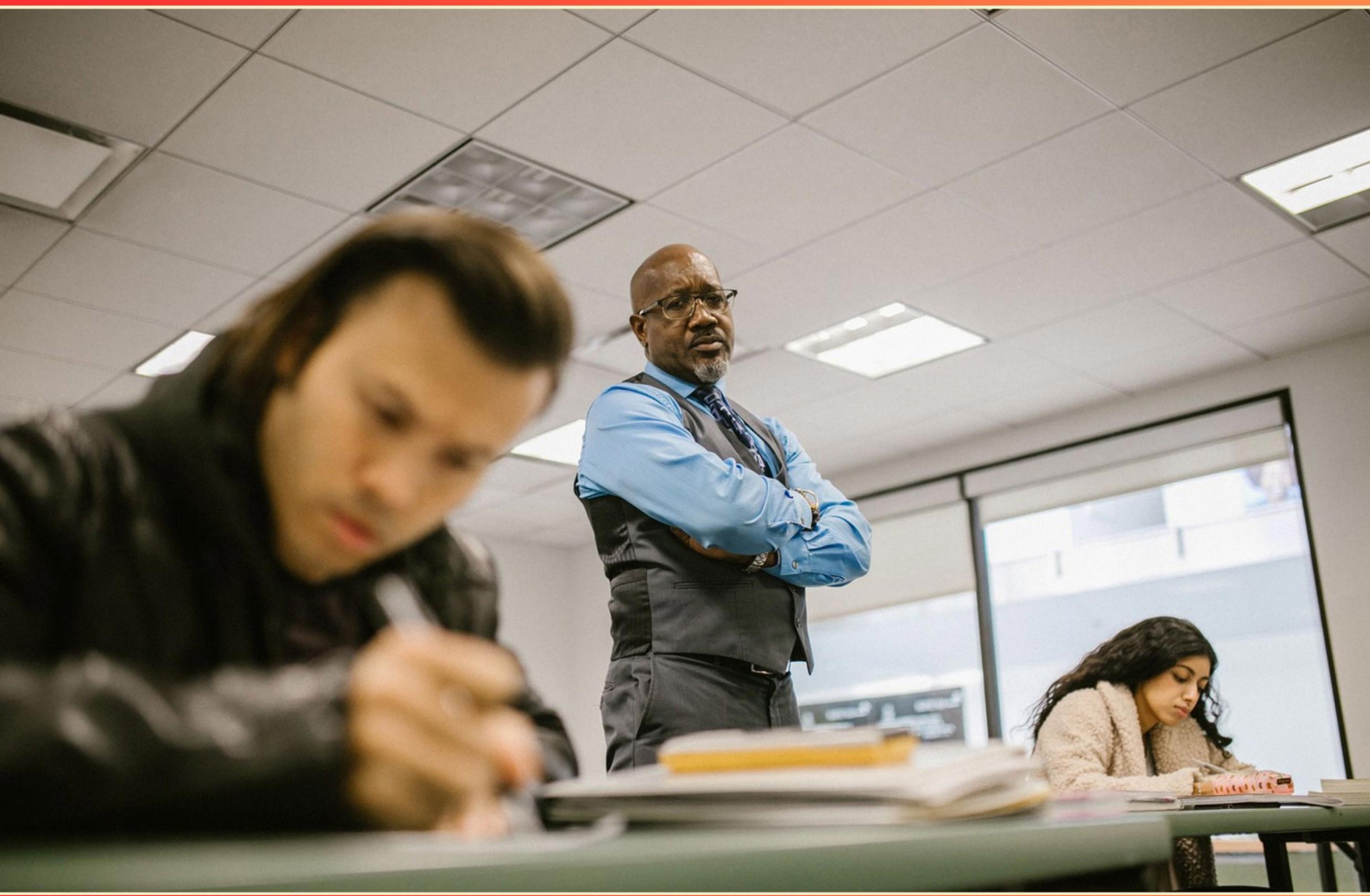
PDHPE HIGHER SCHOOL CERTIFICATE (HSC) CORE 2 PRACTICE EXAM (SAMPLE)

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 the purpose of a warm-up activity?

A. To cool down the body after exercise

B. To increase endurance for longer workouts

C. To prepare the muscles for work

D. To enhance flexibility during exercise

2. Which training method includes both isotonic and isokinetic exercises?

A. Static training

B. Dynamic training

C. Aerobic training

D. Strength training

3. What is the meaning of progressive overload in training?

A. Gradually decreasing workout intensity

B. Maintaining a constant workout routine

C. Increasing stress on the body to improve fitness

D. Focusing solely on aerobic activities

4. What is the purpose of a cool down after physical activity?

A. To increase heart rate

B. To prepare the muscles to return to a resting state

C. To enhance flexibility

D. To promote anaerobic endurance

5. Which macronutrient is NOT considered a major nutrient?

A. Fats

B. Carbohydrates

C. Vitamins

D. Protein

6. What physiological changes occur in the cardiorespiratory system due to training?

A. Improved muscle size and strength

B. Increased oxygen delivery and more efficient energy production

C. Enhanced flexibility and coordination

D. Lower heart rate during rest periods

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7. Which training technique is primarily used to develop explosive power?

A. Endurance training

B. Plyometrics

C. Isometric training

D. Static stretching

8. What role does creatine phosphate play in muscle contraction?

A. An energy-rich compound serving as an alternative energy source

B. A waste product of muscle metabolism

C. A type of carbohydrate for energy

D. A hormone that regulates energy production

9. What term describes the use of small muscle groups to perform delicate tasks?

A. Gross motor skills

B. Fine motor skills

C. Complex motor skills

D. Basic motor skills

10. How is state anxiety defined in the context of athletics?

A. A general level of stress

B. A consistent personality trait

C. The emotional response to a specific situation

D. A perception of overall life stress

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Answers

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

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Explanations

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1. What is the purpose of a warm-up activity?

A. To cool down the body after exercise

B. To increase endurance for longer workouts

C. To prepare the muscles for work

D. To enhance flexibility during exercise

The purpose of a warm-up activity is primarily to prepare the muscles for work. This involves gradually increasing the heart rate and blood flow to the muscles, which helps to enhance their function and reduce the risk of injury during more intense physical activity. A proper warm-up increases muscle temperature, improving elasticity and efficiency, and prepares the body for the movements it is about to perform. While increasing endurance and enhancing flexibility are benefits that may arise from a well-structured training program, they do not specifically encapsulate the essential aim of a warm-up. Cooling down is a separate phase that occurs after exercise, focusing on gradually lowering the heart rate and aiding recovery, which distinguishes it from the warm-up's role. Thus, the warm-up's central goal is to ready the muscles and body for the demands of the workout, making the option of preparing muscles for work the most accurate description of its purpose.

2. Which training method includes both isotonic and isokinetic exercises?

A. Static training

B. Dynamic training

C. Aerobic training

D. Strength training

Strength training encompasses both isotonic and isokinetic exercises, making it the correct choice. Isotonic exercises involve maintaining a constant tension in the muscle while the muscle changes length, such as during weightlifting. This typically includes both concentric movements (muscle shortening) and eccentric movements (muscle lengthening). On the other hand, isokinetic exercises maintain a constant speed of contraction, allowing for variable resistance throughout the full range of motion. This type of exercise is often used in rehabilitation settings and employs specialized equipment that adjusts the resistance dynamically based on the force exerted by the muscle. By including both isotonic and isokinetic exercises, strength training targets muscular endurance, size, and strength effectively, providing a comprehensive approach to enhancing physical fitness. Other training methods, while beneficial in their own right, do not combine these two types of exercises. Static training focuses solely on holding a position, dynamic training refers to exercises that involve movement but does not specifically denote the combination of isotonic and isokinetic efforts, and aerobic training is primarily aimed at improving cardiovascular endurance rather than directly enhancing muscular strength through the use of these methods.

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3. What is the meaning of progressive overload in training?

A. Gradually decreasing workout intensity

B. Maintaining a constant workout routine

C. Increasing stress on the body to improve fitness

D. Focusing solely on aerobic activities

Progressive overload refers to the practice of gradually increasing the demands placed on the body during training in order to improve physical fitness and performance. This concept is crucial in strength training, endurance training, and overall fitness development, as it stimulates physiological adaptations that lead to improvement. By consistently challenging the body with increased intensity, volume, or complexity of workouts, individuals can develop greater strength, endurance, and overall fitness levels. For instance, this can involve increasing weights, repetitions, or varied types of exercises over time to ensure that the body continues to adapt and improve. This principle stands in contrast to strategies that involve decreasing intensity or maintaining a constant routine, which may lead to plateaus in performance or ineffective training. Additionally, focusing only on aerobic activities would limit the overall benefits that diverse training modalities offer, including strength and flexibility components. Therefore, the essence of progressive overload is in its systematic and gradual increment of stress on the body to promote ongoing improvements.

4. What is the purpose of a cool down after physical activity?

A. To increase heart rate

B. To prepare the muscles to return to a resting state

C. To enhance flexibility

D. To promote anaerobic endurance

The purpose of a cool down after physical activity is to prepare the muscles to return to a resting state. During exercise, the body undergoes numerous physiological changes, including an increase in heart rate, body temperature, and muscle tension. The cool down phase allows for a gradual transition back to a state of rest, facilitating the return of heart rate and blood pressure to normal levels. This process helps prevent dizziness or fainting that can occur if exercise is abruptly stopped, as it allows blood to circulate back to the heart and prevents blood from pooling in the extremities. Additionally, cooling down often involves light movements and stretching, which can help alleviate muscle soreness and stiffness, enhancing recovery after physical activity. While enhancing flexibility is a potential benefit of some cool down activities, that is not the primary purpose of the cool down. It is also important to note that while the cool down can lead to improved recovery, its specific role is not directly tied to promoting anaerobic endurance, which involves high-intensity efforts sustained for short durations rather than the gradual process of returning to rest.

5. Which macronutrient is NOT considered a major nutrient?

A. Fats

B. Carbohydrates

C. Vitamins

D. Protein

Vitamins are classified as micronutrients rather than macronutrients. Macronutrients include fats, carbohydrates, and proteins, which are required in larger amounts and provide the energy necessary for bodily functions and activities. Fats serve as a concentrated energy source and are essential for hormone production and cell structure. Carbohydrates are the body's primary energy source, fueling physical activity and supporting brain function. Proteins are crucial for growth, repair, and maintenance of body tissues, and they play a significant role in enzyme and hormone production. In contrast, vitamins, although vital for various biochemical processes, are required in smaller amounts and do not provide energy directly. This distinction makes vitamins part of the micronutrient category, differentiating them from macronutrients.

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6. What physiological changes occur in the cardiorespiratory system due to training?

A. Improved muscle size and strength

B. Increased oxygen delivery and more efficient energy production

C. Enhanced flexibility and coordination

D. Lower heart rate during rest periods

The physiological changes in the cardiorespiratory system due to training prominently include increased oxygen delivery and more efficient energy production. When an individual engages in regular cardiovascular exercise, significant adaptations occur within the heart and lungs, optimizing their function. For instance, training leads to an increase in stroke volume, which is the amount of blood pumped by the heart per beat. This allows the heart to supply more oxygenated blood to the muscles during exercise. In addition, training enhances the efficiency of the respiratory system, improving the exchange of oxygen and carbon dioxide in the alveoli of the lungs. As a result, trained individuals can utilize oxygen more effectively, which is crucial for sustained energy production during physical activity. These adaptations not only improve overall aerobic capacity but also enable the body to perform at higher intensities for longer durations without fatigue. Enhanced oxygen delivery supports improved endurance and performance in various activities, illustrating the direct relationship between training and the functionalities of the cardiorespiratory system. The other options refer to different aspects of fitness or adaptations that may occur with training, such as muscle strength or flexibility, which are not specific to the cardiorespiratory system. Therefore, the focus on increased oxygen delivery and energy production underscores the primary physiological changes relevant to cardiovascular and

7. Which training technique is primarily used to develop explosive power?

A. Endurance training

B. Plyometrics

C. Isometric training

D. Static stretching

The training technique used to develop explosive power is plyometrics. This method involves exercises that utilize the stretch reflex to enhance the power and speed of muscle contractions. Plyometric training typically includes movements such as jump squats, box jumps, and medicine ball throws, which emphasize rapid muscle lengthening followed by a quick muscle shortening. This technique promotes improvements in explosiveness by training the neuromuscular system to fire more quickly and efficiently during high-intensity movements, making it particularly beneficial for athletes involved in sports requiring bursts of quick power, such as sprinting, jumping, or throwing events. Endurance training focuses on increasing stamina and aerobic capacity, which does not primarily enhance explosive power. Isometric training consists of maintaining muscle contractions without movement, which can improve strength but does not specifically enhance the explosive characteristics of muscle action. Static stretching is designed to increase flexibility and range of motion rather than improve power output. Overall, plyometrics stands out as the most effective choice for developing explosive power due to its specific emphasis on rapid, powerful movements.

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8. What role does creatine phosphate play in muscle contraction?

A. An energy-rich compound serving as an alternative energy source

B. A waste product of muscle metabolism

C. A type of carbohydrate for energy

D. A hormone that regulates energy production

Creatine phosphate plays a crucial role in muscle contraction as it is an energy-rich compound that serves as an immediate source of energy. During high-intensity exercise, muscle cells require rapid bursts of energy, and creatine phosphate helps to regenerate adenosine triphosphate (ATP), which is the primary energy carrier in cells. When muscles contract, ATP is used up quickly, and this is where creatine phosphate comes into play; it donates a phosphate group to adenosine diphosphate (ADP) to form ATP efficiently. This process allows muscles to sustain contractions for longer periods and improve performance during short, intense bursts of activity, such as sprinting or weight lifting. Therefore, the role of creatine phosphate is vital for providing that immediate energy needed during muscle contraction. The other options do not accurately describe the role of creatine phosphate in muscle contraction. It's not a waste product, nor is it a carbohydrate or a hormone involved in energy regulation. Instead, it is a specialized compound focusing specifically on energy production in muscle cells.

9. What term describes the use of small muscle groups to perform delicate tasks?

A. Gross motor skills

B. Fine motor skills

C. Complex motor skills

D. Basic motor skills

Fine motor skills refer specifically to the coordination and use of small muscle groups to perform precise and delicate tasks. These skills are critical in activities that require a high level of dexterity, such as writing, buttoning shirts, or manipulating small objects. The muscles involved in fine motor skills are typically found in the hands, fingers, and wrists. In contrast, gross motor skills involve larger muscle groups and are associated with larger movements such as running, jumping, and climbing. Complex motor skills are generally considered a combination of both fine and gross motor skills, often requiring significant coordination and timing. Basic motor skills, on the other hand, usually refer to fundamental movement patterns that can include both fine and gross motor skills but do not specifically highlight the precision associated with fine motor tasks. Therefore, the term that accurately describes the use of small muscle groups for delicate tasks is fine motor skills.

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10. How is state anxiety defined in the context of athletics?

A. A general level of stress

B. A consistent personality trait

C. The emotional response to a specific situation

D. A perception of overall life stress

State anxiety is defined as the emotional response to a specific situation, particularly in high-pressure environments like athletics. In this context, it reflects the temporary reactions that athletes may experience during competition or training due to stressors such as performance demands, expectations from coaches or spectators, or the significance of the event. State anxiety can fluctuate depending on the circumstances, meaning that an athlete might feel more anxious before an important game than during practice. In contrast, a general level of stress pertains to an overarching feeling of anxiety that doesn't necessarily connect to a single event or situation. A consistent personality trait refers to stable characteristics of individuals that influence how they typically respond, which is distinct from the situational nature of state anxiety. Lastly, a perception of overall life stress encompasses a broader view of stress in various aspects of life but does not specifically target the immediate emotional reactions faced in athletic scenarios.

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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://pdhpehsccore2.examzify.com

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

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