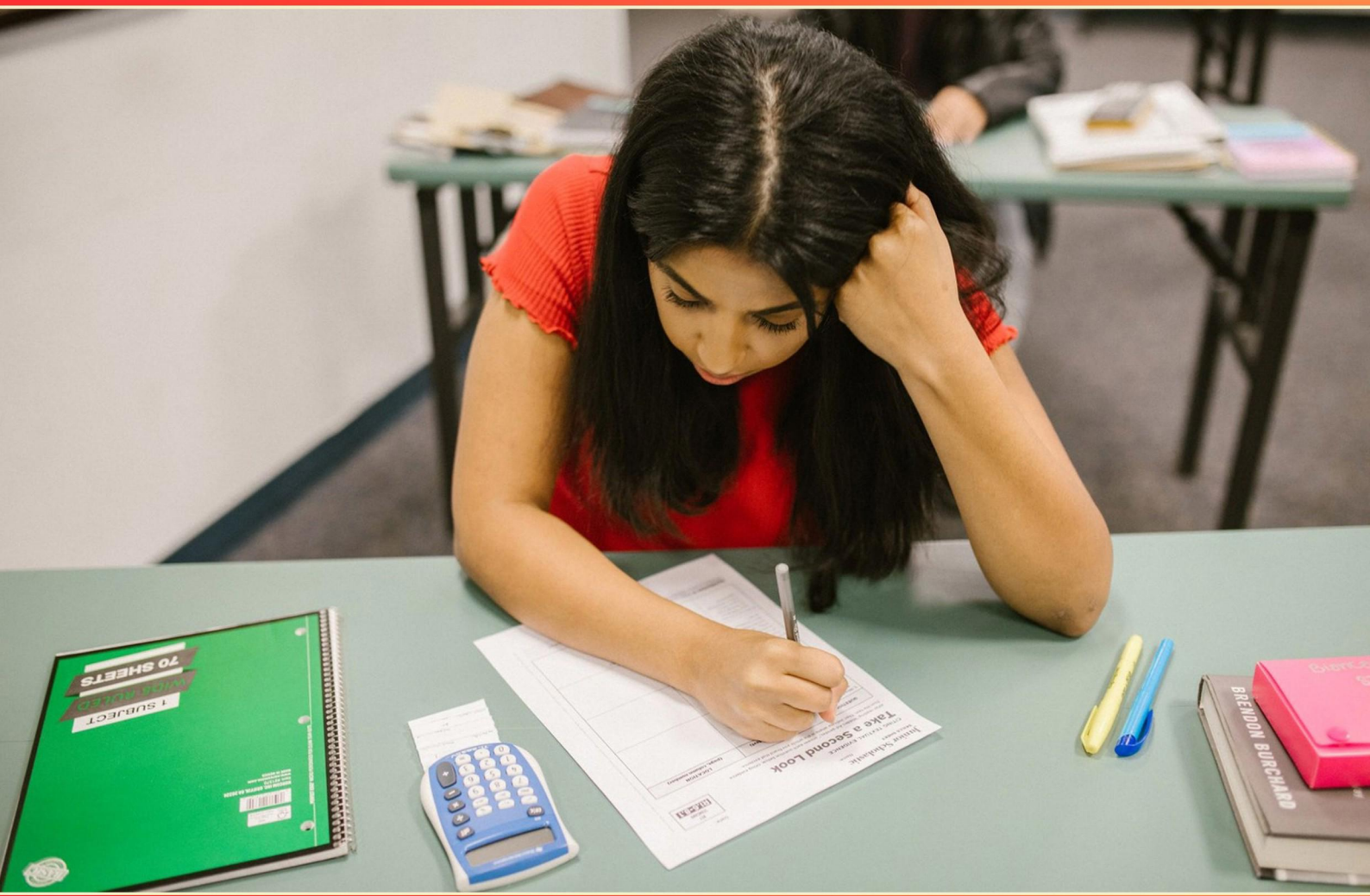
PDHPE HIGHER SCHOOL CERTIFICATE (HSC) CORE 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

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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. Which aspect of well-being can be improved by community involvement?

A. Physical fitness levels
B. Social connections and support systems
C. Job pay and benefits
D. Personal wealth accumulation

2. Which of the following is a successful health campaign in Australia?

A. The "Drink Water" campaign
B. The "Slip Slop Slap" sunscreen campaign
C. The "Say No to Vaping" campaign
D. The "Healthy Eating Guide" initiative

3. What type of diabetes affects women during pregnancy?

A. Type 1 diabetes
B. Type 2 diabetes
C. Gestational diabetes
D. Reactive diabetes

4. How is life expectancy defined?

A. The average age of death in a population
B. A prediction of years expected to live at birth
C. The total number of years lived
D. The lifespan of a specific individual

5. What is the main focus of CORE 1 in PDHPE HSC?

A. Physical fitness and sports
B. Health Priorities in Australia
C. Nutrition and diet management
D. Psychological well-being

6. What is the primary purpose of a balanced diet?

A. Enhancing physical appearance
B. Providing essential nutrients for growth and health
C. Managing stress levels
D. Aiding in digestion

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7. What does 'preventative health' primarily focus on?

A. Treating diseases after they occur

B. Preventing disease and promoting health

C. Enhancing hospital infrastructure

D. Increasing healthcare expenditure

8. What is a primary focus of epidemiology?

A. Examination of individual health behaviors

B. Analysis of food consumption patterns

C. Occurrence, distribution, and determinants of health

D. Determining the cost-effectiveness of treatments

9. What role do schools play in promoting health?

A. Schools primarily focus on academic excellence

B. Schools provide education on health issues and serve as platforms for health initiatives targeting children and adolescents

C. Schools manage healthcare facilities for students

D. Schools restrict learning to physical education only

10. What are preventable diseases?

A. Diseases that can be treated with medication

B. Conditions that can be avoided through lifestyle changes or interventions

C. Incurable diseases that require long-term care

D. Infectious diseases that spread rapidly

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Answers

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

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Explanations

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1. Which aspect of well-being can be improved by community involvement?

A. Physical fitness levels

B. Social connections and support systems

C. Job pay and benefits

D. Personal wealth accumulation

Community involvement significantly enhances social connections and support systems, making it the correct choice. Engaging with others in community activities fosters relationships, builds a sense of belonging, and creates networks of support. These interactions can lead to improved mental and emotional well-being, as individuals feel connected and less isolated. This aspect of well-being is crucial because strong social ties can provide emotional support, increase resilience, and contribute positively to a person's overall quality of life. Physical fitness levels, while they can be indirectly affected by community involvement through organized activities, do not directly relate to the core aspect of well-being focused on social connections. Job pay and benefits, as well as personal wealth accumulation, are more related to financial and economic aspects of life, which do not inherently improve through community engagement. Thus, the most pertinent improvement related to community involvement is in the realm of social connections and support systems.

2. Which of the following is a successful health campaign in Australia?

A. The "Drink Water" campaign

B. The "Slip Slop Slap" sunscreen campaign

C. The "Say No to Vaping" campaign

D. The "Healthy Eating Guide" initiative

The "Slip Slop Slap" sunscreen campaign is recognized as a successful health initiative in Australia primarily because it effectively raised awareness about the dangers of sun exposure and the importance of sun protection. Launched in the 1980s, this campaign promoted three key messages: to slip on a shirt, slop on sunscreen, and slap on a hat. It has been instrumental in changing public attitudes toward sun safety, leading to a significant reduction in the incidence of skin cancer, particularly among Australians who are at a high risk due to the country's high UV radiation levels. The campaign's success is also evidenced by its lasting impact on Australian culture, as sun protection became ingrained in outdoor and lifestyle habits. The memorable slogan and easy-to-remember actions made it accessible and engaging for the general public, further enhancing its reach and influence on sun safety practices across diverse demographics. While other options do reflect important health issues and campaigns, none have matched the historical success and cultural significance of the "Slip Slop Slap" campaign in promoting sun safety in Australia.

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3. What type of diabetes affects women during pregnancy?

A. Type 1 diabetes

B. Type 2 diabetes

C. Gestational diabetes

D. Reactive diabetes

Gestational diabetes is the type of diabetes that specifically arises during pregnancy. It occurs when the body cannot produce enough insulin to meet the increased needs of both the mother and the growing fetus. This condition is temporary and usually resolves after childbirth; however, it does increase the risk of developing type 2 diabetes later in life for the mother. Type 1 diabetes is typically diagnosed before a woman's pregnancy and results from an autoimmune response that destroys insulin-producing cells in the pancreas. While type 2 diabetes can occur in pregnant women, it generally refers to a pre-existing condition rather than one that is induced by pregnancy itself. Reactive diabetes, which isn't commonly recognized as a specific type of diabetes, generally refers to blood sugar level fluctuations triggered by food intake or stress, rather than a condition directly linked to pregnancy. Thus, gestational diabetes is the most appropriate answer, highlighting its unique association with maternity.

4. How is life expectancy defined?

A. The average age of death in a population

B. A prediction of years expected to live at birth

C. The total number of years lived

D. The lifespan of a specific individual

Life expectancy is defined as a statistical measure that represents the average number of years that a person can expect to live, based on current mortality rates. Specifically, when discussing 'life expectancy at birth,' it indicates the average number of years a newborn is expected to live if current mortality trends continue. This concept provides valuable insights into the overall health and well-being of a population, reflecting factors such as healthcare quality, lifestyle, and socio-economic conditions. The definition also highlights important public health implications, as improvements in healthcare and living conditions tend to increase life expectancy over time. Understanding life expectancy is essential for evaluating the effectiveness of health policies and resources dedicated to improving the health of communities.

5. What is the main focus of CORE 1 in PDHPE HSC?

A. Physical fitness and sports

B. Health Priorities in Australia

C. Nutrition and diet management

D. Psychological well-being

The main focus of CORE 1 in PDHPE for the HSC is on Health Priorities in Australia. This unit examines the various health issues faced by the Australian population and prioritizes understanding the determinants of health, health promotion strategies, and the role of individuals and communities in addressing these issues. Within this framework, students explore topics such as the distribution of health services, the impact of lifestyle choices, and the influence of social and economic factors on health outcomes. This emphasis on prioritizing health issues allows for a greater understanding of how health inequities can be addressed and strategies that can be used to promote better health across different demographics. Other areas like physical fitness, nutrition, and psychological well-being, while important, do not encompass the broad scope and primary focus of CORE 1, which is specifically about identifying and prioritizing health issues within the context of Australian society.

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6. What is the primary purpose of a balanced diet?

A. Enhancing physical appearance

B. Providing essential nutrients for growth and health

C. Managing stress levels

D. Aiding in digestion

A balanced diet is essential because it provides the necessary nutrients that the body needs for optimal growth, development, and overall health. These nutrients include macronutrients such as carbohydrates, proteins, and fats, as well as micronutrients like vitamins and minerals. Each of these plays a crucial role in various bodily functions, including metabolism, immune support, and energy production. When a diet is balanced, it helps individuals maintain a healthy weight, supports bodily functions, and reduces the risk of chronic diseases such as obesity, diabetes, and heart disease. It ensures that all nutritional needs are met not only for growth in children and adolescents but also for maintaining health in adults throughout their life span. While enhancing physical appearance, managing stress levels, and aiding in digestion are important aspects of health and well-being, they are secondary outcomes that can be supported by a balanced diet rather than the primary purpose. The main goal remains to provide the essential nutrients required for the body's optimal functioning.

7. What does 'preventative health' primarily focus on?

A. Treating diseases after they occur

B. Preventing disease and promoting health

C. Enhancing hospital infrastructure

D. Increasing healthcare expenditure

Preventative health primarily focuses on preventing diseases and promoting health. This approach emphasizes proactive measures to reduce the incidence of illness and improve overall well-being through various strategies, including education, vaccination, screenings, and health promotion programs. By targeting the risk factors associated with illnesses and encouraging healthy lifestyle choices, preventative health aims to minimize the occurrence of diseases before they develop, rather than just managing them after they arise. This focus is crucial because it not only improves individual health outcomes but also contributes to the overall efficiency of the healthcare system by potentially reducing the need for treatment and management of chronic conditions. In contrast, the other options concentrate on aspects that do not prioritize preventative measures. For instance, treating diseases after they occur does not embody the essence of preventative health, which is rooted in early intervention and health promotion. Likewise, enhancing hospital infrastructure and increasing healthcare expenditure do not directly correlate with preventative strategies, as these elements can be more aligned with the treatment and management of existing health conditions.

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8. What is a primary focus of epidemiology?

A. Examination of individual health behaviors

B. Analysis of food consumption patterns

C. Occurrence, distribution, and determinants of health

D. Determining the cost-effectiveness of treatments

A primary focus of epidemiology is on the occurrence, distribution, and determinants of health within populations. This field seeks to understand how diseases spread, who is affected, and the various factors that contribute to health disparities. Epidemiologists collect and analyze data to identify risk factors for disease, track outbreaks, and inform public health decisions. By examining health trends and the relationships between health and various environmental, social, and biological factors, this area of study plays a crucial role in developing strategies to improve overall community health. The other options, while related to health, do not encompass the broad scope of epidemiology. For instance, examining individual health behaviors is more aligned with behavioral health studies than with the population-level focus of epidemiology. Analyzing food consumption patterns pertains to nutritional epidemiology or dietary studies, which are specific fields underneath the larger umbrella of public health but do not define the primary focus of epidemiology itself. Similarly, determining the cost-effectiveness of treatments is a task related to health economics and policy rather than the foundational principles of epidemiological research, which fundamentally aims to understand health patterns in populations rather than evaluate specific interventions or their financial implications.

9. What role do schools play in promoting health?

A. Schools primarily focus on academic excellence

B. Schools provide education on health issues and serve as platforms for health initiatives targeting children and adolescents

C. Schools manage healthcare facilities for students

D. Schools restrict learning to physical education only

Schools play a crucial role in promoting health by providing education on various health issues and serving as platforms for health initiatives that specifically target children and adolescents. Through health education programs, schools inform students about important topics such as nutrition, mental health, physical activity, and substance abuse. These programs not only aim to increase students' awareness but also empower them to make informed health decisions. Additionally, schools often implement health initiatives, such as mental health awareness campaigns, physical fitness challenges, and nutrition programs, which further promote overall health and well-being among students. By fostering an environment that prioritizes health, schools contribute significantly to the development of healthy behaviors that can last a lifetime. This multifaceted approach ensures that health education is integrated into students' daily lives, enhancing both their physical and mental well-being.

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10. What are preventable diseases?

A. Diseases that can be treated with medication

B. Conditions that can be avoided through lifestyle changes or interventions

C. Incurable diseases that require long-term care

D. Infectious diseases that spread rapidly

Preventable diseases are best defined as conditions that can be avoided through lifestyle changes or interventions. This encompasses a range of health issues that are influenced by personal behavior, environmental factors, and public health initiatives. By adopting healthy habits such as regular exercise, a balanced diet, and avoiding harmful substances such as tobacco and excessive alcohol, individuals can significantly reduce their risk of developing these diseases. Examples include many chronic conditions like type 2 diabetes, cardiovascular diseases, and certain types of cancer that are often linked to lifestyle choices. Vaccinations and public health measures can also play a crucial role in preventing infectious diseases, adding another layer to the concept of prevention. In contrast, diseases that can be treated with medication focus on management rather than prevention. Incurable diseases requiring long-term care do not directly relate to the idea of prevention, as they typically need ongoing management and support rather than preventive measures. Rapidly spreading infectious diseases may be preventable in some cases but do not cover the broader spectrum of preventable diseases which include various non-infectious conditions influenced by lifestyle.

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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://pdhpehsccore1.examzify.com

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

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