



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

2011

**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
- Write your Centre Number and
Student Number at the top of
pages 9, 11, 13 and 15

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 21–26
- Allow about 1 hour and 10 minutes for this part

Section II Pages 17–18

40 marks

- Attempt TWO questions from Questions 27–31
- 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 is the current leading cause of death for both males and females in Australia?
 - (A) Cerebrovascular disease
 - (B) Coronary heart disease
 - (C) Lung cancer
 - (D) Diabetes

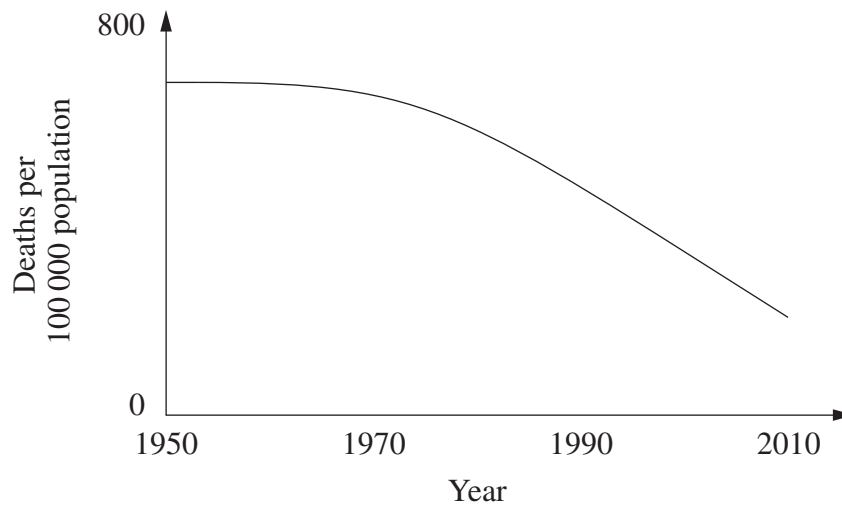
- 2 Which of the following is most likely to cause a stroke?
 - (A) A reduction of blood supply to the legs
 - (B) Restricted oxygenated blood supply to the heart
 - (C) A clot interrupting the blood supply to the brain
 - (D) Cholesterol constricting the ventricles of the heart

- 3 Adjusting the spine through physical manipulation is an example of which type of alternative health care?
 - (A) Acupuncture
 - (B) Aromatherapy
 - (C) Chiropractic
 - (D) Iridology

- 4 What is Medicare?
 - (A) Australia's main private health care provider
 - (B) Australia's tax-funded national health care system
 - (C) Australia's provider of publicly subsidised medication
 - (D) Australia's health insurance provider for the disadvantaged

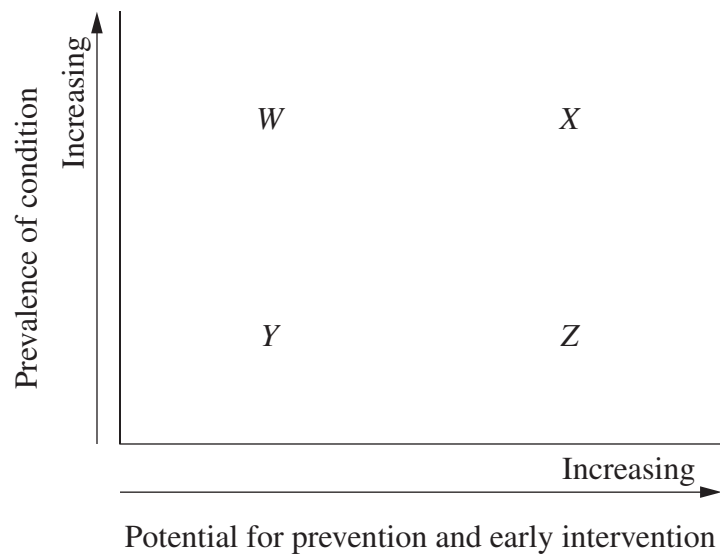
- 5** Which of the following are socioeconomic factors that best explain the health inequities experienced by Aboriginal and Torres Strait Islander population groups?
- (A) Income and high-density living
 - (B) Media access and geographical location
 - (C) Religious and cultural influences
 - (D) Levels of education and employment
- 6** Which risk factor has been linked to both heart disease and cancer?
- (A) Obesity
 - (B) Mental illness
 - (C) Osteoporosis
 - (D) Hypertension
- 7** Which of the following is a benefit of emerging treatments and technologies in health care?
- (A) Early detection of disease
 - (B) Reduced cost for health care
 - (C) Improved access to dental care
 - (D) Improved participation in screening procedures

- 8 The graph shows the trends in death from cardiovascular disease (CVD) in Australia.



- Which statement best explains the trend represented by the graph?
- (A) Initiatives prior to the 1970s significantly reduced CVD mortality in Australia.
 - (B) Initiatives prior to the 1970s significantly reduced CVD-related morbidity in Australia.
 - (C) Education programs since the 1950s increased the life expectancy of Australians.
 - (D) Education programs since the 1950s decreased the prevalence of CVD in Australia.
- 9 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

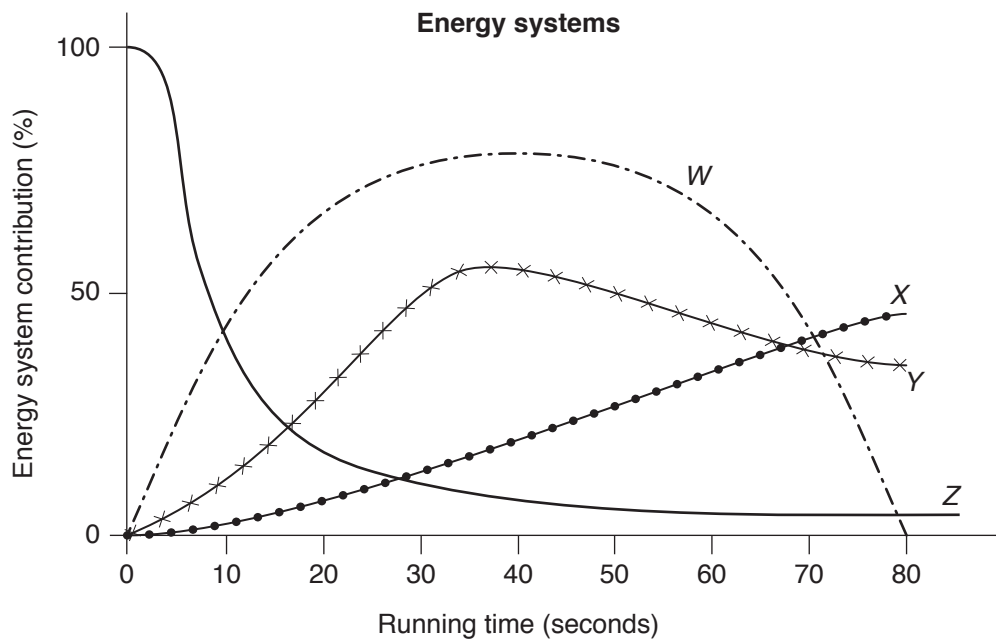
- 10 Four health conditions identified as W, X, Y and Z are shown in the following graph.



- Which of these conditions is most likely to be identified as a health priority issue?
- (A) W
 - (B) X
 - (C) Y
 - (D) Z
- 11 Which of the following principles of training would best explain why an elite lawn bowler may not necessarily be an elite basketballer?
- (A) Progressive overload
 - (B) Reversibility
 - (C) Specificity
 - (D) Variety
- 12 Which of the following are neural recovery strategies?
- (A) Cool down and hydration
 - (B) Relaxation and meditation
 - (C) Hydrotherapy and massage
 - (D) Cryotherapy and ice massage

- 13** Which of the following will contribute to fatigue of the aerobic energy system?
- (A) An increase of blood glucose and muscle glycogen
 - (B) An increase in lactic acid and creatine phosphate
 - (C) A decrease in lactic acid and creatine phosphate
 - (D) A decrease of blood glucose and muscle glycogen
- 14** Which of the following is necessary for athletes to achieve optimal performance?
- (A) A balance between anxiety and arousal
 - (B) A balance between mental rehearsal and stress
 - (C) Maximum levels of stress
 - (D) Maximum levels of arousal
- 15** What is most evident when athletes have achieved the autonomous stage of skill acquisition?
- (A) They improve performance through distributed practice.
 - (B) They fluently perform skills and tactics learnt in practice.
 - (C) They require concurrent feedback when performing serial skills.
 - (D) They complete serial skills successfully with coaching instruction.
- 16** Which of the following would be a suitable plan for teaching a beginner volleyball player new skills?
- (A) Concurrent feedback and tactical development
 - (B) Tactical development and serial skills
 - (C) Closed skills and concurrent feedback
 - (D) Serial skills and massed practice
- 17** Which of the following is an example of positive extrinsic motivation?
- (A) Athletes give themselves an extended rest period after a hard training session.
 - (B) A school sporting team is given an extra training session after a poor performance.
 - (C) Athletes give themselves an extra training session every time they lose a match.
 - (D) A school sporting team is promised a free lunch by the school if it wins a tournament.

Use the graph below to answer Questions 18 and 19.



Source: John Wiley & Sons Australia (2009). Reprinted with permission.

- 18** Which curve best represents the aerobic energy expenditure?
- (A) W
 (B) X
 (C) Y
 (D) Z
- 19** Which curve represents the energy system which relies primarily on glucose in the blood as its fuel source for a quick supply of ATP?
- (A) W
 (B) X
 (C) Y
 (D) Z
- 20** Why is the maximal cardiac output of a trained athlete different from that of an untrained athlete?
- (A) The untrained athlete has a higher cardiac output due to a lower resting heart rate.
 (B) The untrained athlete has a lower cardiac output due to a lower resting heart rate.
 (C) The trained athlete has a higher cardiac output due to a larger stroke volume.
 (D) The trained athlete has a lower cardiac output due to a lower stroke volume.

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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 21–26

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.

Question 21 (10 marks)

(a) Outline strategies that reduce the risk of skin cancer.

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Question 21 continues on page 10

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and Physical Education

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Section I – Part B (continued)

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Question 22 (2 marks)

Identify FOUR different types of health facilities or services in Australia.

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Please turn over

2011 HIGHER SCHOOL CERTIFICATE EXAMINATION

Personal Development, Health and Physical Education

Centre Number grid

Centre Number

Section I – Part B (continued)

Student Number grid

Student Number

Question 24 (6 marks)

- (a) What type of training is most suitable for each activity listed? 2

Table with 2 columns: Activity, Type of training. Rows: Weight lifting, Yoga, Marathon.

- (b) Describe how different strength-training methods affect an athlete’s performance. 4

Dotted lines for answer (b)

Question 25 (6 marks)

Compare the dietary requirements of athletes in TWO sports that have different nutritional needs. Provide relevant examples.

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Personal Development, Health and Physical Education

Section II

40 marks

Attempt TWO questions from Questions 27–31

Allow about 1 hour and 10 minutes for this section

Answer part (a) of the question in a writing booklet.

Answer part (b) of the question in a SEPARATE 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
-

Question 27 — The Health of Young People (20 marks)

Answer part (a) in a writing booklet.

- (a) (i) Why are support networks important to the health of young people? **3**
- (ii) How does the development of resilience and coping skills enable young people to achieve better health? **5**

Answer part (b) in a SEPARATE writing booklet.

- (b) Describe the aspects of a young person's life today that make it different from the life of a young person in a previous generation. **12**

Question 28 — Sport and Physical Activity in Australian Society (20 marks)

Answer part (a) in a writing booklet.

- (a) (i) Why does the media use metaphors in its coverage of sport? **3**
- (ii) Explain the media's role in the emergence of extreme sports. **5**

Answer part (b) in a SEPARATE writing booklet.

- (b) Assess the various consequences of a sporting organisation running itself as a business, where sport is the commodity. **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
-

Question 29 — Sports Medicine (20 marks)

Answer part (a) in a writing booklet.

- (a) (i) Outline types of soft tissue injuries. **3**
- (ii) Describe the assessment procedure used to determine the nature and extent of a sports injury. **5**

Answer part (b) in a SEPARATE writing booklet.

- (b) Evaluate strategies athletes use in order to perform competitively in different climatic conditions. **12**

Question 30 — Improving Performance (20 marks)

Answer part (a) in a writing booklet.

- (a) (i) Outline the initial planning considerations for individual athletes looking to improve their performance. **3**
- (ii) Explain why periodisation would be included when planning a training year. **5**

Answer part (b) in a SEPARATE writing booklet.

- (b) To what extent has the use of technology created unfair competition in sport? **12**

Question 31 — Equity and Health (20 marks)

Answer part (a) in a writing booklet.

- (a) (i) Why are cultural relevance and appropriateness characteristics of an effective health promotion strategy? **3**
- (ii) Explain how enabling, mediating and advocating can be used to gain sustainable improvements in the health status of disadvantaged groups. **5**

Answer part (b) in a SEPARATE writing booklet.

- (b) Analyse the media's role in influencing social attitudes and public policy in relation to TWO population groups experiencing health inequities. **12**

End of paper

– 18 –