



B O A R D O F S T U D I E S
NEW SOUTH WALES

2013

**HIGHER SCHOOL CERTIFICATE
EXAMINATION**

Personal Development, Health and Physical Education

General Instructions

- Reading time – 5 minutes
- Working time – 3 hours
- Write using black or blue pen
Black pen is preferred

Total marks – 100

Section I Pages 2–16

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 Pages 17–18

40 marks

- Attempt TWO questions from Questions 29–33
- 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 currently is the area of greatest health care expenditure in Australia?

 - (A) Research
 - (B) Hospitals
 - (C) Dental services
 - (D) Preventative health initiatives

- 2** Which of the following measures is NOT used to determine the health status of the population?

 - (A) Mortality
 - (B) Morbidity
 - (C) Quality of life
 - (D) Life expectancy

- 3** What would a comparison of the health status of Indigenous and non-Indigenous Australians show?

 - (A) Non-Indigenous Australians have higher infant mortality rates.
 - (B) Non-Indigenous Australians have a lower prevalence of acute diseases.
 - (C) Indigenous Australians have lower hospital admission rates.
 - (D) Indigenous Australians have a higher prevalence of chronic diseases.

- 4** A driver education course is an example of which area of the Ottawa Charter?

 - (A) Developing personal skills
 - (B) Building healthy public policy
 - (C) Strengthening community action
 - (D) Creating supportive environments

- 5** Ancillary cover in private health insurance can assist with which of the following costs?
- (A) General practitioner fees
 - (B) Prescription and other medications
 - (C) Physiotherapy, dental services and optometry
 - (D) Treatment as a private patient in either a public or private hospital
- 6** What is a benefit of emerging medical technologies?
- (A) They are readily accessible for all patients.
 - (B) They are inexpensive for public and private hospitals.
 - (C) They can provide a means of early detection.
 - (D) They decrease the need for Medicare and the Pharmaceuticals Benefits Scheme.
- 7** In which cardiovascular condition is plaque most likely to form on the inner lining of the arteries?
- (A) Angina
 - (B) Heart attack
 - (C) Atherosclerosis
 - (D) Peripheral vascular disease
- 8** Which of the following best explains why breast cancer death rates are decreasing while incidence rates are increasing in Australia?
- (A) Enhanced early detection and treatment
 - (B) Increased use and acceptance of alternative medicines
 - (C) Improved access to and delivery of immunisation programs
 - (D) Advances in understanding the role of family history in surviving breast cancer after diagnosis
- 9** To which of the following does the concept of 'healthy ageing' refer?
- (A) Treating elderly people for commonly reported conditions
 - (B) The behaviours and activities that contribute to quality of life for elderly people
 - (C) Providing appropriate facilities and services to accommodate aged and elderly people
 - (D) Reducing the effects of poor health choices made in early adulthood that create risks to health status in later life

- 10** In Australia, men have a lower health status than women.
What is the most likely reason for this?
- (A) Types of health care services available
 - (B) Unwillingness to seek medical assistance
 - (C) Heredity and lifestyle factors experienced in early life
 - (D) Lack of knowledge and understanding of health care services
- 11** Which principle of training refers to aligning training activities with the demands of a particular sport?
- (A) Variety
 - (B) Specificity
 - (C) Reversibility
 - (D) Warm up and cool down
- 12** Which types of feedback are received by a runner who checks her time after crossing the finish line?
- (A) Concurrent and knowledge of performance
 - (B) Concurrent and knowledge of results
 - (C) Delayed and knowledge of performance
 - (D) Delayed and knowledge of results
- 13** What does the *inverted U hypothesis* suggest about the arousal–performance relationship?
- (A) As optimal arousal increases, performance increases.
 - (B) There is a level of arousal that creates optimal performance.
 - (C) There is a level of performance that creates optimal arousal.
 - (D) The relationship between arousal and optimal performance is constant.
- 14** During which stage of skill acquisition is *anticipation* initially learned?
- (A) Associative
 - (B) Autonomous
 - (C) Cognitive
 - (D) Developmental

15 Features of a resistance training program are listed.

<i>Sets</i>	3–6
<i>Reps</i>	5–6
<i>Load</i>	35% – 50% of 1 Repetition Maximum (RM)
<i>Rest</i>	3–4 minutes (between sets)
<i>Speed</i>	Fast

What is this training program specifically designed to improve?

- (A) Endurance
 - (B) Hypertrophy
 - (C) Power
 - (D) Strength
- 16 In movement appraisal, which of the following judging criteria is applied to improve objectivity?
- (A) Collaborative
 - (B) Personal
 - (C) Prescribed
 - (D) Repeated
- 17 Which recovery strategy should an athlete choose immediately after sustaining a soft-tissue injury?
- (A) Cryotherapy
 - (B) Deep tissue massage
 - (C) Relaxation
 - (D) Ultrasound

- 18** What is a common feature of both the alactacid and lactic acid energy systems?
- (A) Lactic acid is produced.
 - (B) ATP is resynthesised anaerobically.
 - (C) Both systems take the same period of time to recover.
 - (D) The accumulation of lactic acid in the working muscles causes fatigue.
- 19** Who are part practice methods most appropriate for?
- (A) Beginner athletes learning a new skill
 - (B) Beginner athletes applying a learned skill
 - (C) Experienced athletes solving a tactical problem
 - (D) Experienced athletes refining their kinaesthetic awareness
- 20** A valid and reliable athletic skills assessment is one that
- (A) improves performance and is meaningful to coaches, spectators and athletes.
 - (B) accurately reflects the level of skill achievement and can be consistently replicated.
 - (C) improves athlete performance by reporting skill errors and providing meaningful feedback.
 - (D) challenges an athlete to measure different skills and adopt prescribed training techniques.

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Personal Development, Health and Physical Education

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Centre Number

Section I (continued)

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Student Number

Part B – 40 marks

Attempt Questions 21–28

Allow about 1 hour and 10 minutes for this part

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

Extra writing space is provided on page 16. If you use this space, clearly indicate which question you are answering.

Write your Centre Number and Student Number at the top of this page.

Please turn over

Do NOT write in this area.

Question 21 (3 marks)

Outline TWO indicators of morbidity. Include examples in your answer.

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Question 22 (4 marks)

What should consumers consider before choosing complementary and/or alternative health care approaches?

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Do NOT write in this area.

Question 23 (5 marks)

Why is it important to prioritise particular health issues in Australia? Include examples in your answer.

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Question 25 (3 marks)

Describe the effect of stroke volume and cardiac output on aerobic performance. **3**

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Question 26 (4 marks)

Describe THREE characteristics of a learner that can influence his/her ability to learn a new skill. **4**

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Do NOT write in this area.

Question 27 (5 marks)

What are the advantages and disadvantages of protein supplementation and creatine supplementation for improved athletic performance?

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Personal Development, Health and Physical Education

Section II

40 marks

Attempt TWO questions from Questions 29–33

Allow about 1 hour and 10 minutes for this section

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

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
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Question 29 — The Health of Young People (20 marks)

- (a) Explain the risk and protective factors associated with ONE health issue affecting young people. **8**
- (b) How are young people's priorities and values influenced by aspects of their development? **12**

Question 30 — Sport and Physical Activity in Australian Society (20 marks)

- (a) How are images and language used by the media to shape our perspectives of sport? **8**
- (b) To what extent has the nature of sport changed in Australia since the 19th century? **12**

Please turn over

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
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Question 31 — Sports Medicine (20 marks)

- (a) How are skill and physical tests used to indicate an athlete's readiness to return to play after injury? **8**
- (b) Why are acclimatisation and fluid intake effective strategies for supporting the body's temperature regulation mechanisms? **12**

Question 32 — Improving Performance (20 marks)

- (a) Explain the ethical issues associated with the use of technology in sport. **8**
- (b) Justify each of the elements that need to be considered when designing a training session. **12**

Question 33 — Equity and Health (20 marks)

- (a) Explain TWO factors that contribute to health inequities in different population groups. **8**
- (b) How can the social justice framework be applied to address the causal factors of health inequities? **12**

End of paper