

Student Number

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2015

HIGHER SCHOOL CERTIFICATE
TRIAL EXAMINATION

Personal Development, Health & Physical Education

General Instructions

- Reading Time - 5 minutes.
- Working Time - 3 hours.
- Write using blue or black pen.
- Write your student number on every page.

Total Marks (100)

Section I

60 Marks

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 - 28
- Allow about 1 hour and 10 minutes for this part

Section II

40 Marks

- Attempt **TWO** questions from 29 - 33
- Allow about 1 hour and 10 minutes for this section

This paper must not be removed from the examination room

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SECTION I**Part A - Objective Response Questions - 20 Marks****Attempt Questions 1- 20****Answer questions on the grid provided****Allow about 40 minutes for this part**

1. Which of the following correctly identifies trends in *mortality rates* for the Australian population?

	Cardiovascular Disease	Cancer	Asthma	Injury
A.	Decreasing	Decreasing	Decreasing	Decreasing
B.	Decreasing	Increasing	Decreasing	Increasing
C.	Increasing	Increasing	Increasing	Decreasing
D.	Increasing	Decreasing	Decreasing	Increasing

2. In terms of health funding, the Australian government is primarily responsible for which of the following services?

- A. Medicare and private hospitals
- B. Pharmaceutical Benefits Scheme and community health services
- C. Dental services and public hospitals
- D. Medicare and Pharmaceutical Benefits Scheme

3. Observe the table below.

Relationship between chronic disease and risk factors

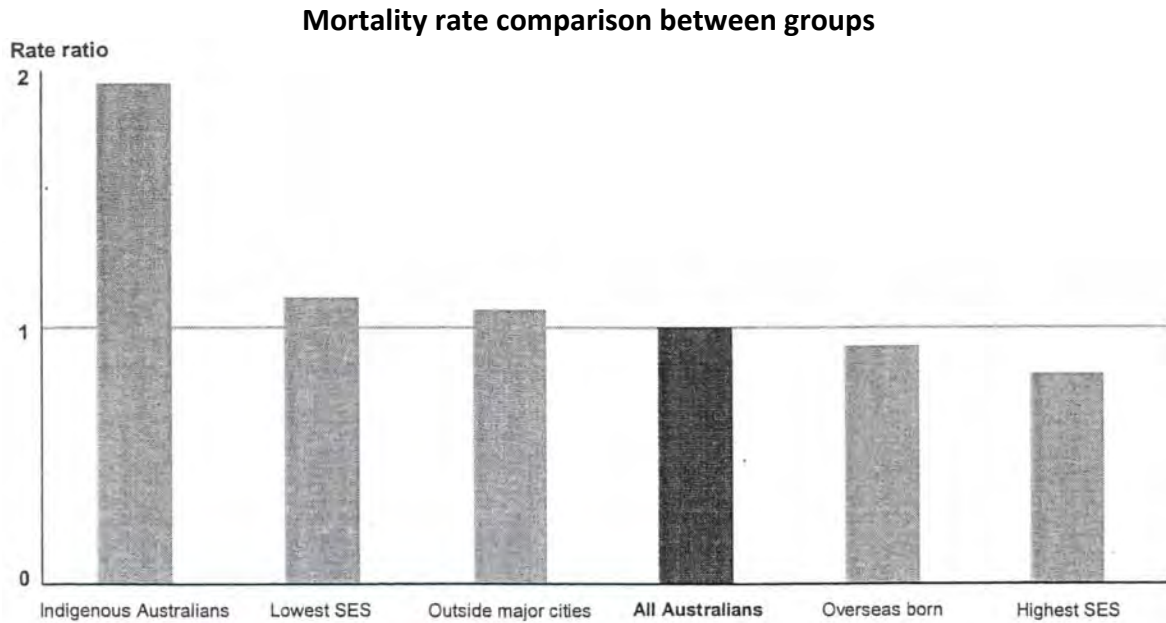
Risk Factors	Depression	Y	Type 2 Diabetes
Tobacco smoking		X	
Physical inactivity	X	X	X
Alcohol misuse	X	X	X
Poor nutrition		X	X
Obesity	X	X	
High blood pressure		X	
High blood cholesterol		X	

Which disease is likely to be represented by Column Y?

- A. Skin cancer
- B. Asthma
- C. Cardiovascular disease
- D. Lung cancer

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4. Observe the graph below.



Which of the following is an accurate description of this *health inequity*?

- A. Higher socioeconomic status contributes to higher mortality rates in all Australians
 - B. Indigenous Australians have over twice the death rate of individuals from the highest socioeconomic status group
 - C. All Australians have the same mortality rate and inequities exist only in morbidity rates
 - D. Indigenous Australians, high socioeconomic status and living outside major cities all contribute to higher mortality rates
5. *An individual is diagnosed with a carcinoma.*

Where is this cancer likely to be located?

- A. Bones or blood
 - B. Skin or breast
 - C. Within the lymph glands
 - D. Cartilage or spleen
6. Which of the following reflects the principle of *equity*, within a social justice framework?
- A. Provision of rehabilitation centres to address problems related to alcohol in remote Aboriginal settlements
 - B. The availability of mental health information to people in urban areas with computer and high speed internet access
 - C. Empowerment of parents to monitor road crossings at schools
 - D. Community involvement in health services decision making

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7. Which factors contribute to health inequities for people living in rural and isolated locations?
- A. Lower life expectancy, greater participation in physical activity and lower levels of education
 - B. Lower levels of harmful alcohol use, lower socioeconomic status and higher incidence of cancer
 - C. Greater smoking rates, reduced access to healthcare services and increased risk of injury
 - D. Greater infant mortality rate, decreased health screening services and lower levels of obesity
8. Which of the following requires the greatest overall health care expenditure?
- A. Mental disorders
 - B. Respiratory disease
 - C. Benign tumours
 - D. Injuries
9. Australia's Royal Flying Doctor Service has been in operation since 1928.



Which of the following identifies the purpose of The Royal Flying Doctor Service?

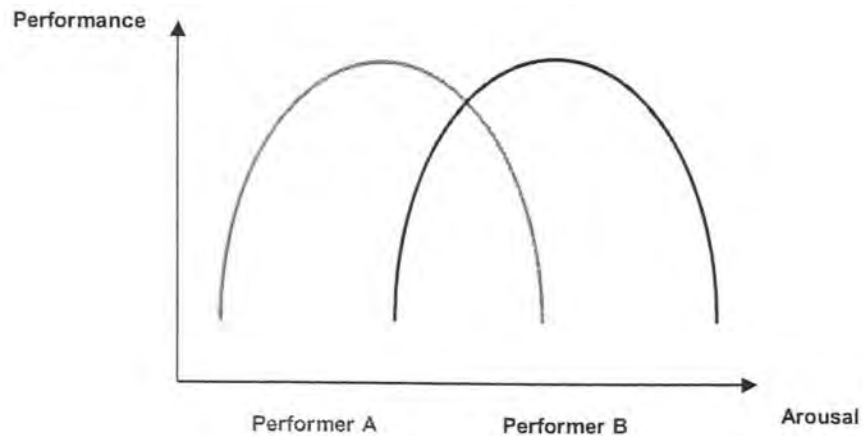
- A. Providing a range of health facilities and services
- B. Increasing equity of access to health facilities and services
- C. Enabling access to health insurance and services
- D. Increasing responsibility for health facilities and services

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10. Which of the following initiatives is an example of building healthy public policy as characterised by the Ottawa Charter?
- A. Students walking or cycling to school
 - B. Financial grants for community sport teams
 - C. PDHPE classes for all children in Years K – 10
 - D. A doctor prescribing exercise for patients at risk of diabetes
11. Why is an elite athlete unable to sprint at maximum speed for the entire distance of a 400m track event?
- A. The body is unable to resynthesise ADP to allow for maximal effort over this distance.
 - B. Glycogen stores will deplete after 150 metres and the athlete will have to slow down.
 - C. Phosphate energy will replace creatine energy reducing the efficiency of ATP production.
 - D. Energy from fat is used after 150 metres and this is a less efficient energy source.
12. *An athlete has developed a high level of aerobic endurance.*
- What is the most effective method of minimising the impact of *reversibility* on the athlete?
- A. Increased training volume and reduced training intensity during a long term injury
 - B. Active participation in other sports or activities during the off season
 - C. A focus on strength training on completion of the regular competition season
 - D. Training twice a week at 70% of maximum heart rate during the pre-season
13. Which physiological adaptation to training is characterised by an *increase in the amount of blood pumped from the heart each time it contracts*?
- A. Ventricular uptake
 - B. Cardiac output
 - C. Stroke volume
 - D. Cardiac hypertrophy

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14. The graph shows the relationship between two performers doing the same task.



What is the most effective method of minimising the impact of *reversibility* on the athlete?

- A. Performer B could use visualisation techniques to see what Performer A is doing
 - B. Performer A is more likely to be experiencing state anxiety than Performer B
 - C. Performer A is over aroused and will not perform at the same level as Performer B
 - D. Performer B could use relaxation techniques to reduce arousal to the same as Performer A
15. A team loses 6 matches in a row. The coach then provides each athlete on the team with an individualised performance plan, for the next 6 matches.

What strategy to enhance *motivation* is the coach using?

- A. Intrinsic motivation
 - B. Goal setting
 - C. Performance rating
 - D. Focusing skill
16. What is the purpose of *carbohydrate loading* in preparing for an endurance event?
- A. Maximisation of glycogen storage
 - B. Electrolyte replacement
 - C. Supplementation of creatine phosphate
 - D. Enhancement of recovery
17. Which of the following recovery strategies would be best for an athlete who has suffered mild tissue damage during an endurance event?
- A. Deep massage
 - B. Hydrotherapy
 - C. Progressive muscular relaxation
 - D. Cryotherapy

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18. Observe the following image of a skater, attempting to land a jump.



How would you classify the skill being performed?

- A. Fine motor, open
 - B. Gross motor, externally paced
 - C. Self-paced, gross motor
 - D. Discrete, closed
19. A swimmer performs laps as part of a routine training schedule.
- What type of feedback is experienced by the swimmer?
- A. Knowledge of results
 - B. External
 - C. Delayed
 - D. Concurrent
20. Why is *kinaesthetic sense* an important characteristic in skilled performers?
- A. It assists more accurate prediction of an opponent's movements
 - B. It increases reliability in the way skills are performed
 - C. It assists skill execution through enhanced sense awareness
 - D. It ensures a skill is performed well under pressure

END OF PART A

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SECTION I

Part B – 40 Marks

Attempt Questions 21 - 28

Allow about 1 hour and 10 minutes for this section

Answer questions in spaces provided. These spaces provide guidance for the expected length of response.

Marks

Question 21 (2 Marks)

Briefly explain what epidemiological statistics about morbidity can tell health professionals.

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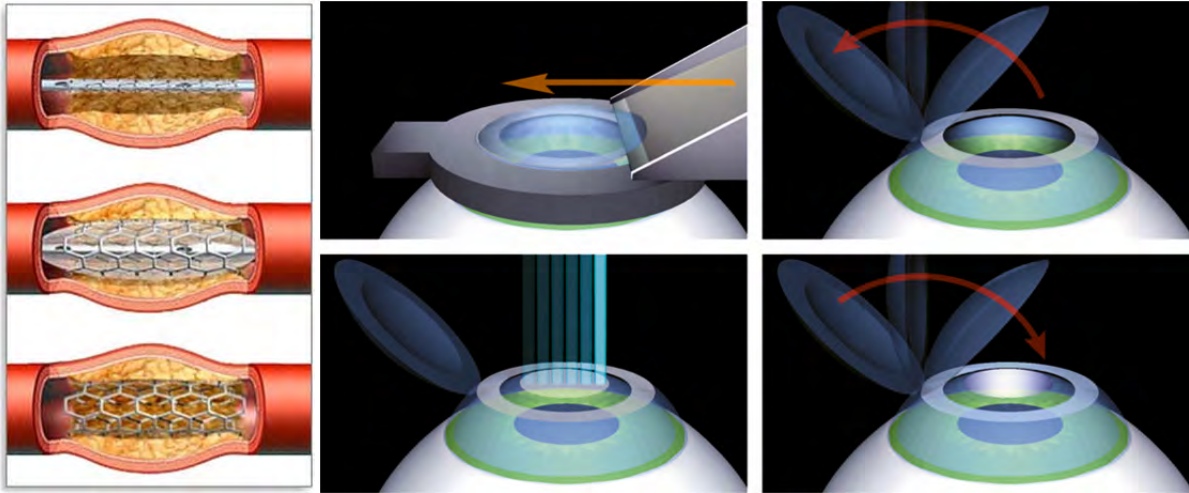
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Question 22 (4 Marks)

Observe the following images that represent a coronary stent and laser eye surgery, both of which have been developed in the last 30 years.



Describe the impact of emerging treatments and technologies, on health care.

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Marks

Question 25 (2 Marks)

List the sources of fuel and the causes of fatigue for athletes participating in an event where the dominant energy system is the AEROBIC system.

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Question 26 (4 marks)

Briefly justify the role of mental rehearsal and visualisation as part of an elite athletes training program. Use examples to support your justification.

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SECTION II**40 Marks****Attempt TWO questions from questions 29 – 33****Allow about 1 hour and 10 minutes for this section.****Answer each question in the writing booklets provided.****Begin a new writing booklet for each question****Expected length of response for part (b) is *approximately* 3½ pages or 500 words.**

In your answers you 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

Marks**Question 29 The Health of Young People (20 marks)**

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|----|-----|--|-----------|
| a. | i. | Identify major health issues that impact upon young people. | 3 |
| | ii. | Describe the sociocultural, socioeconomic and environmental determinants for ONE of these health issues. | 5 |
| b. | | Critically analyse the influence of <i>developmental aspects</i> on the health of young people. | 12 |

AND/OR**Question 30 Sport and Physical Activity in Australian Society (20 marks)**

- | | | | |
|----|-----|---|-----------|
| a. | i. | Why have extreme sports emerged as an entertainment option? | 3 |
| | ii. | Describe how physical activity has influenced the lives and identity of Indigenous Australians? | 5 |
| b. | | Critically analyse the consequences for sports that have become a <i>commodity</i> and have adopted a business focus. | 12 |

AND/OR**Section II continues on the next page**

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Section II continued

Marks

Question 31 Sports Medicine (20 marks)

- a. i. Identify THREE types of soft tissue injuries. **3**
- ii. Using examples from a sport of your choice, describe how adequate physical preparation may prevent injury. **5**
- b. Critically analyse the procedures that are used to determine when an injured athlete can safely return to competition. Who is ultimately responsible for this decision? **12**

AND/OR**Question 32 Improving Performance (20 marks)**

- a. i. Identify THREE signs that indicate that an athlete may be 'overtrained'. **3**
- ii. Describe the benefits of ONE type of training and use examples to show how this type of training can improve an athlete's performance. **5**
- b. Critically analyse the elements that should be considered when designing a successful training session. **12**

AND/OR**Question 33 Equity and Health (20 marks)**

- a. i. Outline the role of the media in influencing social attitudes and public policy. **3**
- ii. Describe how *social attributes* contribute to inequities experienced by population groups in Australia? **5**
- b. Critically analyse the application of a social justice framework, in addressing *causal factors* of an inequity, experienced by ONE population group. **12**

**END OF SECTION II
END OF EXAMINATION**