



NSW Education Standards Authority

**2019** HIGHER SCHOOL CERTIFICATE EXAMINATION

# Personal Development, Health and Physical Education

---

**General  
Instructions**

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

---

**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 21–27
- Allow about 1 hour and 10 minutes for this part

**Section II – 40 marks** (pages 17–18)

- Attempt TWO questions from Questions 28–32
- 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 Which of the following is a non-modifiable risk factor for breast cancer?
  - A. Age
  - B. Obesity
  - C. High-fat diet
  - D. Physical inactivity
  
- 2 Which alternative health care treatment involves inserting fine needles into specific parts of the body?
  - A. Acupuncture
  - B. Chiropractic
  - C. Homeopathy
  - D. Iridology
  
- 3 Which of the following would a panel of judges use to assess the performance of gymnasts in an Olympic event?
  - A. Checklist
  - B. Personal criteria
  - C. Prescribed criteria
  - D. Objective assessment
  
- 4 Which of the following includes two examples of physiological recovery strategies?
  - A. Cool down and hydration
  - B. Meditation and relaxation
  - C. Cryotherapy and hydration
  - D. Cool down and hydrotherapy

- 5 What is a potential benefit for individuals of emerging new surgical treatments in health care?
- A. Higher Medicare rebate
  - B. Reduced waiting times for surgery
  - C. Greater accessibility to treatments in rural areas
  - D. Faster recovery time from less invasive treatments
- 6 Which of the following could be classified as a discrete, closed and self-paced skill?
- A. Running 800 m
  - B. Batting in cricket
  - C. Pitching in softball
  - D. Defending a penalty shot in hockey
- 7 In an attempt to manage anxiety when taking a penalty shot, an athlete pays particular attention to the opponent's movements.
- Which term describes this strategy?
- A. Focusing
  - B. Relaxation
  - C. Goal setting
  - D. Mental rehearsal
- 8 Which of the following identifies the two types of cardiovascular disease with the highest rates of mortality in Australia?
- A. Stroke and angina
  - B. Stroke and coronary heart disease
  - C. Peripheral vascular disease and angina
  - D. Peripheral vascular disease and coronary heart disease

- 9** Which type of health care service has the highest expenditure by state/territory governments in Australia?
- A. Dental services
  - B. Public hospitals
  - C. Palliative care hospitals
  - D. Pharmaceutical services

- 10** Immediately after taking a kick at goal, the player turns to the team confident of having made a successful kick.

What type of feedback is the player experiencing?

- A. Knowledge of results, internal feedback
  - B. Knowledge of results, external feedback
  - C. Knowledge of performance, internal feedback
  - D. Knowledge of performance, external feedback
- 11** A volleyball coach analyses video footage of previous matches to determine where to best direct the serve in various situations during a match.

Which of the following identifies two performance elements that the coach is trying to improve in the athletes?

- A. Technique and tactical development
  - B. Technique and strategic development
  - C. Decision making and delayed feedback
  - D. Decision making and tactical development
- 12** Which of the following is an example of a health promotion strategy which addresses the social justice principle of diversity?
- A. Local councils designing and providing free outdoor exercise facilities
  - B. Introducing legislation restricting the use of mobile phones for young drivers
  - C. Providing health information in different languages at a community health centre
  - D. Reducing the cost of prescription medication for socioeconomically disadvantaged Australians

- 13** Which of the following two strategies aim to reduce the impact of a growing and ageing population on the health care system in Australia?
- A. Introducing the Medicare Safety Net and increasing the number of volunteers
  - B. Increasing the retirement age and introducing Lifetime Health Cover loading
  - C. Increasing the number of carers and providing greater access to physical activity options to meet specific needs
  - D. Increasing the private health insurance rebate and providing access to the Pharmaceutical Benefits Scheme

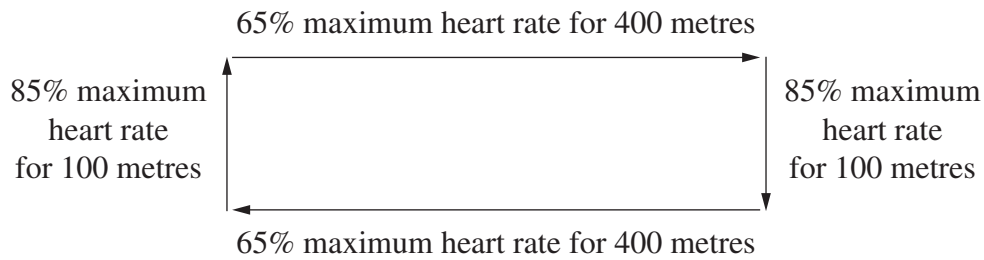
- 14** A 200-metre freestyle swimming race is used to test strength and power. The race is conducted three times. Electronic timing devices are used.

Which of the following best describes this test?

- A. It is valid and reliable.
  - B. It is reliable but not valid.
  - C. It is valid but not reliable.
  - D. It is neither valid nor reliable.
- 15** Which of the following identifies a responsibility of each level of government in Australia's health care system?

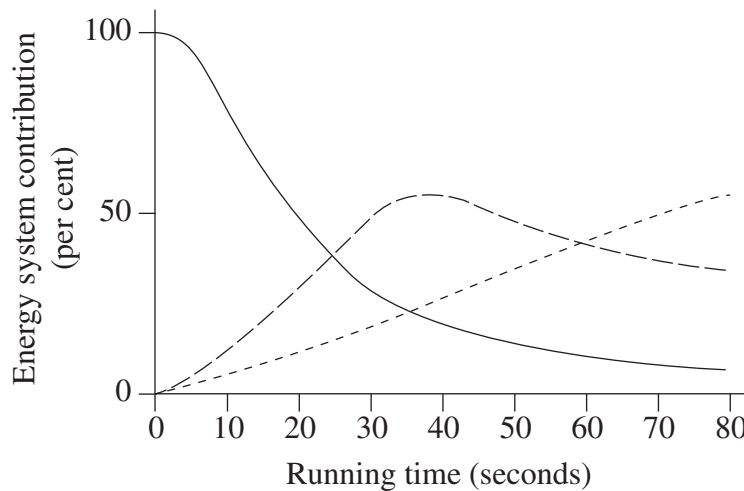
	<i>Commonwealth</i>	<i>State/Territory</i>	<i>Local</i>
A.	Administering Medicare	Delivering cancer screening	Managing environmental health services
B.	Administering Medicare	Regulating private health insurance	Delivering home-based health services
C.	Delivering immunisation programs	Funding ambulance services	Monitoring health policy implementation
D.	Funding primary health care	Managing public hospitals	Delivering immunisation programs

- 16 The diagram shows the exercise intensity for an athlete during different stages of a 20-minute continuous running activity.



Which type of training method does this activity represent?

- A. Circuit training
  - B. Fartlek training
  - C. Continuous training
  - D. Aerobic interval training
- 17 The graph shows the relationship between an athlete's running time and the contribution of three energy systems.



Which of the following shows the by-product and rate of recovery following exhaustion for the dominant energy system at 50 seconds running time?

	<i>By-product</i>	<i>Rate of recovery</i>
A.	Carbon dioxide	30 minutes – 2 hours
B.	Carbon dioxide	30 seconds – 5 minutes
C.	Lactic acid	5 minutes – 20 minutes
D.	Lactic acid	30 minutes – 2 hours

- 18 Which of the following identifies epidemiology trends in Australia over the past ten years?

	<i>Increased</i>	<i>Decreased</i>	<i>No change</i>
A.	Adults who smoke daily	Immunisation rates for children	Lung cancer incidence
B.	Immunisation rates for children	Incidence of heart attacks	Lung cancer incidence
C.	Incidence of heart attacks	Elective surgery waiting time	Life expectancy
D.	Life expectancy	Adults who smoke daily	Immunisation rates for children

- 19 Which row of the table shows the risk factors and protective factors for the second-highest leading cause of cancer deaths for females in Australia in 2016?

	<i>Risk factors</i>	<i>Protective factors</i>
A.	Constipation, high-fat diet	Not smoking, consume foods high in fibre
B.	Alcohol consumption, family history	Regular physical activity, avoid weight gain
C.	Excessive exposure to sunlight, fair skin	Apply sunscreen, wear SPF clothing
D.	Smoking, exposure to occupational radiation	Not smoking, wear personal protective equipment

- 20 The table provides the match statistics for two athletes in a tennis tournament.

<i>Match statistics</i>	<i>Athlete S</i>	<i>Athlete T</i>
First serve	78%	53%
Ace	12%	3%
Double fault	3%	14%
First serve return won	38%	24%
Return games won	46%	32%

Which of the following statements provides the best comparison of these athletes?

- A. Athlete *T* displays a higher level of consistency than Athlete *S*.
- B. Athlete *T* has a higher level of kinaesthetic sense than Athlete *S*.
- C. Athlete *S* is likely to be experiencing a lower level of state anxiety than Athlete *T*.
- D. Athlete *S* is less likely to be at the autonomous stage of skill acquisition than Athlete *T*.



--	--	--	--	--

Centre Number

**Personal Development,  
Health and Physical Education**

--	--	--	--	--	--	--	--	--

Student Number

**Section I Part B  
Answer Booklet**

**40 marks**

**Attempt Questions 21–27**

**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** (3 marks)

Outline how goal setting can influence an athlete's motivation level. Use examples to support your answer.

.....

.....

.....

.....

.....

.....

.....

.....

**Question 22** (4 marks)

Justify whether carbohydrate loading could improve performance for an athlete competing in a 100-metre running race.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Do NOT write in this area.

**Question 23** (5 marks)

Explain how environmental determinants contribute to the health inequities experienced by Aboriginal and Torres Strait Islander peoples.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Please turn over**

Do NOT write in this area.

**Question 24** (5 marks)

How can characteristics of the learner influence skill acquisition? Use examples to support your answer.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Do NOT write in this area.



**Question 26** (8 marks)

To what extent has the health of Australians been improved through the use of the Ottawa Charter in health promotion initiatives? Use examples to support your answer.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Do NOT write in this area.

**Question 27** (8 marks)

An athlete is participating in a 12-week aerobic training program.

Analyse how progressive overload and training thresholds can result in physiological adaptations for the athlete.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Do NOT write in this area.





## Personal Development, Health and Physical Education

### Section II

**40 marks**

**Attempt TWO questions from Questions 28–32**

**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
- 

#### **Question 28 — The Health of Young People (20 marks)**

- (a) (i) Describe the nature and extent of ONE major health issue that affects young people. **4**
- (ii) Explain risk factors and protective factors related to the major health issue identified in part (i). **4**
- (b) Explain the factors which may adversely affect the health of young people and the strategies implemented to overcome them. **12**

#### **Question 29 — Sport and Physical Activity in Australian Society (20 marks)**

- (a) (i) Describe the impact of government funding on Australian sporting identity. **4**
- (ii) Explain how politics has influenced the participation of Australian athletes in sport. **4**
- (b) Analyse the contribution of advertising and sponsorship to the development of sport as a commodity in Australia. **12**

**Please turn over**

**Question 30 — Sports Medicine (20 marks)**

- (a) An athlete dives towards the ground in an attempt to score a try in a game of touch football. The athlete hears a loud crack and remains on the ground, clutching the injured shoulder.
- (i) Explain the assessment procedures that should be used to determine the nature and extent of this injury. **4**
  - (ii) Describe the management of fractures and dislocations. **4**
- (b) Analyse how climatic conditions affect the safe participation of athletes in sport. **12**

**Question 31 — Improving Performance (20 marks)**

- (a) (i) Describe TWO different types of training methods that are best suited to the performance requirements of an athlete in a particular sport. **4**
- (ii) How can the training adaptations for the athlete identified in part (i) be measured and monitored? **4**
- (b) A periodisation chart is being developed for an athlete in a particular sport. Analyse why the athlete's fitness and skill-specific requirements change during each phase of competition. **12**

**Question 32 — Equity and Health (20 marks)**

- (a) (i) Why are health promotion strategies more effective when they focus on skills, education and prevention? **4**
- (ii) Explain how intersectoral collaboration has increased the potential for success of ONE health promotion strategy for a population group experiencing inequity. **4**
- (b) To what extent has the inequity gap changed for TWO population groups as a result of government interventions? **12**

**End of paper**