



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

2012

**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 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 21–28
- 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 Which condition is currently the leading cause of mortality in Australia?
 - (A) Asthma
 - (B) Lung cancer
 - (C) Breast cancer
 - (D) Cardiovascular disease

- 2 Who has primary responsibility for providing health care services such as public hospitals and mental health facilities?
 - (A) State governments
 - (B) Local governments
 - (C) Federal government
 - (D) Non-government organisations

- 3 What is the most likely reason for the increase in the number of people seeking alternative health care approaches in Australia?
 - (A) Greater availability of alternative health care in public hospitals
 - (B) Greater clinical effectiveness of alternative health care methods
 - (C) Increased provision of Medicare subsidies for alternative approaches to health care
 - (D) Increased acceptance of alternative medicine by the community and medical practitioners

- 4 Which of the following is a modifiable risk factor of cardiovascular disease?
 - (A) Age
 - (B) Diet
 - (C) Gender
 - (D) Heredity

- 5** Which government strategy would have the greatest potential to reduce long-term health care expenditure?
- (A) Increasing spending on emergency care in hospitals
 - (B) Directing more expenditure towards preventative health
 - (C) Providing rebates to people with private health insurance
 - (D) Allocating greater funding to improve existing curative health services
- 6** A doctor prescribes nicotine patches as a strategy to help patients stop smoking.
- Which action area of the Ottawa Charter is the doctor implementing?
- (A) Building public policy
 - (B) Developing personal skills
 - (C) Re-orienting health services
 - (D) Creating a supportive environment
- 7** Which of the following is a clear example of social justice principles in action?
- (A) Providing children and infants with priority health care in all instances
 - (B) Providing public health policies that are passed by government officials
 - (C) Providing health materials and services that are delivered in a variety of languages
 - (D) Providing incentives for people of higher socioeconomic status to use private health care facilities
- 8** Which of the following diseases is now three times more prevalent than it was 20 years ago in Australia?
- (A) Bronchitis
 - (B) Diabetes
 - (C) Influenza
 - (D) Polio

- 9** What action has been taken to reduce the impact of an ageing population on the health care system in Australia?
- (A) Increasing the Medicare levy for older people
 - (B) Reducing funding available to carers of older people
 - (C) Encouraging older people to remain in the work force
 - (D) Decreasing access to the health system for older people
- 10** Which of the following is a government strategy that promotes the social justice principle of diversity?
- (A) Involving community groups in the planning of their local area health services
 - (B) Increasing the amount of funding to address the health needs of ATSI peoples
 - (C) Road safety education programs that target behaviours of adolescents
 - (D) Legislation to ban smoking in the workplace and public spaces
- 11** Which of the following is a feature of the associative stage of skill acquisition?
- (A) Focusing on strategic play
 - (B) Understanding the processes related to the skill
 - (C) Sequencing and performing the skill instinctively
 - (D) Experiencing repeated success with a decreasing number of errors
- 12** During a grand final match, an athlete becomes negatively affected by the pressure and significance of the occasion.
- Which of the following is the athlete experiencing?
- (A) High self-esteem
 - (B) High concentration
 - (C) Trait anxiety
 - (D) State anxiety
- 13** When should athletes consume greater quantities of high glycaemic index (GI) foods?
- (A) During performance
 - (B) Immediately post-performance
 - (C) Up to two hours pre-performance
 - (D) During the first two days of carbohydrate loading

- 14** What type of skill is a defensive player performing when executing a tackle during a game?
- (A) Closed and self-paced
 - (B) Closed and externally paced
 - (C) Open and externally paced
 - (D) Open and self-paced
- 15** Which types of training methods would be most suitable for an elite basketball player?
- (A) Anaerobic interval, ballistic flexibility, elastic resistance
 - (B) Anaerobic interval, continuous, hydraulic resistance
 - (C) Aerobic interval, static flexibility, free weights
 - (D) Circuit, dynamic flexibility, free weights
- 16** What is increased by an athlete's use of creatine supplementation?
- (A) Phosphocreatine stores and muscle glycogen
 - (B) Phosphocreatine stores and the ability to resynthesise ATP
 - (C) Haemoglobin concentration in the blood and muscle glycogen
 - (D) The ability to break down lactic acid and to resynthesise ATP
- 17** Athletes are filmed executing a skill. They then watch the film and correct their techniques based upon what they observed.
- What type of feedback is this?
- (A) Internal and concurrent
 - (B) External and concurrent
 - (C) Internal and delayed
 - (D) External and delayed

- 18** A timed 100-metre sprint trial to measure speed and power is conducted using several athletes. The same test procedure and conditions are followed for each of these athletes three times.

Which statement is true about the results?

- (A) They are valid and reliable.
 - (B) They are valid but not reliable.
 - (C) They are reliable but not valid.
 - (D) They are neither valid nor reliable.
- 19** Which psychological performance strategy are athletes using if they are able to perceive themselves winning an event before the event has taken place?
- (A) Meditation
 - (B) Goal-setting
 - (C) Visualisation
 - (D) Mental rehearsal
- 20** Which physiological adaptations occur in athletes when regularly training at sub-maximal levels to improve their aerobic performance?
- (A) Increased cardiac output, decreased stroke volume and muscle atrophy
 - (B) Increased cardiac output, increased lung capacity and muscle hypertrophy
 - (C) Decreased resting heart rate, decreased haemoglobin levels and increased oxygen uptake
 - (D) Decreased resting heart rate, increased stroke volume and increased haemoglobin levels

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2012 HIGHER SCHOOL CERTIFICATE EXAMINATION

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.

Question 21 (3 marks)

Describe the advantages of Medicare for Australian citizens.

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Question 22 (3 marks)

Outline THREE types of carer or volunteer organisations available to help meet the needs of Australia’s ageing population.

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Question 23 (6 marks)

How is epidemiology used to improve the health of Australians? Provide examples.

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Section I – Part B (continued)

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Student Number

Question 25 (3 marks)

Outline the influence of prior experience on skill acquisition.

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Question 26 (3 marks)

Describe TWO different types of motivation that can affect performance. Provide examples.

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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 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 29 — The Health of Young People (20 marks)

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

- (a) Explain the determining factors that affect the health of young people in Australia. **8**

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

- (b) Assess the skills that enable young people to attain better health. **12**

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

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

- (a) Explain the impact on athletes and the Australian public, of Australia's use of sport for political purposes. **8**

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

- (b) Why are there differences in the participation rates of males and females in a range of sports? **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 31 — Sports Medicine (20 marks)

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

- (a) Explain the physical preparation needed by an athlete in order to prevent injury. **8**
In your answer, provide examples from different sports.

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

- (b) How are the needs of adult and aged athletes with medical conditions addressed to enable their continued participation in sport? **12**

Question 32 — Improving Performance (20 marks)

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

- (a) Explain the relationship between planning and the avoidance of overtraining. **8**

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

- (b) Evaluate the risks and ethical issues related to the use of drugs to improve performance. **12**

Question 33 — Equity and Health (20 marks)

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

- (a) What issues should be considered when determining the allocation of funding to address health inequities of specific population groups? **8**

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

- (b) Evaluate the characteristics of health promotion strategies that may contribute to their success. **12**

End of paper