



NSW Education Standards Authority

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Centre Number

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Student Number

2024 HIGHER SCHOOL CERTIFICATE EXAMINATION

Personal Development, Health and Physical Education

General Instructions

- Reading time – 5 minutes
- Working time – 3 hours
- Write using black pen
- Write your Centre Number and Student Number at the top of this page

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** An epidemiologist is researching injury-related disability data in the current Australian population.

Which epidemiological measure is the researcher likely to be using?

- A. Mortality
- B. Morbidity
- C. Infant mortality
- D. Life expectancy

- 2** A coach develops a resistance training program where the weight load to be lifted is at 15–20 repetition maximum (15–20 RM).

By following the program's repetition maximum, what is the primary focus the coach is aiming to improve?

- A. Endurance
- B. Hypertrophy
- C. Power
- D. Strength

- 3** Which of the following is most likely to be contributing to the growing demand for carers and volunteers in Australia?

- A. An increase in life expectancy
- B. A decrease in chronic diseases
- C. An increase in government funding
- D. A decrease in the ageing population

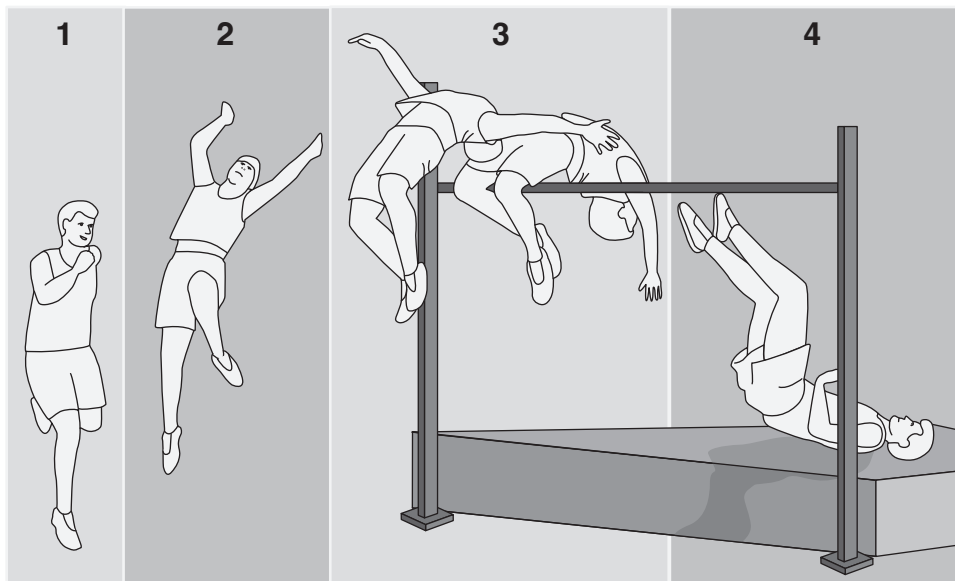
- 4 The player profile for Athlete A is shown.

Athlete A:

- Athletic build
- Height: 195 cm (6 ft 4 in)
- Hardworking
- Willingness to listen

What do the characteristics of Athlete A relate to?

- A. Ability and confidence
- B. Ability and personality
- C. Heredity and confidence
- D. Heredity and personality
- 5 An athlete creates the following sequence of images in their mind as part of their training.



<link rel="canonical" href="https://www.wikihow.com/High-Jump-%28Track-and-Field%29">
Material available under Creative Commons license -
<http://creativecommons.org/licenses/by-nc-sa/3.0/>.

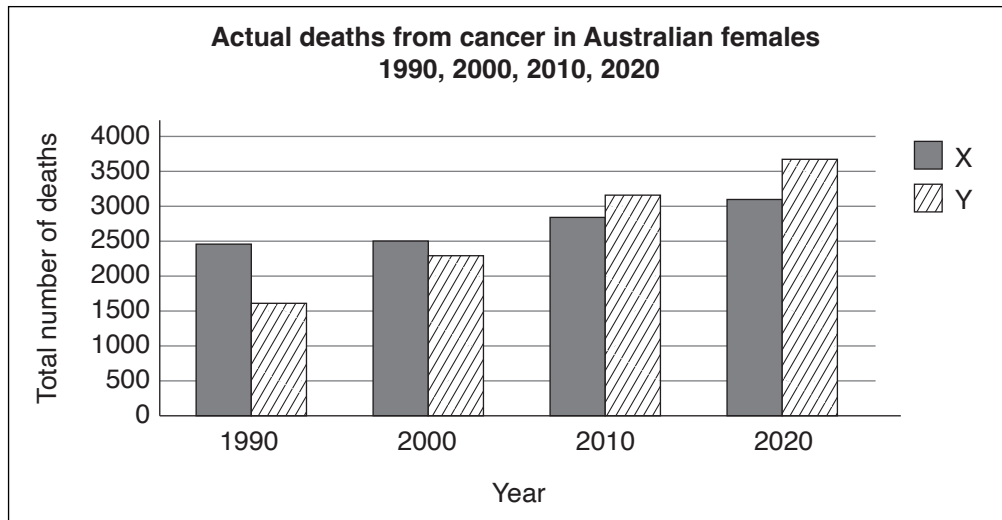
Which psychological strategy best describes the process being used by the athlete?

- A. Goal setting
- B. Concentration
- C. Mental rehearsal
- D. Relaxation techniques

- 6 Which of the following best describes the focus of the Ottawa Charter action area of *creating supportive environments*?
- A. Improving planning for healthier neighbourhoods
 - B. Individuals taking responsibility for their own health
 - C. State and territory governments controlling healthcare
 - D. Governments collaborating with private healthcare providers
- 7 After training, an elite athlete watches a video recording of their gymnastics routine.
- Which TWO types of feedback is the athlete receiving from the video?
- A. Internal feedback and concurrent feedback
 - B. External feedback and concurrent feedback
 - C. Internal feedback and knowledge of performance
 - D. External feedback and knowledge of performance
- 8 Which nutritional consideration should be prioritised for a cyclist during a 7-day, multi-stage road event?
- A. Protein loading
 - B. High calorie intake
 - C. Caffeine supplementation
 - D. Carbohydrate replenishment
- 9 Which of the following is a recommended strategy to minimise reversibility for an athlete following a knee injury?
- A. Eliminating all forms of exercise while setting realistic goals
 - B. Increasing rest days and maintaining psychological wellbeing
 - C. Remaining active and gradually increasing intensity upon returning to training
 - D. Suddenly increasing the intensity of each session to compensate for the reduced time spent training

- 10** Which of the following is an example of the Australian government meeting its obligations to the Ottawa Charter action area of *building healthy public policy*?
- A. Managing the National Heart Foundation
 - B. Developing the annual Closing the Gap progress report
 - C. Advocating for schools to engage in road safety workshops
 - D. Supporting Cancer Council research for the prevention of lung cancer
- 11** Why do private health insurance providers apply waiting periods for certain procedures and services?
- A. To ensure the policy is suitable for the policyholder
 - B. To assess the policyholder's capacity to pay premiums
 - C. To maximise eligibility of government rebates for consumers
 - D. To prevent immediate claims for pre-existing medical conditions
- 12** Which of the following would most likely be a benefit of a partnership between government and non-government agencies in health promotion?
- A. Sustainable health outcomes as collaboration and consultation will replace government policies
 - B. Increased government funding as non-government agencies can provide expertise, volunteers and donations
 - C. More efficient use of resources as research is not duplicated and funding can be spread across different areas
 - D. Empowerment of individuals as the alliance will stimulate education and employment in the health sector
- 13** Which of the following traits best represents an athlete in the autonomous stage of skill acquisition?
- A. Consistency of performance, frequent and short periods of skill practice, strong kinaesthetic sense
 - B. Consistency of performance, correction of movement to adjust to oppositional strategy, strong kinaesthetic sense
 - C. Correction of movement to adjust to oppositional strategy, frequent and short periods of skill practice, strong kinaesthetic sense
 - D. Consistency of performance, correction of movement to adjust to oppositional strategy, frequent and short periods of skill practice

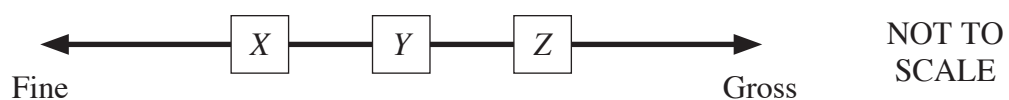
- 14 The graph shows the number of deaths of Australian females over time for TWO cancers, X and Y, that resulted in more deaths than for any other forms of cancer.



Based on Australian Institute of Health and Welfare - <https://www.aihw.gov.au/reports/cancer/cancer-data-in-australia/contents/cancer-mortality-by-age-visualisation> Accessed: 20/12/23
<https://www.aihw.gov.au/reports/cancer/cancer-data-in-australia/contents/survival> Accessed: 17/01/24

Which cancer is represented by cancer Y?

- A. Breast
 - B. Cervical
 - C. Lung
 - D. Skin
- 15 The diagram shows the order of three sport skills on a continuum, representing both the precision and size of muscular movement involved in the skill.



Which skills are represented by X, Y and Z?

	X	Y	Z
A.	Basketball free-throw	Pedalling in cycling	Accelerating from a block start in athletics
B.	Shooting in archery	Accelerating from a block start in athletics	Paddling in kayaking
C.	Paddling in kayaking	Tumble turn in swimming	Shooting in archery
D.	Tumble turn in swimming	Basketball free-throw	Pedalling in cycling

- 16** Which cardiovascular condition results in the blood vessels that carry oxygen away from the heart becoming damaged due to losing their elasticity?
- A. Angina
 - B. Arteriosclerosis
 - C. Carotid artery disease
 - D. Deep vein thrombosis
- 17** What are the main benefits of Vitamin B supplements for athletes?
- A. Promote a healthy immune system and support muscular contractions
 - B. Maximise energy production and stimulate the formation of red blood cells
 - C. Increase muscle protein synthesis and facilitate adequate calcium absorption
 - D. Assist iron absorption within red blood cells and support a strong immune system
- 18** Which of the following options includes ONLY health facilities or services that provide primary care?
- A. Speech pathologist, community health centres, physiotherapy
 - B. Cancer oncology centres, dental clinics, reproductive health centres
 - C. Ambulance, remedial massage clinics, general practitioner surgeries
 - D. Immunisation clinics, emergency department care, cardiology services
- 19** Improvements in the health of Aboriginal and Torres Strait Islander peoples in relation to which THREE chronic health conditions has resulted in a reduction in mortality rates?
- A. Cancer, diabetes, kidney disease
 - B. Cancer, cardiovascular disease, diabetes
 - C. Cancer, cardiovascular disease, kidney disease
 - D. Cardiovascular disease, diabetes, kidney disease

- 20** Which row of the table correctly identifies the physiological adaptations that are the result of training slow twitch muscle fibres?

	<i>Muscle size</i>	<i>Capillary supply</i>	<i>Rate of fatigue</i>	<i>Oxidative capacity</i>
A.	Small	High	Low	High
B.	Small	Low	High	High
C.	Large	Low	High	Low
D.	Large	High	Low	Low

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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 21–27

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 TWO sources of stress that can affect an athlete's performance in a grand final game.

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Question 22 (4 marks)

Compare the by-products of TWO different energy systems.

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Do NOT write in this area.

Question 23 (7 marks)

- (a) Why is it important to consider the prevalence of a condition when identifying priority health issues? **3**

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- (b) Describe the costs to the community when an individual is diagnosed with a chronic disease. **4**

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Question 24 (5 marks)

How can *technique* be used to appraise an athlete's performance? Provide an example to support your answer.

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Do NOT write in this area.

Question 25 (5 marks)

Explain why there has been an increase in complementary health products OR services in Australia. Provide an example to support your answer.

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Please turn over

Question 26 (8 marks)

Assess the possible benefits of implementing neural recovery strategies on performance.

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Do NOT write in this area.

8

- Group selected

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Section I Part B extra writing space

If you use this space, clearly indicate which question you are answering.

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)

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|-----|------|---|-----------|
| (a) | (i) | Outline ONE effect that a prevailing youth culture can have on the health of young people. | 3 |
| | (ii) | Explain how the developmental stage of a young person's life can cause their motivation AND values to vary. | 5 |
| (b) | | Evaluate the effectiveness of legislation and health promotion initiatives in addressing ONE major health issue affecting young people. | 12 |

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

- | | | | |
|-----|------|--|-----------|
| (a) | (i) | Why is sport considered a commodity? | 3 |
| | (ii) | Explain how advertising has changed due to sport adopting a business focus. | 5 |
| (b) | | To what extent has the construction of masculinity and femininity influenced sports participation? | 12 |

Please turn over

Question 30 — Sports Medicine (20 marks)

- (a) (i) What impact can an eating disorder have on a female athlete? **3**
- (ii) How can pregnancy affect a female athlete's ability to participate in sport? **5**
- (b) Evaluate the use of specific warm-up and psychological readiness procedures to indicate if an athlete is ready to return to play after an injury. **12**

Question 31 — Improving Performance (20 marks)

- (a) (i) Describe ONE phase of competition that can be included when planning a training year. **3**
- (ii) Explain how an athlete could taper to improve performance for a major sporting event. **5**
- (b) To what extent have advancements in sporting technology improved performance? **12**

Question 32 — Equity and Health (20 marks)

- (a) (i) Why is improving access to health services important in promoting social justice? **3**
- (ii) How can empowering a disadvantaged community address the causal factors of a health inequity? **5**
- (b) To what extent is health data useful to determine the degree of inequities for ONE chosen population group? **12**

End of paper