

BOARD OF STUDIES  
NEW SOUTH WALES

**2008**

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 2–16

**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 21–22
- 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 for Questions 1–20.

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- 1 Which alternative healthcare treatment involves manipulation of the spine?
  - (A) Acupuncture
  - (B) Chiropractic
  - (C) Homeopathy
  - (D) Iridology
  
- 2 What is the measure used to determine infant mortality rates in Australia?
  - (A) Deaths in the first year of life
  - (B) Sickness in the first year of life
  - (C) Deaths in the first five years of life
  - (D) Sickness in the first five years of life
  
- 3 What is a modifiable risk factor for cardiovascular disease in Australians?
  - (A) Gender
  - (B) Family history
  - (C) Physical inactivity
  - (D) Consumption of high fibre diet
  
- 4 Which of the following is true of a benign tumour?
  - (A) It is a secondary cancer.
  - (B) It spreads to other areas of the body.
  - (C) It is the result of normal cell growth.
  - (D) It remains localised in an area of the body.

- 5** What is an example of the new public health approach?
- (A) Rehabilitation clinics established for cancer patients
  - (B) A company donating new equipment to the local hospital to treat cancer
  - (C) Local residents establishing a youth centre to promote awareness of health issues
  - (D) Pharmaceutical companies developing new drugs to treat the major causes of ill health
- 6** What effect will the current national trend in life expectancy have on the funding of healthcare in Australia?
- (A) The federal government will be able to decrease funding overall due to a smaller population in the 50+ year age group
  - (B) State governments will have to increase funding for private health insurance
  - (C) Local governments will have to increase funding to build more hospitals
  - (D) The federal government will have to increase funding for aged care
- 7** Which set of factors best describes the health status of Australians living in rural and isolated locations as compared to the general Australian population?
- (A) Lower injury rate, higher rates of male suicide, decreased life expectancy
  - (B) Higher injury rate, lower rates of male suicide, decreased life expectancy
  - (C) Higher injury rate, higher rates of male suicide, increased life expectancy
  - (D) Higher injury rates, higher rates of male suicide, decreased life expectancy
- 8** In which of the following age groups is cancer the leading cause of death for Australian men and women?
- (A) 15–24 years
  - (B) 45–64 years
  - (C) 65–84 years
  - (D) 85+ years

- 9** Why did the Federal government introduce the Medicare Levy Surcharge?
- (A) To decrease the cost of private health insurance
  - (B) To fund the Pharmaceutical Benefits Scheme (PBS)
  - (C) To encourage people to take out private hospital insurance
  - (D) To assist low income earners to meet the cost of insurance
- 10** Which of the following is an example of a government response that aims to address the major cause of death in the 1–14 year age group in Australia?
- (A) Introducing a Hepatitis B vaccination program
  - (B) Introducing swimming pool fencing regulations
  - (C) Publishing nutrition guidelines
  - (D) Issuing health warnings on cigarette packaging
- 11** What type of strength training ensures that resistance applied to the muscle is uniform throughout the range of movement?
- (A) Isokinetic
  - (B) Isometric
  - (C) Isotonic
  - (D) Static
- 12** What type of feedback is provided by a coach explaining poor hand position in a gymnastics routine?
- (A) Intrinsic feedback
  - (B) Internal reinforcement
  - (C) Knowledge of results
  - (D) Knowledge of performance
- 13** What is the most suitable fluid replacement plan to avoid dehydration for an athlete participating in an endurance event?
- (A) Consume fluids before, during and after the event
  - (B) Consume fluids high in salt content before, during and after the event
  - (C) Consume fluids after the event but not immediately before competing
  - (D) Consume high energy drinks before and during the event and caffeine upon completion

- 14** In what form are fats stored in the body as a source of fuel?
- (A) As cholesterol
  - (B) As lactic acids
  - (C) As triglycerides
  - (D) As creatine phosphate
- 15** Which of the following is an example of the principle of reversibility?
- (A) Decreased training intensity leading up to a major competition
  - (B) Decreased level of performance as a result of a break in training
  - (C) Completing exercises for opposing muscle groups in one session
  - (D) Achieving a lower time in an 800 m time trial on a second attempt
- 16** Which of the following indicates that an athlete is training in the aerobic training zone?

	<i>% VO<sub>2</sub> Max</i>	<i>% Max HR</i>
(A)	50	50
(B)	60	75
(C)	85	80
(D)	95	90

- 17** What does an athlete in the autonomous stage of skill acquisition do?
- (A) Visualises the movement but needs constant practice to learn the skill
  - (B) Makes improvements, but displays a high level of inconsistency in the performance
  - (C) Concentrates on the organisation of patterns of movement and cannot correct errors as they occur
  - (D) Attends to other aspects of performance and does not have to think about movement patterns when performing

18 The features of an energy system are shown in the table.

<i>Fuel</i>	Creatine Phosphate
<i>ATP production</i>	Very limited
<i>Oxygen required</i>	No

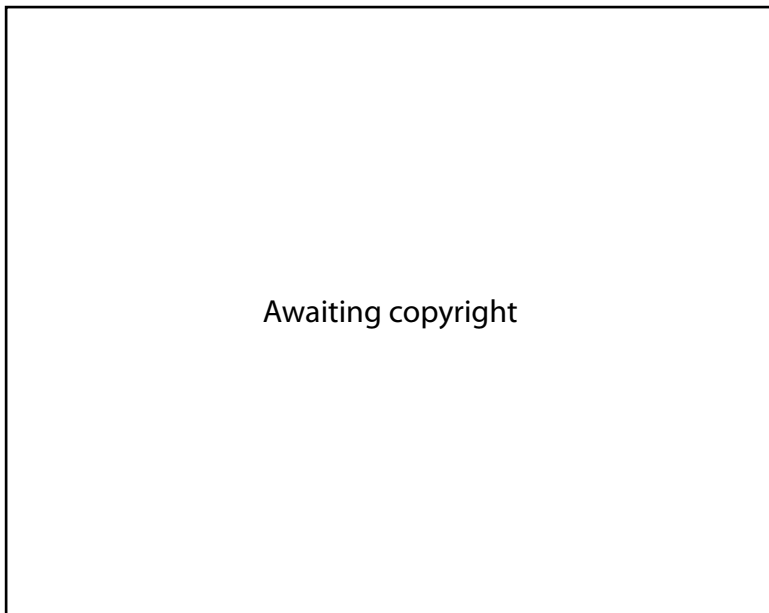
Which athletes would use this as their dominant energy system?

- (A) High-jumpers
  - (B) 400 metre runners
  - (C) Marathon runners
  - (D) 200 metre swimmers
- 19 A netball coach administers a test to a group of elite players to select a goal shooter. Players work with a partner to pass and catch over a set distance for 2 minutes. The coach records the number of passes each pair makes. The test is repeated twice using the same procedures.

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.

- 20 The graph shows the physiological responses of two athletes from rest to maximum  $\text{VO}_2$  during exercise. One is trained and the other is not.



What does the dotted line *X* represent?

- (A) Cardiac output of the trained athlete
- (B) Cardiac output of the untrained athlete
- (C) Stroke volume of the untrained athlete
- (D) Stroke volume of the trained athlete

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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 21–22**

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





Question 21 (continued)

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**End of Question 21**

Personal Development, Health  
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Centre Number

Section I — Part B (continued)

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Student Number

**Marks**

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

- (a) What is the purpose of pre-screening when planning aerobic programs? **3**

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**Question 22 continues on page 14**

Question 22 (continued)

- (b) Distinguish between prescribed and personal criteria used to judge the quality of a performance. **5**

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**Question 22 continues on page 15**



Question 22 (continued)

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**End of Question 22**



## 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) Outline trends that indicate a positive picture of health of young people.	<b>3</b>
(b) Explain one policy that develops a sense of connectedness among young people.	<b>5</b>
(c) Analyse how social problem-solving skills can be used by young people to attain better health. In your answer, refer to TWO areas of concern you have studied.	<b>12</b>
 <b>Question 24 — Sport and Physical Activity in Australian Society (20 marks)</b>	
(a) Outline ways in which a sport has been modified to suit the media.	<b>3</b>
(b) Explain the challenges faced by women entering traditionally male-dominated sports.	<b>5</b>
(c) Analyse how sport and physical activity have changed from the 19th century to today.	<b>12</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
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	<b>Marks</b>
<b>Question 25 — Sports Medicine (20 marks)</b>	
(a) Outline features of the inflammatory response to a soft tissue injury.	<b>3</b>
(b) Explain the dangers associated with the use of anabolic steroids and Human Growth Hormone.	<b>5</b>
(c) Analyse the role that sports medicine plays in addressing the needs of children and young athletes.	<b>12</b>
 <b>Question 26 — Improving Performance (20 marks)</b>	
(a) Outline ways in which technology assists coaches in improving the performance of athletes.	<b>3</b>
(b) Explain how tapering and peaking can be used to improve performance.	<b>5</b>
(c) Analyse how an athlete can train for improved performance in terms of power and speed.	<b>12</b>
 <b>Question 27 — Equity and Health (20 marks)</b>	
(a) Outline factors that create health inequities.	<b>3</b>
(b) Explain the trends in health inequity for Aboriginal and Torres Strait Islander peoples.	<b>5</b>
(c) Analyse how appropriate initiatives and settings for health promotion can improve the health of individuals living in rural and remote communities.	<b>12</b>

**End of paper**