

Personal Development, Health and Physical Education

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- General Instructions**
- Reading time – 5 minutes
 - Working time – 3 hours
 - Write using black pen

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- Total marks: 100**
- Section I – 60 marks** (pages 2–16)
- This section has two parts, Part A and Part B
- Part A – 20 marks
- Attempt Questions 1–20
 - Allow about 40 minutes for this part
- Part B – 40 marks
- Attempt Questions 21–26
 - Allow about 1 hour and 10 minutes for this part
- Section II – 40 marks** (pages 17–18)
- Attempt TWO questions from Questions 27–31
 - Allow about 1 hour and 10 minutes for this section

Section I
60 marks

Part A – 20 marks

Attempt Questions 1–20

Allow about 40 minutes for this part

Use the multiple-choice answer sheet for Questions 1–20.

- 1** What type of training involves an activity with intermittent bursts of speed?
- A. Circuit
 - B. Fartlek
 - C. Flexibility
 - D. Continuous
- 2** Who is responsible for funding the Pharmaceutical Benefits Scheme (PBS)?
- A. State government
 - B. Local government
 - C. Federal government
 - D. Private health insurance
- 3** An athlete enters a sporting arena and gets nervous.
- What type of anxiety is this?
- A. State
 - B. Trait
 - C. Natural
 - D. Arousal
- 4** Which set of socioeconomic determinants has the greatest influence on the health inequities experienced by indigenous population groups?
- A. Income and high-density living
 - B. Religious and cultural influences
 - C. Levels of education and employment
 - D. Media access and geographical location

- 5 What is cerebrovascular disease?
- A. A bacterial infection affecting heart valves
 - B. A problem with the circulation of blood to the lungs
 - C. A problem where the heart begins to function less effectively in its role of pumping blood
 - D. A condition where the arteries supplying oxygen to the brain become impaired in their function
- 6 A coach tells her squad that a poor performance in the next match will result in individuals not being considered for a representative team.
- What type of motivation is this?
- A. Positive and intrinsic
 - B. Positive and extrinsic
 - C. Negative and intrinsic
 - D. Negative and extrinsic
- 7 What are the waste products of the aerobic energy system?
- A. Lactate, heat, water
 - B. Lactate, oxygen, creatine
 - C. Carbon dioxide, heat, water
 - D. Carbon dioxide, oxygen, creatine
- 8 Which level of government is responsible for the administration of public hospitals?
- A. State
 - B. Local
 - C. Federal
 - D. Regional
- 9 What is the nature of the skill required by a dart thrower?
- A. Open, self-paced
 - B. Open, externally paced
 - C. Closed, externally paced
 - D. Closed, self-paced

- 10** Which of the following does the government consider to be most significant when prioritising funding for Australia's health issues?
- A. The mortality rate and the individual's ability to deal with it
 - B. The burden of illness and the potential for reducing this burden
 - C. The morbidity rate and the number of health services already available
 - D. The prevalence of illness and the socioeconomic capacity of the affected community
- 11** What type of appraisal would a panel of experts use to assess a diving performance?
- A. Individual opinion
 - B. Subjective assessment
 - C. Personal judging criteria
 - D. Prescribed judging criteria
- 12** In Australia, women have a higher health status than men.
- What is the most likely reason for this?
- A. Females are more likely to seek medical assistance than males
 - B. Females have much higher rates of health literacy than males
 - C. The types of health care services available for males and females differ
 - D. Heredity and lifestyle factors have a greater effect on males compared to females
- 13** A coach wants to test the speed of his athletes. Each athlete completes a single timed 100-metre sprint on the same running surface.
- Which of the following best describes the findings of this test?
- A. Valid but not reliable
 - B. Subjective and valid
 - C. Reliable but not valid
 - D. Subjective and reliable

- 14** How does Medicare reflect the principles of social justice?
- A. It provides resources only to those most in need of health services and treatment.
 - B. It is funded by the Australian government to supply equality in health care services to all Australians.
 - C. It allocates resources according to the needs of the population in order to promote equity of health outcomes.
 - D. It empowers individuals and communities to be involved in planning and decision making to achieve good health.

- 15** After sustaining an injury, an athlete applies ice and a compression bandage.

This is an example of which recovery strategies?

- A. Neural and cryotherapy
 - B. Neural and hydrotherapy
 - C. Tissue damage and cryotherapy
 - D. Tissue damage and hydrotherapy
- 16** A health promotion initiative educates doctors to refer mental health patients to a social support group.

Which area of the Ottawa Charter does this represent?

- A. Developing personal skills
 - B. Reorienting health services
 - C. Strengthening community action
 - D. Creating supportive environments
- 17** Which group of skills is best learned using a massed practice approach?
- A. Skills learned in an open environment
 - B. Skills with a distinct beginning and end in the learning routine
 - C. Skills requiring extensive external feedback during each learning phase
 - D. Skills requiring a high degree of coordination in order to be learned effectively

18 Which row in the table shows the leading causes of mortality in Australia since 2013?

	<i>Leading cause</i>	<i>Second highest cause</i>	<i>Third highest cause</i>
A.	All cancers	Cardiovascular disease	Injury
B.	Cardiovascular disease	All cancers	Dementia and Alzheimer's disease
C.	All cancers	Cardiovascular disease	Dementia and Alzheimer's disease
D.	Cardiovascular disease	All cancers	Injury

(AIHW, 2016)

19 In which activity would creatine supplementation be most likely to enhance an athlete's performance?

- A. An ultra-marathon
- B. A long jump event
- C. A 100-metre sprint final
- D. A 2-kilometre ocean swim

20 Which group is most at risk of developing breast cancer?

- A. Women who take the contraceptive pill and exercise regularly
- B. Women over the age of 50 with high levels of circulating oestrogen
- C. Women who have given birth to multiple children and breastfed them
- D. Women with early onset menopause and using hormone replacement therapies

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2017

HIGHER SCHOOL CERTIFICATE
EXAMINATION

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Centre Number

**Personal Development,
Health and Physical Education**

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Student Number

**Section I Part B
Answer Booklet**

40 marks

Attempt Questions 21–26

Allow about 1 hour and 10 minutes for this part

Instructions

- Write your Centre Number and Student Number at the top of this page.
- Answer the questions in the spaces provided. These spaces provide guidance for the expected length of response.
- Extra writing space is provided at the back of this booklet. If you use this space, clearly indicate which question you are answering.

Please turn over

Question 21 (7 marks)

(a) Outline the measures of epidemiology.

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(b) Describe the limitations of epidemiology.

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Question 22 (5 marks)

Explain both the risk factors and the protective factors of cardiovascular disease.

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Question 24 (5 marks)

Using examples, explain how specific vitamins and/or minerals affect athletic performance.

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Personal Development, Health and Physical Education

Section II

40 marks

Attempt TWO questions from Questions 27–31

Allow about 1 hour and 10 minutes for this section

Answer both questions in the Section II Writing Booklet. Extra writing booklets are available.

Your answers will be assessed on how well you:

- demonstrate knowledge and understanding of health and physical activity concepts relevant to the question
 - apply the skills of critical thinking and analysis
 - communicate ideas and information using relevant examples
 - present a logical and cohesive response
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Question 27 — The Health of Young People (20 marks)

- (a) Explain the determinants of ONE major health issue that affects young people. **8**
- (b) To what extent have government and non-government strategies targeting young people been effective in addressing major health issues? **12**

Question 28 — Sport and Physical Activity in Australian Society (20 marks)

- (a) How has Australian sport been used to promote political objectives? **8**
- (b) To what extent does the media shape perceptions of women in sport? **12**

Please turn over

Question 29 — Sports Medicine (20 marks)

- (a) Explain how athletes in a range of different sports physically prepare to prevent injury. **8**
- (b) To what extent do the specific needs of children and young athletes have to be considered for them to participate safely in sport? **12**

Question 30 — Improving Performance (20 marks)

- (a) Explain how athletes can identify and avoid the risks of overtraining. **8**
- (b) Discuss the ethical issues associated with the use of technology in sport. **12**

Question 31 — Equity and Health (20 marks)

- (a) Explain how enabling, mediating and advocating actions can make sustainable improvements for disadvantaged groups. **8**
- (b) Assess the effectiveness of government funding aimed at improving the health status of Australians. **12**

End of paper