



NSW Education Standards Authority

**2022** HIGHER SCHOOL CERTIFICATE EXAMINATION

# 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 3–20)

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 21–22)

- Attempt TWO questions from Questions 27–31
- Allow about 1 hour and 10 minutes for this section

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**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.

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- 1** An athlete's body is using the lactic acid energy system.

What is the likely duration of their performance while using this system?

- A. 6 seconds
- B. 60 seconds
- C. 6 minutes
- D. 60 minutes

- 2** To reduce the number of young people smoking, the sale of tobacco products to people under 18 years of age was made illegal.

Which action area of the Ottawa Charter is this strategy an example of?

- A. Developing personal skills
- B. Reorienting health services
- C. Building healthy public policy
- D. Strengthening community action

- 3** Which row in the table shows the current infant mortality and life expectancy trends in Australia?

	<i>Infant mortality</i>	<i>Life expectancy</i>
A.	Decreasing	Increasing
B.	Decreasing	Decreasing
C.	Increasing	Stable
D.	Stable	Increasing

- 4 A person had knee surgery. They were able to choose their own doctor, hospital and the date for their surgery.

Which of the following enabled the person to make these choices?

- A. Medicare Safety Net
- B. Private health insurance
- C. Health care concession card
- D. Pharmaceutical Benefits Scheme

- 5 Which of the following is classified as a serial, open and externally paced skill?

- A. Serving in tennis
- B. Throwing a discus
- C. Catching a basketball
- D. Downhill mountain biking

- 6 A person started to feel numb on one side of their body. They had blurred vision and difficulty speaking.

Which disease was this person likely to be experiencing?

- A. Coronary heart disease
- B. Cerebrovascular disease
- C. Congenital heart disease
- D. Peripheral vascular disease

- 7 Which of the following is an example of an athlete using negative, intrinsic motivation?

- A. Receiving criticism from their coach to help them improve
- B. Ignoring social media comments from club supporters after a loss
- C. Seeking to avoid repeating the feeling of despair following a defeat
- D. Training harder to enhance their chances of selection in a representative team

- 8** Which of the following is an example of an environmental determinant being changed to effectively target groups most at risk of cardiovascular disease?
- A. Implementing a healthy school canteen policy in all primary schools
  - B. Increasing the number of cycleways and walking paths in all local government areas
  - C. Providing Australians with a \$50 voucher to access sporting facilities within their community
  - D. Developing legislation that stops the sale of tobacco products to people under 21 years of age
- 9** During a game of touch football, a skilled player successfully passes the ball in a high-pressure situation.
- Which of the following identifies the types of feedback the player is most likely to have experienced?
- A. Intrinsic, delayed and knowledge of results
  - B. Extrinsic, delayed and knowledge of results
  - C. Intrinsic, concurrent and knowledge of performance
  - D. Extrinsic, concurrent and knowledge of performance
- 10** Which strategy could the Australian Government implement to most effectively address the inequity of access to health care for socioeconomically disadvantaged individuals?
- A. Decreasing the Medicare rebate for health services
  - B. Supplying free child immunisations to all Australian families
  - C. Providing additional funding to train more doctors and nurses
  - D. Increasing the number of medical centres with doctors who bulk bill patients

- 11** At a junior national championship event, each athlete will be required to play six competition games across three days.

Which of the following identifies the combination of strategies that would be most effective for the recovery of athletes during the event?

- A. Physiological and neural
- B. Tissue damage and neural
- C. Physiological and psychological
- D. Psychological and tissue damage

- 12** During a high jump event an athlete performs two unsuccessful jumps. Then the athlete takes a few minutes to repeatedly create a picture of the movement sequences needed for success in their next jump.

What strategy is this athlete using?

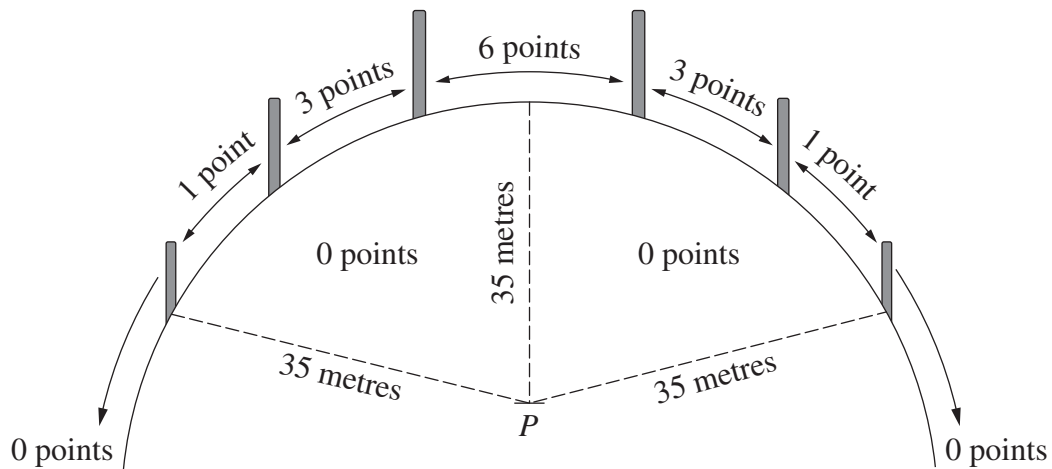
- A. Focusing
- B. Meditation
- C. Attention skills
- D. Mental rehearsal

- 13** The number of palliative care hospital admissions in Australia increased in the period 2013–2018.

Which of the following was the most significant factor that contributed to this increase?

- A. Increased prevalence of dementia and cancer
- B. Longer waiting times for elective surgery in public hospitals
- C. Increased mortality rates from diabetes and mental health illness
- D. A greater number of Australians participating in health screening programs

- 14 The diagram shows the scoring system that a coach is using to assess the kicking accuracy of players in a team.



Each player is given 15 kicking attempts to score as many points as possible from the spot marked P, which is located 35 metres away from each post. The coach tallies the number of times each player scores 0, 1, 3 and 6 points.

Which row in the table represents the player who is most likely to be in the cognitive stage of skill acquisition?

	<i>Player</i>	<i>0 points</i>	<i>1 point</i>	<i>3 points</i>	<i>6 points</i>
A.	W				<del>    </del>
B.	X		<del>    </del>	<del>    </del>	
C.	Y			<del>    </del>	
D.	Z				<del>    </del>

**15** An athlete is aiming to maximise their muscular strength when performing a bench press.

Which row in the table represents the most effective four week application of progressive overload?

	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>
A.	3 sets 10 repetitions 50 kg	3 sets 10 repetitions 55 kg	3 sets 10 repetitions 60 kg	3 sets 10 repetitions 65 kg
B.	4 sets 10 repetitions 50 kg	3 sets 12 repetitions 50 kg	2 sets 14 repetitions 50 kg	2 sets 16 repetitions 50 kg
C.	3 sets 10 repetitions 50 kg	3 sets 12 repetitions 50 kg	3 sets 10 repetitions 55 kg	3 sets 12 repetitions 55 kg
D.	2 sets 10 repetitions 50 kg	3 sets 10 repetitions 50 kg	3 sets 12 repetitions 65 kg	4 sets 12 repetitions 65 kg

**16** Why would an athlete in a weight lifting competition consider using a caffeine supplement 30 minutes prior to the event?

- A. The availability of fat stores will be stimulated so that they can be used as a source of fuel.
- B. The athlete will retain fluid levels, improve their glycogen stores and feel less fatigued.
- C. The central nervous system will be stimulated, increasing trait anxiety and improving concentration.
- D. The central nervous system will be stimulated, increasing the release of adrenaline and enhancing muscular contractions.



- 17 The table shows the physiological adaptations an athlete has experienced as a result of an 8-week training program.

<i>Physiological adaptation</i>	<i>Effect</i>
Stroke volume	Increased
Cardiac output	Increased
Resting heart rate	Decreased
Fast twitch muscle fibre size	Increased

Which of the following identifies the principles of training most likely to have been applied in the training program to produce these adaptations?

- A. Specificity, progressive overload, variety
- B. Variety, reversibility, warm up and cool down
- C. Specificity, progressive overload, training thresholds
- D. Warm up and cool down, progressive overload, training thresholds

- 18** The graph shows the mortality rate and projected trajectory to the year 2031 for Indigenous Australians.

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Which of the following was the most significant factor that contributed to the trend in the mortality rate for Indigenous Australians from 1998–2005?

- A. More Indigenous Australian students completed Year 12
- B. The Australian Government's implementation of the Closing the Gap framework
- C. Increased childhood immunisation rates among Indigenous populations in Australia
- D. Improvement in the early detection and management of chronic disease for Indigenous Australians

- 19 Which row in the table shows the most effective combination of health care approaches for men being treated for the current leading cause of cancer deaths in Australia?

	<i>Standard approach</i>	<i>Complementary approach</i>
A.	Surgery	Iridology
B.	Psychology	Massage
C.	Chemotherapy	Acupuncture
D.	Radiation therapy	Bowen therapy

- 20 The table shows the incidence rate and mortality rate for two types of cancer (*X*, *Y*) with the highest mortality rate for females in Australia in 2017.

<i>Type of cancer</i>	<i>Incidence rate per 100 000</i>	<i>Mortality rate per 100 000</i>
<i>X</i>	36.2	21.8
<i>Y</i>	124.8	19.2

Which statement best explains why cancer *Y* has a lower mortality rate than cancer *X*?

- A. Government funding has increased for research into treatment options for cancer *Y*.
- B. Health services have been reoriented so that cancer *Y* is detected and treated earlier.
- C. Individuals have enhanced their personal skills to effectively address the modifiable risk factors for cancer *Y*.
- D. An increased number of out-patient health services for cancer *Y* has improved access for the priority population group.

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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 ONE anaerobic training method that is appropriate for an athlete who is competing in a high intensity, short duration event. Provide an example to support your answer. 3

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- (b) Describe the effects of regular anaerobic training on an athlete's performance. Provide an example to support your answer. 4

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Do NOT write in this area.















## 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.

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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 27 — The Health of Young People** (20 marks)

- (a) (i) Describe the nature of ONE major health issue affecting young people in Australia. **3**
- (ii) Explain the impact of TWO strategies that have been implemented to target a major health issue affecting young people. **5**
- (b) To what extent can a young person’s health be affected by developmental aspects? **12**

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

- (a) (i) Describe the cultural significance that physical activity or sport has for a particular group in society. **3**
- (ii) Explain how physical activity or sport influences ways of thinking about the body. In your answer refer to TWO different cultural groups. **5**
- (b) Analyse how the growth of female participation in traditionally male-dominated sports in Australia has affected the representation of sport in the media. **12**

**Please turn over**

**Question 29 — Sports Medicine (20 marks)**

- (a) (i) Distinguish between TWO different types of skin injury. **3**
- (ii) Explain the effects of rest, compression and elevation on the body's inflammatory response following a soft tissue injury. **5**
- (b) Analyse how adequate physical preparation for sport can prevent injuries. In your answer refer to TWO different sports. **12**

**Question 30 — Improving Performance (20 marks)**

- (a) (i) Outline TWO characteristics of an overtrained athlete. **3**
- (ii) Explain TWO strategies that could be implemented to effectively manage an overtrained athlete. **5**
- (b) To what extent should the types of training and training methods vary when planning a training year? Answer this question in relation to ONE sport. **12**

**Question 31 — Equity and Health (20 marks)**

- (a) (i) Outline TWO social attributes that have contributed to health inequities experienced by a population group in Australia. **3**
- (ii) Explain how improving access to services and transport can reduce health inequities for a population group. **5**
- (b) Analyse how enabling, mediating and advocating processes can lead to sustainable health improvements for disadvantaged groups. **12**

**End of paper**