PDHPE PRELIMINARY 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 term describes an individual attracted to the opposite sex?**

   A. Bisexual

   B. Homosexual

   C. Panssexual

   D. Heterosexual

2. **What condition is identified by a deficiency of red blood cells in the body?**

   A. Dehydration

   B. Anaemia

   C. Leukemia

   D. Vitamin Deficiency

3. **Which of the following is critical to maintain healthy pulmonary circulation?**

   A. High blood pressure

   B. Regular physical activity

   C. A balanced diet

   D. Correct hydration levels

4. **What type of compounds consist of carbon, hydrogen, and oxygen?**

   A. Proteins

   B. Vitamins

   C. Carbohydrates

   D. Minerals

5. **What condition is usually caused by sexually transmitted infections and can lead to infertility?**

   A. Endometriosis

   B. Vulvitis

   C. Pelvic inflammatory disease

   D. Cervicitis

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6. Which term refers to the capacity of individuals to deal effectively with adversity and challenges?

A. Fortitude

B. Resilience

C. Tenacity

D. Endurance

7. Which of the following is considered an illicit drug?

A. Paracetamol

B. Ibuprofen

C. Cannabis

D. Amoxicillin

8. What are medications that are used to relieve pain called?

A. Antibiotics

B. Analgesics

C. Antidepressants

D. Anti-inflammatories

9. What term refers to the use of multiple drugs simultaneously?

A. Multidrug therapy

B. Polydrug use

C. Substance abuse

D. Drug cocktail

10. Which term refers to the spontaneous discovery of movement?

A. Improvisation

B. Repetition

C. Preparation

D. Evaluation

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Answers

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

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Explanations

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1. What term describes an individual attracted to the opposite sex?

A. Bisexual

B. Homosexual

C. Panssexual

D. Heterosexual

The term that describes an individual attracted to the opposite sex is "heterosexual." This classification is commonly used in discussions around sexual orientation and refers to people who are emotionally, romantically, or sexually attracted to members of the opposite gender. For instance, a heterosexual male is attracted to females, while a heterosexual female is attracted to males. This term stands in contrast to other sexual orientations that define attraction differently, such as homosexual (attraction to the same sex), bisexual (attraction to both sexes), and pansexual (attraction regardless of sex or gender identity). Heterosexuality is often cited as the most common sexual orientation in many societies, and understanding this term is key to discussions about relationships and human behavior in PDHPE studies.

2. What condition is identified by a deficiency of red blood cells in the body?

A. Dehydration

B. Anaemia

C. Leukemia

D. Vitamin Deficiency

Anaemia is identified as a condition characterized by a deficiency of red blood cells in the body. Red blood cells are crucial as they transport oxygen to various tissues and organs, and a reduction in their number can lead to inadequate oxygen supply. This may result in symptoms such as fatigue, weakness, pale skin, and shortness of breath. Various factors can cause anaemia, including iron deficiency, vitamin deficiencies, chronic diseases, or genetic disorders. Other options like dehydration can lead to changes in blood volume but do not specifically represent a deficiency of red blood cells. Similarly, leukemia is a type of cancer that affects blood production and can lead to a decrease in healthy red blood cells, but it is a more complex condition involving the proliferation of abnormal white blood cells. Vitamin deficiency, while it can lead to different forms of anaemia, refers generally to a lack of essential vitamins in the diet rather than a direct deficiency of red blood cells itself.

3. Which of the following is critical to maintain healthy pulmonary circulation?

A. High blood pressure

B. Regular physical activity

C. A balanced diet

D. Correct hydration levels

Maintaining healthy pulmonary circulation is vital for ensuring that oxygenated blood is efficiently transported from the lungs to the rest of the body and that deoxygenated blood is returned to the lungs. Regular physical activity plays a pivotal role in this process. Engaging in regular exercise strengthens the heart and improves overall cardiovascular health. This has a direct impact on pulmonary circulation as exercise promotes better blood flow and enhances lung capacity. When the body is physically active, the heart pumps more effectively, and the lungs work more efficiently to exchange gases, thus preventing conditions that can impair circulation or lung function. This is crucial because a well-functioning cardiovascular system reduces resistance in the pulmonary arteries, allowing for optimal blood flow through the lungs. Additionally, exercise can help prevent complications such as blood clots or pulmonary hypertension, which can seriously impact pulmonary circulation. Overall, maintaining a routine of regular physical activity supports not just heart health but plays an integral role in sustaining effective pulmonary circulation.

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4. What type of compounds consist of carbon, hydrogen, and oxygen?

A. Proteins

B. Vitamins

C. Carbohydrates

D. Minerals

The correct response is based on the fundamental structure of carbohydrates. Carbohydrates are organic compounds composed predominantly of carbon, hydrogen, and oxygen in a specific ratio, typically with the empirical formula (CH2O)n. This means that for every carbon atom in the molecule, there are typically two hydrogen atoms and one oxygen atom attached. Carbohydrates play crucial roles in biological functions, primarily serving as a major source of energy for living organisms. They are also important for structural purposes in plants (e.g., cellulose) and participate in various metabolic processes. The other options represent different types of compounds that do not primarily consist of carbon, hydrogen, and oxygen. For example, proteins are made up of amino acids that contain carbon, hydrogen, oxygen, and nitrogen. Vitamins are a diverse group of organic molecules that can contain various other elements, including nitrogen, sulfur, and phosphorus, along with carbon, hydrogen, and oxygen, but they do not fit into the specific category of compounds primarily made up of just the latter three. Minerals are inorganic elements that do not contain carbon, hydrogen, or oxygen in their structure. Therefore, carbohydrates are the only compounds listed that meet the criteria of being composed of carbon, hydrogen, and oxygen.

5. What condition is usually caused by sexually transmitted infections and can lead to infertility?

A. Endometriosis

B. Vulvitis

C. Pelvic inflammatory disease

D. Cervicitis

The condition typically caused by sexually transmitted infections (STIs) that can lead to infertility is pelvic inflammatory disease (PID). PID refers to the inflammation of the female reproductive organs, including the uterus, fallopian tubes, and ovaries, often resulting from STIs like chlamydia and gonorrhea. When left untreated, PID can cause scarring and damage to these reproductive structures, which can subsequently lead to complications such as infertility or ectopic pregnancy. Endometriosis, while it can also impact fertility, primarily arises from the presence of endometrial tissue outside the uterus and is not directly caused by STIs. Vulvitis is the inflammation of the vulva, which is usually due to irritants or infections not necessarily linked to STIs, and might not have a direct relationship with fertility. Cervicitis is an inflammation of the cervix, often resulting from infections, but it does not carry the same significant risk of infertility as PID does. Thus, pelvic inflammatory disease is the most directly linked condition to infertility arising from sexually transmitted infections.

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6. Which term refers to the capacity of individuals to deal effectively with adversity and challenges?

A. Fortitude

B. Resilience

C. Tenacity

D. Endurance

The term that refers to the capacity of individuals to deal effectively with adversity and challenges is resilience. Resilience encompasses the ability to bounce back from difficult situations, adapt to change, and continue moving forward despite obstacles. It is a critical concept in personal development and mental health, as it highlights how individuals can maintain their functionality and emotional stability in the face of stress or hardship. Resilience is not just about enduring tough times but also involves learning from experiences, developing coping strategies, and gaining strength through adversity. This is essential for achieving overall well-being and can impact various areas of life, including personal relationships, academic performance, and professional success. While other terms like fortitude, tenacity, and endurance imply strength, persistence, or the ability to withstand physical strain, they do not specifically capture the broader psychological and emotional dimensions of dealing with life's challenges that resilience signifies. Resilience is about recovery and growth rather than merely enduring or persisting through difficulties.

7. Which of the following is considered an illicit drug?

A. Paracetamol

B. Ibuprofen

C. Cannabis

D. Amoxicillin

Cannabis is classified as an illicit drug in many jurisdictions due to its psychoactive properties and the potential for abuse. Unlike paracetamol and ibuprofen, both of which are commonly used over-the-counter analgesics, cannabis is often subject to legal restrictions and its use can result in various legal consequences. While there are discussions about medical cannabis in some areas, general recreational usage remains illegal in many places. Amoxicillin is an antibiotic, prescribed for bacterial infections, and is also regulated but not classified as an illicit drug. Thus, the designation of cannabis as an illicit drug highlights the legal and social implications associated with its use compared to common medications.

8. What are medications that are used to relieve pain called?

A. Antibiotics

B. Analgesics

C. Antidepressants

D. Anti-inflammatories

Medications that are specifically used to relieve pain are known as analgesics. This category of drugs works by blocking the transmission of pain signals to the brain or by modifying the perception of pain. Analgesics can vary in strength and are often classified as either non-opioid or opioid medications, with non-opioids being used for mild to moderate pain, and opioids being prescribed for more severe pain. The other types of medications mentioned serve different purposes. Antibiotics are designed to treat bacterial infections and do not have a direct role in pain relief. Antidepressants are primarily used to treat depressive disorders but can also be effective in managing certain types of chronic pain through their impact on mood and pain perception. Anti-inflammatories, while they can help reduce inflammation and related pain, are not classified strictly as pain relievers in the same way that analgesics are. Thus, the term analgesics is the most appropriate and specific answer to the question regarding pain relief medications.

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9. What term refers to the use of multiple drugs simultaneously?

A. Multidrug therapy

B. Polydrug use

C. Substance abuse

D. Drug cocktail

The term that accurately describes the use of multiple drugs simultaneously is polydrug use. Polydrug use refers specifically to the practice of individuals consuming more than one type of drug at the same time or in close succession, which can include combinations of legal substances like alcohol and prescription medications, as well as illicit drugs. Understanding polydrug use is crucial as it can lead to various health risks, increase the potential for adverse effects, and complicate treatment approaches for substance use disorders. This term highlights the behavior and patterns of drug use rather than a medical treatment approach or therapeutic context, making it distinct from other terms. While multidrug therapy refers to a clinical strategy where more than one medication is prescribed to treat a medical condition, it typically occurs in a controlled medical environment, often to combat diseases such as HIV or tuberculosis. Substance abuse describes a pattern of using substances in a manner that is harmful or hazardous, which may or may not involve multiple drugs. A drug cocktail usually refers to a specifically formulated mixture of drugs often used in medical treatments or therapies, rather than general simultaneous use.

10. Which term refers to the spontaneous discovery of movement?

A. Improvisation

B. Repetition

C. Preparation

D. Evaluation

The term that refers to the spontaneous discovery of movement is improvisation. In the context of physical education and performing arts, improvisation involves the unplanned and instinctive movement that emerges in the moment, allowing individuals to express creativity and adaptability. It encourages exploration and experimentation with movements, enabling individuals to respond to their environment and the feelings they experience in real time without predetermined choreography or structure. This concept is particularly valuable in activities such as dance, theater, and various physical activities where fluidity and responsiveness are essential for creativity and expression. By engaging in improvisation, individuals can develop their movement vocabulary and enhance their physical awareness, leading to a deeper understanding of their capabilities and limitations in movement.

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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://pdhpepreliminary.examzify.com

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

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