

Personal Development, Health and Physical Education

General Instructions

- Reading time – 5 minutes
- Working time – 3 hours
- Write using black pen

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 21–26
- 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 Immunisation information is provided in a range of languages.

Which of the following best relates to the principle of social justice that is being applied in this case?

- (A) Reducing equity
- (B) Recognising diversity
- (C) Reorienting health services
- (D) Establishing supportive environments

2 What is the most likely cause of fatigue in a runner completing a 100 m sprint?

- (A) Dehydration
- (B) Accumulation of lactic acid
- (C) Depletion of muscle glycogen
- (D) Depletion of phosphate creatine

3 Which of the following is an example of a socioeconomic determinant that influences the health of Aboriginal and Torres Strait Islander peoples?

- (A) Racism from peers and the community
- (B) Remoteness of some of their communities
- (C) Lower completion rate of Year 12 education
- (D) Lack of access to appropriate health services

- 4 What is the likely effect of a heavy and low-repetition strength training program using free weights?
- (A) Muscle atrophy
 - (B) Muscle hypertrophy
 - (C) Increased muscular endurance
 - (D) Increased slow-twitch muscle fibre concentration
- 5 Which of the following is a health benefit of using emerging technologies for health care in Australia?
- (A) Reduced expenditure in medical research
 - (B) Reduced costs of medical treatment for individuals
 - (C) Faster recovery of patients from less-invasive procedures
 - (D) Increased availability of medical services in regional and remote areas
- 6 An athlete sustains tissue damage during a game.
- Which recovery strategy should the athlete undertake to prepare for another game in two days time?
- (A) Cryotherapy
 - (B) Hydrotherapy
 - (C) Sports massage
 - (D) Dynamic stretching
- 7 Which of the following best describes *atherosclerosis*?
- (A) Dilation of the arterial walls
 - (B) Increased elasticity of blood vessels
 - (C) Damage to the blood vessels in the hands and feet
 - (D) A build-up of plaque on the interior walls of arteries

- 8** Compared to an untrained person, a trained endurance athlete is likely to have a
- (A) lower resting heart rate.
 - (B) higher resting heart rate.
 - (C) increased fast-twitch fibre concentration.
 - (D) decreased fast-twitch fibre concentration.
- 9** In which list are all the factors perceived advantages of choosing private health insurance?
- (A) Private room, reduced time on waiting lists, assigned medical practitioners
 - (B) Choice of doctor, reduced time on waiting lists, access to ancillary services
 - (C) Private room, decreased cost to the individual, assigned medical practitioners
 - (D) Choice of doctor, increased cost to the government, access to ancillary services
- 10** At the completion of a netball game, all team members nominate a player from their team whom they believe was the best player.

What type of assessment of skill and performance is this?

- (A) Objective and personal criteria
 - (B) Objective and prescribed criteria
 - (C) Subjective and personal criteria
 - (D) Subjective and prescribed criteria
- 11** Members of Aboriginal and Torres Strait Islander communities are trained to deliver Quit Smoking programs.

Which action area of the Ottawa Charter is most likely being addressed?

- (A) Developing personal skills
- (B) Reorienting health services
- (C) Building healthy public policy
- (D) Strengthening community action

- 12** An athlete trains by running 4 km in 20 minutes without stopping. For 30 seconds in each minute the athlete increases the intensity significantly before returning to the normal intensity.

Which row in the table indicates the type of training and the method that is being used?

	<i>Type of training</i>	<i>Training method</i>
(A)	Aerobic	Fartlek
(B)	Anaerobic	Fartlek
(C)	Aerobic	Interval
(D)	Anaerobic	Interval

- 13** Which of the following lists the most common risk factors associated with both cardiovascular disease (CVD) and breast cancer?

- (A) Ethnicity, gender, lack of physical activity
- (B) Family history, smoking, low sugar intake
- (C) Family history, obesity, lack of physical activity
- (D) Ethnicity, high fat diet, early onset of menstruation

- 14** Athletes dehydrate while competing in sporting events.

Which strategy would best address dehydration?

- (A) Drinking 250 mL of water for every 30 minutes of competition
- (B) Drinking 300 mL to 500 mL of water prior to commencing the event
- (C) Drinking 600 mL of an energy sports drink at the completion of the event
- (D) Drinking 100 mL of water for every 100 grams of body weight lost during the event

- 15** Which of the following is an example of an *indirect cost* of chronic disease?

- (A) Purchasing medicine
- (B) Bulk billing a visit to the doctor
- (C) Purchasing a gym or health club membership
- (D) Training replacement workers to cover sick days

- 16** Why would athletes choose to consume caffeine to enhance performance in a high intensity activity of short duration?
- (A) To increase water retention
 - (B) To increase focus and attention
 - (C) To increase synthesis of stored glycogen
 - (D) To increase metabolism of essential vitamins and minerals
- 17** Which of the following best describes *healthy ageing*?
- (A) Ageing at a healthy rate and trying to look younger
 - (B) Increasing the proportion of people who consume healthy foods throughout their life
 - (C) Reducing the risk of illness and disease when growing older by maintaining physical, dietary and mental health
 - (D) Reducing the number of people who die at a young age from illnesses related to hereditary and genetic factors
- 18** A learner is practising a complicated serial skill by breaking down the skill into segments. After developing each part, the learner reassembles the skill to get feedback from the coach during skill execution.

Which row in the table shows the practice methods and types of feedback that are described?

	<i>Practice methods</i>	<i>Types of feedback</i>
(A)	Part and whole	Concurrent and external
(B)	Distributed	Concurrent and external
(C)	Part and whole	Knowledge of performance and delayed
(D)	Distributed	Knowledge of performance and delayed

- 19** From December 2012, the Australian Government required all tobacco products to be sold in plain packaging.

Why did the government do this?

- (A) To increase costs at the point of sale
 - (B) To increase taxation on tobacco products
 - (C) To provide a mix of strategies aimed at developing personal skills
 - (D) To implement a health promotion strategy directed at changing behaviour
- 20** Which of the following adaptations is increased by long-term aerobic training?
- (A) Fat metabolism
 - (B) ATP resynthesis
 - (C) Protein metabolism
 - (D) Fast-twitch fibre recruitment

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Personal Development, Health and Physical Education

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Centre Number

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Student Number

Section I (continued)

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.

Extra writing space is provided on page 16. If you use this space, clearly indicate which question you are answering.

Write your Centre Number and Student Number at the top of this page.

Do NOT write in this area.

Please turn over

Question 21 (5 marks)

Using examples, describe the difference between alternative health therapies and complementary health therapies.

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Question 24 (7 marks)

(a) Outline the stages of skill acquisition.

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(b) Outline, using specific examples, the types of feedback that are appropriate at each stage of skill acquisition.

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Question 25 (5 marks)

Using examples, distinguish between valid tests and reliable tests of athletic performance.

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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 both questions in the Section II Writing Booklet. Extra writing booklets are available.

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

- (a) Explain how individual and sociocultural factors can adversely affect the health of young people. **8**
- (b) Evaluate government strategies or actions that target major health issues affecting young people. **12**

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

- (a) Explain the connection between sport and cultural identity. In your answer, refer to particular groups within Australian society. **8**
- (b) To what extent does mass media influence Australian sport? **12**

Please turn over

Question 29 — Sports Medicine (20 marks)

- (a) Explain the physical activity options available for aged people with medical conditions. **8**
- (b) Evaluate the strategies an athlete may employ to support the body's mechanisms for regulating temperature. **12**

Question 30 — Improving Performance (20 marks)

- (a) Explain the advantages and disadvantages related to drug testing elite athletes. **8**
- (b) A training session is being designed for an activity of your choice. **12**
- Justify each element that should be considered for the session.

Question 31 — Equity and Health (20 marks)

- (a) In relation to a group affected by health inequities, explain the role of the media in influencing social attitudes and public policy. **8**
- (b) To what extent do different factors contribute to the health inequities experienced by a population group in Australia? **12**

End of paper