

**BOARD OF STUDIES**  
NEW SOUTH WALES

**2004**

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
- Write your Centre Number and Student Number at the top of pages 9 and 13

**Total marks – 100**

**Section I** Pages 2–15

**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 21–22
- Allow about 1 hour and 10 minutes for this part

**Section II** Pages 17–18

**40 marks**

- Attempt TWO questions from Questions 23–27
- Allow about 1 hour and 10 minutes for this section

## Section I

Part A – 20 marks

Attempt Questions 1–20

Allow about 40 minutes for this part

Use the multiple-choice answer sheet.

Select the alternative A, B, C or D that best answers the question. Fill in the response oval completely.

**Sample:**  $2 + 4 =$  (A) 2 (B) 6 (C) 8 (D) 9  
A  B  C  D

If you think you have made a mistake, put a cross through the incorrect answer and fill in the new answer.

A  B  C  D

If you change your mind and have crossed out what you consider to be the correct answer, then indicate the correct answer by writing the word *correct* and drawing an arrow as follows.

A  B  C  D   
*correct* ↙

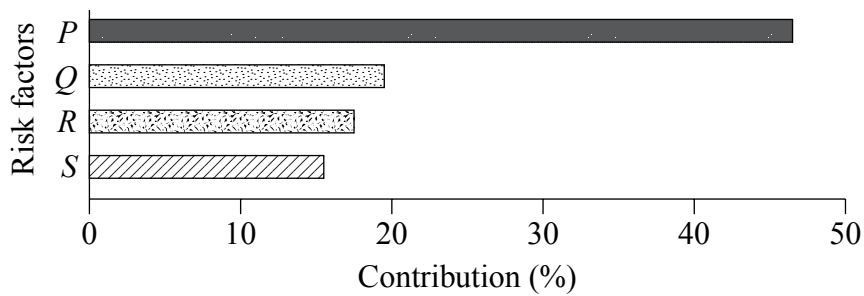
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- 1 Which of the following is a list of modifiable risk factors for cardiovascular disease?
- (A) Gender, smoking and obesity
  - (B) Age, hypertension and smoking
  - (C) Activity level, heredity and stress
  - (D) Activity level, hypertension and obesity
- 2 Which of the following criteria is used to identify priority areas for Australia's health?
- (A) Potential for change
  - (B) Nature of the condition
  - (C) Healthy lifestyle principles
  - (D) Submissions to government agencies
- 3 Which of the following combinations best describes the impact of mental illness in Australia?

	<i>Mortality</i>	<i>Morbidity</i>
(A)	Low	Low
(B)	Low	High
(C)	High	Low
(D)	High	High

- 4 Which of the following are indicators of the health status of Australians?
- (A) Morbidity rates, life expectancy, infant mortality
  - (B) Social determinants of health, education, stable ecosystems
  - (C) Hospital admissions, doctor visits, private health insurance
  - (D) Population fitness levels, alcohol consumption, cigarette sales
- 5 Which of the following has the greatest impact on state government health expenditure?
- (A) Public hospitals
  - (B) Medical services
  - (C) Pharmaceutical services
  - (D) Private hospitals

- 6 The graph represents the risk factors that contributed to road-traffic fatalities in NSW in 2001.



Road Traffic Accidents in NSW - 2001, Statistical Statement: Year Ended 31 December 2001, Roads and Traffic Authority, reproduced with permission.

- Which risk factor is represented by *P*?
- (A) Alcohol
  - (B) Speed
  - (C) Fatigue
  - (D) Non-use of occupant restraint
- 7 Which of the following is an example of informed decision making, in the use of alternative medicine or health care?
- (A) Consult family members and friends.
  - (B) Read advertisements in lifestyle magazines.
  - (C) Gather and read testimonials from former patients.
  - (D) Confirm the qualifications and claims of the practitioner.
- 8 What does 'reorientating health services' aim to increase?
- (A) Health promotion
  - (B) Institutional care
  - (C) Health policy and administration
  - (D) Health expenditure on treatment

- 9 The graph shows the incidence and mortality rates for prostate cancer from 1983 to 1998.



- Which of the following is the most likely reason for the significant rise in the number of new cases of prostate cancer between 1988 and 1994?
- (A) The introduction of mobile prostate-cancer screening clinics
  - (B) An increase in the number of men attending general practitioners
  - (C) Increased detection due to more effective screening methods
  - (D) The redirection of health funding from the detection of breast cancer to the detection of prostate cancer
- 10 Which of the following is an example of empowerment of individuals, as part of the new public health approach to health promotion?
- (A) Implementation of smoke-free zones in schools
  - (B) Development of assertiveness skills to respond to bullying
  - (C) Compulsory guidelines for safe participation in school sport
  - (D) Provision of school counselling services to deal with mental health issues

**11** What stage of skill acquisition would be represented if a performer consistently reproduces a routine, recognises minor errors and makes necessary adjustments in response to cues during the performance?

- (A) Associative
- (B) Autonomous
- (C) Cognitive
- (D) Concurrent

**12** In an effort to manage anxiety during an event, an athlete pays particular attention to the opponent's movements.

Which term describes this process?

- (A) Focusing
- (B) Goal setting
- (C) Mental rehearsal
- (D) Relaxation

**13** What amount of time is required by a trained athlete to break down lactic acid build-up after high intensity anaerobic activity lasting 60–90 seconds?

- (A) 10–20 seconds
- (B) 20–120 minutes
- (C) 4–7 hours
- (D) 2–3 days

**14** A diver performs a front one-and-a-half somersault from a platform ten metres above the pool.

Which of the following would best describe this skill?

- (A) Continuous and open
- (B) Continuous and closed
- (C) Discrete and open
- (D) Discrete and closed

**15** Which sequence of steps is designed to improve flexibility of the hamstring muscles using PNF procedures?

(A)	Isotonic contraction	Static stretch	Relax
(B)	Isometric contraction	Relax	Isotonic contraction
(C)	Static stretch	Isometric contraction	Relax
(D)	Static stretch	Relax	Isotonic contraction

**16** A panel of surfing judges score all performers out of ten based on variety of manoeuvres, wave selection and estimated length of ride.

What type of judging criteria are they using?

- (A) Objective and personal
- (B) Subjective and personal
- (C) Objective and prescribed
- (D) Subjective and prescribed

**17** A 40-metre sprint is selected to test the ability of athletes to change direction with speed and balance. The same test procedure is followed for each athlete over three trials. Electronic timing devices are used.

Which statement best describes this test?

- (A) It is valid and reliable.
- (B) It is valid but not reliable.
- (C) It is reliable but not valid.
- (D) It is neither valid nor reliable.

18 A basketballer's successful free throw is later disallowed by a referee due to a foot violation.

What type of feedback has the referee provided?

- (A) Concurrent feedback and internal feedback
- (B) Concurrent feedback and knowledge of results
- (C) Delayed feedback and internal feedback
- (D) Delayed feedback and knowledge of performance

19 Which practice methods would best suit a child learning to swim?

- (A) Massed practice and part practice
- (B) Massed practice and whole practice
- (C) Distributed practice and part practice
- (D) Distributed practice and whole practice

20 What are the likely physiological adaptations to resting heart rate, haemoglobin levels and resting blood pressure in response to aerobic training?

	<i>Resting heart rate</i>	<i>Haemoglobin levels</i>	<i>Resting blood pressure</i>
(A)	Increased	Decreased	Increased
(B)	Increased	Decreased	Decreased
(C)	Decreased	Increased	Decreased
(D)	Decreased	Decreased	Increased



# Personal Development, Health and Physical Education

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Student Number

## Section I (continued)

**Part B – 40 marks**

**Attempt Questions 21–22**

**Allow about 1 hour and 10 minutes for this part**

Answer the questions in the spaces provided.

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In your answers you will be assessed on how well you:

- demonstrate an understanding of health and physical activity concepts
  - apply the skills of critical thinking and analysis
  - illustrate your answer with relevant examples
  - present ideas in a clear and logical way
- 

### Question 21 — Health Priorities in Australia (20 marks)

Marks

- (a) Identify reasons for the differences in health care expenditure and health promotion expenditure in Australia.

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Question 21 continues on page 10

Question 21 (continued)

(b) Explain how the application of the Ottawa Charter addresses social justice principles in relation to cardiovascular disease in Australia. **15**

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Question 21 continues on page 11



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# Personal Development, Health and Physical Education

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## Section I — Part B (continued)

In your answers you will be assessed on how well you:

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- apply the skills of critical thinking and analysis
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**Marks**

### Question 22 — Factors Affecting Performance (20 marks)

- (a) Examine the relationship between body temperature regulation and fluid intake. **8**

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**Question 22 continues on page 14**



Question 22 (continued)

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**End of Question 22**

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# Personal Development, Health and Physical Education

## Section II

**40 marks**

**Attempt TWO questions from Questions 23–27**

**Allow about 1 hour and 10 minutes for this section**

Answer each question in a SEPARATE writing booklet. Extra writing booklets are available.

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In your answers you will be assessed on how well you:

- demonstrate an understanding of health and physical activity concepts
  - apply the skills of critical thinking and analysis
  - illustrate your answer with relevant examples
  - present ideas in a clear and logical way
- 

	<b>Marks</b>
<b>Question 23 — The Health of Young People (20 marks)</b>	
(a) Describe the impact that ‘developing self-sufficiency and autonomy’ and ‘determining behavioural boundaries’ have on establishing good health for young people.	<b>5</b>
(b) For each area of concern you have studied, assess the effectiveness of a health promotion program for young people.	<b>15</b>
<b>Question 24 — Sport and Physical Activity in Australian Society (20 marks)</b>	
(a) Describe the role of physical activity and sport in establishing the identity of indigenous Australians.	<b>5</b>
(b) Assess the influence of sport on the social construction of gender in Australia.	<b>15</b>

**Please turn over**

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In your answers you will be assessed on how well you:

- demonstrate an understanding of health and physical activity concepts
  - apply the skills of critical thinking and analysis
  - illustrate your answer with relevant examples
  - present ideas in a clear and logical way
- 

	<b>Marks</b>
<b>Question 25 — Sports Medicine (20 marks)</b>	
(a) Describe the signs, symptoms and management of a dislocated joint.	<b>5</b>
(b) Assess the effectiveness of protective equipment, taping and bandaging in enhancing the wellbeing of athletes.	<b>15</b>
<b>Question 26 — Improving Performance (20 marks)</b>	
(a) Describe the dietary considerations of an athlete during and post performance.	<b>5</b>
(b) Assess how modifying the elements of a training session to match the abilities of the training group affects performance.	<b>15</b>
<b>Question 27 — Equity and Health (20 marks)</b>	
(a) Describe how occupational hazards impact on the health of rural and remote communities.	<b>5</b>
(b) Assess how effective funding is in bridging the gap in the health status of population groups.	<b>15</b>

**End of paper**