



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

## **2012 HSC**

### **Personal Development, Health and Physical Education**

#### **‘Sample Answers’**

When examination committees develop questions for the examination, they may write ‘sample answers’ or, in the case of some questions, ‘answers could include’. The committees do this to ensure that the questions will effectively assess students’ knowledge and skills.

This material is also provided to the Supervisor of Marking, to give some guidance about the nature and scope of the responses the committee expected students would produce. How sample answers are used at marking centres varies. Sample answers may be used extensively and even modified at the marking centre OR they may be considered only briefly at the beginning of marking. In a few cases, the sample answers may not be used at all at marking.

The Board publishes this information to assist in understanding how the marking guidelines were implemented.

The ‘sample answers’ or similar advice contained in this document are not intended to be exemplary or even complete answers or responses. As they are part of the examination committee’s ‘working document’, they may contain typographical errors, omissions, or only some of the possible correct answers.

## Section I, Part B

### Question 21

*Sample answer:*

Medicare is Australia's universal health care system ensuring equality of access for all Australian citizens to free or partially funded medical, optometrical and hospital care with the option of choosing private health care for other services.

### Question 22

*Sample answer:*

There are an increasing number of carer and volunteer services available to assist with Australia's growing and ageing population. Services that are available include:

Community nursing and health centres:

These centres are designed to help older people to maintain their independence at home. They offer a wide range of services, from nursing, podiatry and physiotherapy, to advice and liaison with other health professionals.

Meals and other food services:

If the elderly have difficulty preparing their own meals, food services can deliver nutritious meals to their home or local centre or simply help with meal preparation.

Domestic help and personal care:

Home help services can help out with cleaning, shopping, laundry and personal care, such as bathing, dressing or going to the toilet.

*Answers could include:*

- Short-term care
- Transport services

### Question 23

**Sample answer:**

Epidemiology is the study of the frequency and distribution of a disease within a population and the attempt to identify the cause(s) of that disease. Collecting, verifying and analysing data about the incidence of disease in a given population gives researchers, health department officials and governments indicators of the existence of health problems in a community.

Some of the health indicators used to describe the health status of a population include mortality (death) rates, morbidity (illness) rates, life expectancy, and infant mortality rates. These indicators can also provide patterns of disease in terms of age, gender, ethnicity, socioeconomic status and educational opportunity. This level of data allows public health authorities to manage, evaluate and plan for health services to prevent, control and treat diseases and health problems. Epidemiological information is used by health professionals and by the government to develop policies and health promotion strategies that promote the health of individuals in the community.

### Question 24

**Sample answer:**

Socioeconomically disadvantaged people experience greater health inequities than other Australians. Individuals, communities and governments need to work collaboratively to provide an intersectoral approach in this particular population group as they are found in all areas of Australian society, and intersectoral collaboration provides the best chance of success of reducing health inequity.

Government can play a vital role in addressing these health inequities. The Australian government currently provides Medicare and the PBS to allow socioeconomically disadvantaged groups to access not only universal medical treatments but reduced cost for essential medication.

Communities also play an important role in reducing health inequities of the socioeconomically disadvantaged by providing relevant health care support services such as PCYC providing physical activity programs and welfare support for children and youth in socioeconomically disadvantaged suburbs. Father Chris Riley 'Youth off the Streets' is another example of a community-based action group improving the health and lives of the socioeconomically disadvantaged.

Individuals from socioeconomically disadvantaged backgrounds can also play a substantial role in addressing their health inequities by remaining at school and pursuing further study as higher education is linked with improved health and increased socioeconomic status.

**Answers could include:**

- Elderly
- People in rural and remote areas
- People born overseas
- People with disabilities

**Question 25*****Sample answer:***

It is often easier to learn a new skill if similar movements have already been successfully acquired. This prior experience has the potential to accelerate the learning process. It is suggested that transfer of learning is an important aspect in the acquisition of new skills. Put simply, if an individual has participated in an activity that involves similar qualities they might be able to learn the skills involved in new sports more effectively. For instance, if a person has developed hand/eye coordination through playing hockey, this may make it easier for them to learn sports such as cricket or golf. It can also be seen between sports such as basketball and netball, and gymnastics and diving.

**Question 26*****Sample answer:***

There are four types of motivation that can affect the sports performance of an athlete. Two of these are intrinsic and extrinsic motivation. Intrinsic motivation refers to engaging in an activity for itself and for the pleasure and satisfaction derived from participation or success achieved in that activity. In other words, intrinsic motivation occurs when one engages in an activity for the pleasure of learning or out of sensory and aesthetic pleasure. When extrinsically motivated, an individual does not engage in activity out of pleasure but rather does so to derive some kind of reward that is external to the participation or in order to avoid a punishment.

## Question 27

### *Sample answer:*

The six principles of training are: specificity, progressive overload, reversibility, variety, training thresholds, and warm up/cool down. They can each be applied to improve an athlete's strength.

Progressive overload describes a training effect that is produced when the system or tissue is worked at a greater level than it is normally accustomed to working at. As the body adapts to these new levels, training should continue to be progressively increased. Overload in strength training can be achieved by varying the frequency, duration and intensity of the resistance training, with increases in intensity having the greatest effect. Considerable stress must be placed on the system or tissue so that improvements can occur. If there is too much overload, fatigue can result as well as potential injury; if the training load is too little, the training effect will plateau or decrease.

Reversibility refers to athletes losing the effects of strength training when they stop doing resistance training. Conversely, it also means that detraining effects can be reversed when they resume training. 'In short, if you don't use it, you lose it'.

Variety refers to athletes needing to be challenged not only by the activity but also by the implementation of the activities and this is often achieved by cross-training. Strength training can use many forms of resistance (free weight, body weight, machine weights) so it can be easy to incorporate this principle into strength training programs.

### *Answers may also include:*

- Training thresholds relate to levels of exercise intensity that are sufficient to produce a training effect. Training thresholds are usually explained in terms of maximum reps and sets in relation to strength training. For improvements in strength to occur, it is generally recommended that athletes complete three sets of any given exercise and that 8 to 12 repetitions of the activity are completed within each set. Ideally, the athlete should reach muscular failure between 8 to 12 reps in the final set.
- Warm up and cool down are important components of all training sessions. The warm up aims to prepare the body in readiness for the activity that is to follow by:
  - stimulating the cardiorespiratory system thereby increasing blood flow to working muscles
  - increasing body temperature
  - making the muscles, ligaments and tendons more supple and elastic, and
  - reducing the possibility of a muscular tear causing injury.
- The cool down, which follows the training or performance session, is effectively the same as the warm up, but in reverse, and is aimed at minimising muscle stiffness and soreness. The cool down, while not as intense or involved as the warm up, allows for active recovery and gives the body time to return the blood to the heart, rather than letting the blood pool in the muscles.
- Specificity is where the exercise must be specific to the type of strength required, and is therefore related to the particular demands of the athlete's event/sport. The athlete should have knowledge of the predominant types of muscular activity associated with his/her particular event, the movement patterns involved and the type of strength required.

## Question 28

### *Sample answer:*

Elite athletes use a range of strategies designed to enable them to minimise fatigue associated with training and resume full training in the shortest possible time. Recovery strategies can be categorised as physiological, neural, tissue damage or psychological. Physiological recovery strategies are effective in removing the metabolic by-products of exercise through the use of a cool-down period as well as by replacing lost fluids and energy.

Neural recovery strategies such as hydrotherapy and massage help replenish the nervous system. The change in chemicals found in muscles following exercise or psychological stress can be addressed by these neural strategies.

Tissue damage recovery strategies aim to minimise the level of tissue damage and promote healing. Strenuous activity causes minor muscle fibre tears and the body's response is to repair this damage. Cryotherapy (cold therapy) assists in offsetting this tissue damage.

Psychological recovery strategies aim to disengage the athlete from the performance. Heart rate, breathing and body temperature remain elevated post exercise and may take time to drop as do anxiety levels about the performance or future performances. Strategies such as relaxation assist to bring these levels to normal levels.

## Section II

### Question 29 (a)

*Sample answer:*

There are four main factors that determine the health of young people in Australia. These are individual, sociocultural, socioeconomic and environmental factors.

**Individual factors:** These factors are associated with the psychological state and individual health behaviours of young people. Young people are more likely to suffer from mental illnesses such as depression (especially males 15-24) and a lack of social support that relates to increased likelihood of alcohol and substance abuse so these factors are relevant to their health.

**Sociocultural factors:** These factors, such as ethnicity and sexual identity, have an effect on the health of young people in Australia. Young people are more likely to feel socially excluded from health services and peers because of language or stereotype barriers. This results in higher levels of mental illness such as depression and self harm in these groups.

**Socioeconomic factors:** These factors are associated with young people having low levels of education, employment and income. They affect the health of young people who are less likely to have access to education opportunities and information available to those with higher levels of education access. This in turn leads to unhealthy behaviours such as poor diet (ie take-away food consumption) and low physical activity levels due to the limited access to sporting and fitness organisations.

**Environmental factors:** These factors include inadequate housing and exposure to polluted environments. Young people are more likely to be exposed to inadequate housing when they leave home at an early age which results in them living in crowded conditions and increasing their risk of exposure to communicable diseases (eg influenza and bacteria from communal living). Youth are also at risk of exposure to passive smoking if their parents smoke. This in turn leads to an increased chance of them becoming smokers and suffering from respiratory diseases.

**Question 29 (b)*****Sample answer:***

There are 8 skills a young person (YP) can develop to assist them in attaining better health. These skills will assist the YP to make improved lifelong health choices. Together these skills work to strengthen positive behaviours.

Building a YP's self concept (SC) is important in helping them to develop their overall self-worth and sense of purpose in life. Successful experiences enable the YP to develop greater awareness of who they are and become more empowered in their choices. Successful experiences enable the YP to develop their SC and self-worth. School programs such as Duke of Edinburgh and Peer Support recognise individual strengths.

A YP can improve their SC by being connected to their family and friends. Having strong supportive networks allows the YP to develop good communication skills and positive relationships. YP learn to be less anxious and control their emotions more effectively. They are able to talk about their problems in a supported and non-judgemental environment. Peer, family and community networks enable the YP to approach trusted people and share their concerns or fears.

Having trusted support networks also helps the YP to develop resilience and better coping strategies. The YP learns to cope more effectively with difficult situations and prevent ongoing issues. Support groups assist the YP to talk about their problems and put them in perspective. A variety of mentors in different environments provide many support networks for YP to access.

Communication skills are important in assisting the YP to develop healthy relationships with others and understand the important skills needed to maintain these relationships. Some of these skills include learning to be an active listener and being able to argue constructively. Conflict resolution means listening actively for the right message and exploring possible outcomes in an open and non-judgemental way. Having empathy is also important as it allows each person to be aware of the other's feelings and how the issue affects them. Good communication skills help to build a YP's confidence.

Developing health literacy skills allows the YP to be more aware of health initiatives that they can access to assist them with their problems. The YP will need to learn how to access and interpret the information, then apply it to making decisions about their health issue. Examples might include accessing the right information through the internet or reading health pamphlets in doctors' surgeries.

When a YP has developed their health literacy skills, they will be more able to access the right assistance for their health problem. It is important for young people to learn about the health providers in the community who can assist them with potential problems and provide confidentiality if needed. There are many services that provide interpreters for those who speak a language other than English. Schools can help a YP by providing health knowledge, skills and an understanding of health issues. PDHPE teachers can teach about the signs and symptoms of different illnesses and make students aware of preventative health programs like 'Quit' or 'Beyond Blue'.

***Answer may also include:***

- Being involved in community service helps to provide a connection to the community and takes the focus off the YP and their problems. Helping others can provide a sense of purpose in life and make the YP realise their own self-worth. A volunteer learns more about others' needs and problems and is able to put their own problems into better perspective. The helper gets satisfaction from assisting others and becomes more empowered or more in control of their own life.
- Having a mentor or learning to set realistic and achievable goals can help a YP develop a sense of purpose and future direction in their lives. Having goals or plans for work, study, family and school can provide clearer direction and help the YP to be more motivated towards achieving their goals. The YP learns to identify the challenges and set strategies to overcome them. It means having a positive outlook and using coping strategies such as making positive choices eg going to bed earlier and getting up early to do a few hours of study. Goals help a YP to interact more positively with everything around them eg communicate effectively with people in different contexts. It is important for a YP to recognise and reward their success eg good mark for PDHPE trial exam, by enjoying a feeling of self-satisfaction. When the YP is happy with their achievements, they are able to continue setting realistic and achievable goals that provide a sense of purpose in their life.

**Question 30 (a)*****Sample answer:***

There are many instances when sport has been used for political purposes. The impact has been varied in its impact on athletes and the Australian public.

An early example of this was during the Depression in the 1930s where the sporting success of Donald Bradman became a focal point of interest amongst the Australian public. No doubt his exploits against the British and achieving great sporting success provided a welcome distraction for people struggling in their day-to-day lives.

Between the 1970s and 1990s, the Australian government joined international political boycotts of all sporting events against South Africa in protest against apartheid – eg cricket and rugby. The impact on the athletes was that they were unable to play against high-standard athletes from South Africa. The issue of apartheid and the human rights abuses that went with that had an impact on the Australian public by highlighting the issues and broadening the understanding.

The Olympic Games has been an event that has seen many instances of political views and stances being raised by both athletes and governments. During the 1968 Mexico Olympics, an Australian runner was involved in a very significant political stance made by two black African American runners known as the 'Black Power salute'. Peter Norman came second in the race and to show his support for the Americans wore a human rights badge at the medal ceremony. The controversy that ensued resulted in Norman being banned from ever representing his country again. The impact on him as an athlete was huge and cut short the career of a world-class sprinter.

Another example where politics has been used was the Moscow Olympics of 1980. USSR (Russia) had invaded Afghanistan and many countries boycotted the games. The Australian government put a lot of pressure on the athletes to not attend and even offered money to athletes to convince them to not participate. Many athletes chose to participate but experienced death threats and were put down by the media. At the last minute, the team marched under the Olympic flag instead of the Australian flag. This meant that Australia was not supporting the USSR invasion of Afghanistan. The athletes were happy to march under the Olympic flag because for them, the focus was on sport not politics. The Olympics are often used as a forum for international political issues where countries can voice their opinions and send messages to the world.

The Australian government created the AIS because of the decrease in sporting achievement in the 1970s and 1980s eg Montreal Olympics. The aim was to provide better support for its athletes so they could be more competitive at an international level. Sporting success fits closely to nationalism and patriotism and many politicians recognise this link for them to achieve political success. Politicians involved certainly gained when the 2000 Olympics went well and this proved to be a good political decision for them. The positive impact for athletes was the development of great facilities and home ground advantages. For the Australian public – great waves of pride and nationalism. Politicians recognise the need to have good news stories and often will attend sporting events to ensure their support is widely recognised and reported on. Good press is always important for their public image. A more recent example of this is the cancelled national cricket tour of Zimbabwe in 2007 as a protest against the human rights violations by the Zimbabwe government. Cathy Freeman running with the Aboriginal and Australian flag is another example of individual athletes highlighting their own political points of view. This was a symbolic show of reconciliation on a very large stage – Olympic Games.

**Question 30 (b)****Sample answer:**

Significant differences exist in the gender-based participation rates of many sports. These include the implications for participation, sponsorship, policy and resourcing of sport, construction of gender roles and the role of media in constructing meanings of gender.

Historically sport has been viewed as traditionally a male domain. Sport was created by men for men with women playing a traditionally narrow perceived sideline role of observer rather than participant. Modern sport has had to overcome historical viewpoints and bias surrounding the capabilities of females as athletes.

Despite many efforts to reduce the stereotypes in sport, they still carry significant implications for participation. Women can be deterred from participating in traditionally male dominated sports such as football. In the movie *Bend it like Beckham*, Keira Knightley's character is belittled by her mother for spending time playing football rather than chasing boys. The female lead in the movie is not allowed to participate in football because it is not seen as an activity for women of Indian heritage. The mother of this character wants her daughter to focus on cooking or simply taking chaperoned walks in the park. Conversely, males can be deterred from participating in traditionally female-dominated activities such as dance. The movie *Billy Elliot* highlights the struggle of a young boy who wants to do ballet. Ballet is seen by his father and brother as an activity only homosexual males participate in.

Sponsorship, policy and resourcing of women's sport remain a contentious issue. Male-dominated sports such as rugby receive more television coverage, higher professional salaries (tennis excluded) and greater athlete endorsements. Sponsorship deals to individuals tend to go to male athletes in the first instance and then to females who are perceived as 'attractive' in the second. Anna Kournikova received more sponsorship and endorsement money than any other athlete on the WTA even though she had never won a singles grand slam. It appears that marketability in women's sport is more highly sought than athletic accomplishment.

Society's construction of gender roles is largely based on sports participation. Sport requires boys to be competitive, courageous, strong, fast, powerful. Many families expect their sons to participate in 'manly' sports such as football or boxing for proper social inclusion whereas sports such as dance are stereotyped as feminine and are therefore deemed inappropriate. Traditionally, women have only been encouraged to participate in sports that require minimum physical exertion or body contact as this would not compromise their feminine shape or ability to bear children. Generally boys are more actively encouraged to be involved in sport, to be physical and get dirty. This was also the case historically in the school setting in Physical Education classes.

Furthermore, the media has played a significant role within our society at perpetuating the construction of these gender roles. Within Australian society especially, sport consumes large amounts of time and space in the electronic and print media. The language associated with male and female sport in this country speaks to the emphasis on a women's sexual appeal for publicity rather than their athletic ability. Recent news articles refer to the 'glamour' or 'babe' quality of a female athlete or their ability to 'charm' spectators. These words are never associated with male athletes. Male athletes are referred to 'warriors' or 'gladiators' of sport in the media. They are often associated with heroic or war-like metaphors, much in the same way as they were in Ancient Greece when only men were allowed to participate in Olympic events.

**Question 31 (a)*****Sample answer:***

Physical preparation is a vital element of an athlete's wellbeing. Appropriate physical preparations such as pre-screening, having skill and technique, level of physical fitness and following adequate warm up, stretching and cool-down procedures are major factors in the prevention of sport injuries.

Pre-screening provides information about the health status of an individual before they begin a training program. Pre-screening questionnaires provide valuable information about the history, capabilities and any pre-existing medical conditions of the person. By understanding the limitations of the athlete, an appropriate exercise program can be devised which in turn will avoid muscle soreness, loss of motivation or an occurrence of an injury.

Skill and technique relate to the efficiency with which we perform required activities. Incorporating good technique during training when developing skill will not only improve performance but also reduce the risk of injury. For example, the footballer who is unsure of correct tackling technique is at risk each time they make a tackle. Therefore, as an athlete's skill development and technique increase, they will become more experienced in playing situations and so will reduce the incidence of injury.

Physical fitness is another area of physical preparation that can assist an athlete reduce the likelihood of injury. When an athlete has a good level of physical fitness, they are able to cope with the demands of sport more effectively and thus minimise injury. However, lack of development of an appropriate level of fitness is a contributing factor to injury. As the body gets tired, good skill and correct technique disappear and poor technique leads to greater injuries. Eg, a netball player after a 3-month break goes for an intercept and rolls her ankle.

Adequate warm up, stretching and cool down are important in enhancing performance and preventing injury. A warm up increases the muscle elasticity and the range of motion around a joint which reduces the risk of sprains and strains. Stretching programs can be static, PNF and dynamic. The most common combination during a warm up is PNF and dynamic. It is essential that the muscle groups that have the greatest demands placed upon them during performance are given specific attention. An example of this is a long jumper who gives specific and additional attention to the calf and thigh muscle groups. A cool down is essential as it allows the body to adjust from intense activity back to a normal pre-exercise state. A proper cool down will reduce muscle soreness and tightness and will therefore allow the athlete to recover more quickly and thus reduce injury.

**Question 31 (b)*****Sample answer:***

For adult and aged athletes who suffer from medical conditions such as heart conditions, fractures and bone density, lack of flexibility and joint mobility, there are measures that can be taken to maintain their participation in sport.

People with heart conditions such as high blood pressure should be required to obtain a medical clearance from their doctor before commencing an exercise program. These individuals should then begin their chosen sport gradually and choose suitable activities to match personal capabilities. Aerobic-type exercises such as walking, cycling, swimming and modified strength training programs (30 minutes, three times a week) present some of the best options for people with heart conditions.

Physical activity increases bone mass and makes bones stronger. Exercise assists in the delay of post-menopausal bone-density loss in older women in particular, thus reducing the onset of osteoporosis. Types of sports options available are walking, cycling, swimming, low-impact aerobics and modified strength training programs. These sport options assist in the areas of balance, strength, coordination and flexibility that result in improved bone strength, thus avoiding further fractures.

Low-impact sport options such as walking, cycling, swimming, tai-chi and aqua aerobics all have a positive effect on the flexibility and joint mobility in adult and aged athletes. Programs that focus on safe stretching and improving range of movement in joints increase the balance and stability of adult and aged athletes. Therefore, there is a reduction of fractures caused by falls.

It is important for adults and aged athletes to be able to continue their participation in their chosen sport. Many sporting organisations are recognising this and now provide modified competition arrangements for such athletes. Examples of these include over 35 competitions, 'Golden Oldies' tournaments and Masters games. While these activities encourage and facilitate greater participation for adult/aged athletes in sport, medical conditions such as heart conditions, bone density and joint health/flexibility need to be incorporated into the design of these competitions. Many of these therefore have modified equipment, rules and reduced physical contact.

**Question 32 (a)*****Sample answer:***

Effective planning of training involves determining the suitable amount and intensity of training, physiological considerations and also psychological considerations. If training is not planned properly it can lead to overtraining and burn-out.

Overtraining and burn-out develop as a result of unusually high training loads/intensity with poor recovery time. This lack of recovery from training means the athletes will be training in a fatigued state. For example, if a weightlifter's training amount is dramatically increased from 1 hour a day of low intensity to 2 hours a day of medium intensity with insufficient recovery then they will experience decrease in performance and maybe lack of motivation. With correct planning of gradual increase in training load, overtraining can be prevented.

Planning the amount and intensity of training correctly can assist in reducing the risk of overtraining. Some individuals have higher or lower training stress levels and this needs to be planned for. For example, if an individual has a poor diet and suffers from lack of sleep, they will need lower training volume or intensity, otherwise they will not recover and may suffer from overtraining.

Physiological considerations for planning are level of recovery, lethargy and injury. If an athlete is training while lethargic they may have less concentration and focus, leading to risk of poor technique and injury. Also if the athlete is susceptible to an injury such as shin splints, they need to have protective routines included in the planning of their training so it doesn't get worse. For example, for a marathon runner who has an injury such as shin splints they may have planned to do water running every 4th training session and always ice their shins after training. This planning of recovery sessions and also recovery methods such as icing helps prevent shin splints caused by overtraining.

Lastly, psychological considerations need to be included in the planning. When an athlete is experiencing overtraining, they will first show signs of emotions, signs such as: lack of motivation, poor concentration, becoming emotionally upset easily. In planning training to help improve mental and emotional well-being, the coach needs to include relaxation techniques, varied training environments, being positive, rest days. For example, when training loads are intense and high for a sprint cyclist they could do cycling on the road rather than at the velodrome for a different setting to maintain motivation and interest.

**Question 32 (b)*****Sample answer:***

Performance-enhancing drugs can pose health, financial and social risks and also create an unequal playing field for athletes. Testing athletes for drugs will assist in preventing or deterring drug cheats and improve competition so that performances are due to training and genes rather than steroids.

There are dangers associated with use of performance-enhancing drugs. The dangers can be physical effects such as heart disease or loss of reputation and sponsorship if caught using drugs. For example, when Marion Jones got in trouble for using drugs, she lost her reputation for being a great athlete due to hard training and dedication. Drugs also increase the risk of cancer and heart disease. For these reasons athletes should be drug tested to reduce the risk of athletes using drugs to enhance performance and consequently do irreversible damage to their health.

Drug use for strength can have many negative effects on health. Anabolic steroids can lead to liver disease and increase the risk of heart disease. If an athlete is using drugs to enhance their performance they may have an unfair advantage, but they are also harming themselves. For example, if a weightlifter uses steroids they will be able to train harder and longer and get stronger faster. This could lead to shortening of their life (eg heart attack). Plus this is unfair and creates an uneven playing field along with long-term health effects. Drug testing is important as it will intimidate the athletes from using drugs since they will be banned if found using drugs.

Drugs are sometimes used by endurance athletes to enhance performance. For example, last year a cyclist was caught using EPO in the Tour de France. EPO improves aerobic ability and allows an athlete to cycle harder for longer. This makes the race unfair for the non-drug users and can reduce future sponsorship and sport development opportunities. EPO can cause heart attack, stroke and blood clots. Drug testing catches the athletes that cheat and deters them from taking the risk that also harms their health.

Some athletes use drugs such as diuretics, alcohol. These drugs are more commonly used to mask the use of other drugs. The health problems associated with using diuretics are kidney damage and dehydration. These drugs can also improve performance in those sports with weight classes. For example, before a 24-hour weigh-in for boxing, the boxer may use diuretics to make a lighter weight class and then rehydrate to be a heavier weight before the fight against a lighter opponent. Drug testing for diuretics helps reduce the risk of athletes cheating in weight classes and having unfair advantage. Large amounts of money are associated with sports like boxing through endorsements and gambling. The unfair environment created by drug use can create larger social harm because people bet on athletes without knowing whether drugs are used or not. Testing reduces the risk of competitors using and promoting good health above the desire to win at all costs.

Drug testing deters athletes from using drugs. When those athletes using drugs are disqualified, competition becomes fair.

**Question 33 (a)*****Sample answer:***

Funding for health in Australia is a very topical issue. Not least of all because the responsibility for health funding is split across all three levels of government (federal, state, and local). The government has also identified specific population groups within the Australian community that are in need of improving their health status. These include Aboriginal and Torres Strait Islanders, socio-economically disadvantaged people, those living in regional and remote communities, prisoners and those born overseas. Finally, given that governments have limited resources to deliver health care, the funding for health care systems is largely directed at the curative or treatment end of the health care continuum.

The intersectoral governance of health care in Australia means that one of the largest issues in improving the health of specific population groups is accountability. Federal governments frequently blame state governments for lack of health care delivery to these groups or that money given to state governments is incorrectly managed. Likewise, state governments frequently accuse federal government of not adequately funding programs for specific populations or overly controlling where health care funds are to be spent.

Funding each of the specific populations also presents their own range of issues, not least of all, that funding of public health care is increasing at an alarming rate. Funding for improved ATSI health is often met with criticism for being insensitive to their cultural feelings toward health. The funding for improving health of the socio-economically disadvantaged is frequently met with a question of whether increasing welfare payments would equate to spending the money on health care services. For people living in remote areas of Australia it is debated whether the expense of setting up such services is viable given the limited number of people who are capable of accessing them.

**Question 33 (b)*****Sample answer:***

In designing and implementing an effective and successful health promotion strategy it's important to involve the target group. This helps the group develop a sense of ownership and consequently they are more likely to be involved. For example, by involving Aboriginal Elders in strategies to decrease smoking among the Indigenous population, the program will be supported or will get greater support from the leaders and consequently greater participation.

Some other benefits of involving the target group in program design is getting an improved picture of the key health issues and key factors which result in health inequities that can be targeted. For example, involving men from rural areas to discuss how to change the perception of men who reach out for help when depressed or lonely in an attempt to develop a suicide-prevention program in rural areas.

By developing a health promotion program which has strategies which are relevant to a range of cultures, the program will have greater success. For example, providing breakfast at school for students of low socioeconomic background ensures the children's participation in a 'healthy eating program'. If the program is not culturally relevant or appropriate there will be little success.

Focusing on skills, education and prevention makes a health promotion successful because it empowers individuals. For example, teaching young people in food technology to cook using less fat and oil provides them with the skills to 'cook healthier'. If students are just taught about good nutrition and not given the skills to cook and prepare meals it is harder for them to put what they know into practice.

For a health promotion to be a success no one must be left out. The whole population targeted must be supported and extra resources given to those in high-risk groups. For example, in the Canterbury Local Government Area, obesity and Type 2 Diabetes is a problem, especially among those from non-English speaking backgrounds. For an obesity and diabetes health promotion program in this local government area to be successful, information should be presented in a variety of languages and elders from the cultural groups should be involved for development of specific resources. Otherwise if the promotion is only in English and lacks relevance then the high-risk group will remain a high-risk group for diabetes and the program will be unsuccessful.

Intersectoral collaboration is the final characteristic. Together we can do more. If the health sector, Department of Education and non-government organisations work together they can do more. For example, if the police, Facebook, schools and sporting community groups work together to target childhood bullying, then most environments that children are in will be safer and change attitudes in the whole community to bullying. If schools were to work alone at reducing childhood bullying the program would be less effective since other environments that the students are in would not have strategies to reduce bullying.