



2002

**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 13 and 17

Total marks – 100

Section I Pages 2–20

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 21–22

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.

Select the alternative A, B, C or D that best answers the question. Fill in the response oval completely.

Sample: $2 + 4 =$ (A) 2 (B) 6 (C) 8 (D) 9
 A ☐ B ☒ C ☐ D ☐

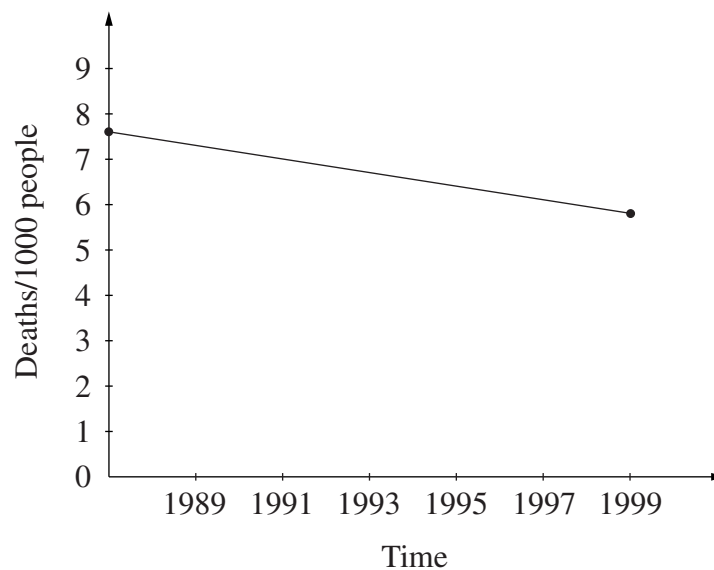
If you think you have made a mistake, put a cross through the incorrect answer and fill in the new answer.

A ☒ B ☒ C ☐ D ☐

If you change your mind and have crossed out what you consider to be the correct answer, then indicate the correct answer by writing the word **correct** and drawing an arrow as follows.

A ☒ B ☒ C ☐ D ☐
 correct
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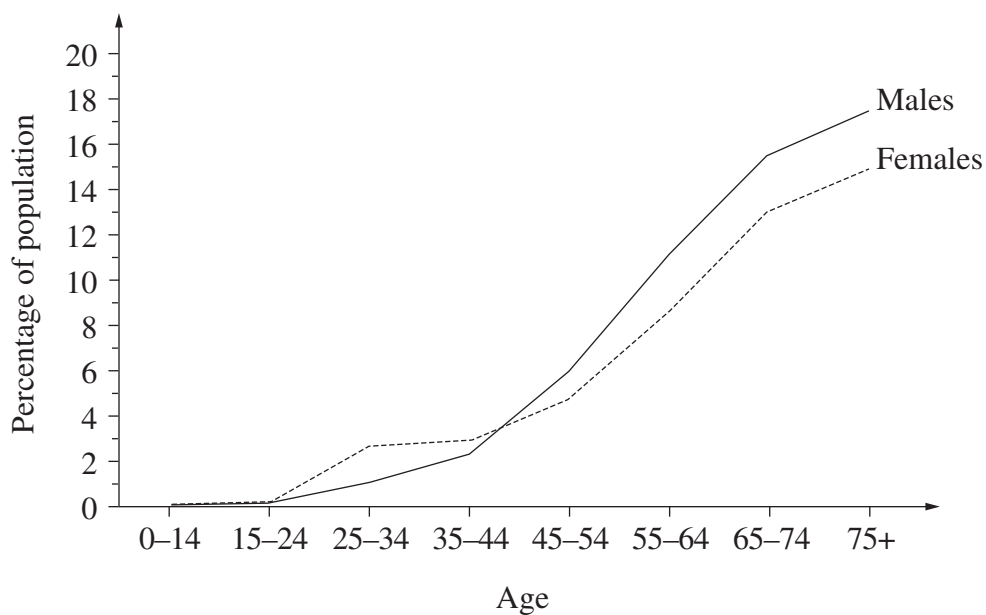
- 1 In Australia, which of the following major causes of illness and death are showing an upward trend in incidence?
- (A) Cancer and cardiovascular disease
 - (B) Cancer and respiratory disease
 - (C) Injuries and cardiovascular disease
 - (D) Injuries and respiratory disease
- 2 What is the main reason for the growth in the use of alternative medicine in the past ten years in Australia?
- (A) Alternative medicine guarantees success.
 - (B) Alternative medicine is covered by Medicare.
 - (C) Alternative medicine produces no apparent side effects.
 - (D) Alternative medicine provides a holistic view of health.
- 3 The graph shows the trend in the Australian mortality rate.



Which health promotion initiative has contributed most to this trend?

- (A) The anti-smoking campaign
- (B) Blood-sugar level testing
- (C) The melanoma awareness program
- (D) Workplace safety legislation

- 4 Which statement is true of the Jakarta Declaration?
- (A) It encourages individuals to solve their own health problems.
 - (B) It highlights the lifestyle approach to health promotion.
 - (C) It identifies poverty as the greatest threat to health.
 - (D) It replaces the strategies of the Ottawa Charter.
- 5 A policy such as 'no hat, no play' in primary schools is an example of what action area of the Ottawa Charter?
- (A) Creating supportive environments
 - (B) Developing personal skills
 - (C) Reorienting health services
 - (D) Strengthening community action
- 6 This graph shows age-specific morbidity rates for males and females for a lifestyle disease.



What lifestyle disease is represented by this graph?

- (A) Diabetes
- (B) Heart disease
- (C) Lung cancer
- (D) Osteoporosis

- 7** Which of the following government initiatives best represents social justice principles in action?
- (A) Bulk billing
 - (B) Pharmaceutical benefits scheme
 - (C) Private health insurance rebate
 - (D) Private health insurance lifetime cover
- 8** How can the incidence of lifestyle-related morbidity be reduced in Australia?
- (A) By increasing individual responsibility and reducing government action
 - (B) By increasing research and improving education
 - (C) By modifying the environment and changing behaviour
 - (D) By raising awareness and implementing medical advances
- 9** Which statement correctly compares the health behaviour of young people from high and low socioeconomic backgrounds?
- (A) Young people from high socioeconomic backgrounds are less likely to use illicit drugs.
 - (B) Young people from high socioeconomic backgrounds are more likely to have casual, unprotected sex.
 - (C) Young people from low socioeconomic backgrounds are less likely to smoke tobacco.
 - (D) Young people from low socioeconomic backgrounds are more likely to drink at harmful levels.
- 10** Which of the following sets of population groups is most at risk of developing a mental illness?
- (A) Smokers, females aged 18–24 years, and people working in physically-demanding occupations
 - (B) Smokers, indigenous males, and people who have experienced significant trauma
 - (C) Women, indigenous males, and people with a family history of mental illness
 - (D) Cannabis users, women who have not given birth, and males aged 18–24 years

- 11** Which of the following types of feedback is most appropriate for an athlete at the cognitive stage of learning?
- (A) Intrinsic
 - (B) Negative
 - (C) Positive
 - (D) Self-appraisal
- 12** What type of muscular contraction occurs in the biceps as it shortens when a 'curl' is performed using a free weight?
- (A) Concentric
 - (B) Eccentric
 - (C) Isokinetic
 - (D) Isometric
- 13** What is the reason that a pre-game motivational speech given by a football coach is unlikely to achieve an optimal level of arousal for all players?
- (A) Footballers have little need to prepare psychologically
 - (B) Individuals have different psychological needs
 - (C) Players should be able to set their own goals
 - (D) Positive reinforcement is not required before a game
- 14** What type of appraisal would a panel of judges use to assess an artistic gymnastics routine?
- (A) Check-list
 - (B) Objective assessment
 - (C) Personal criteria
 - (D) Prescribed criteria

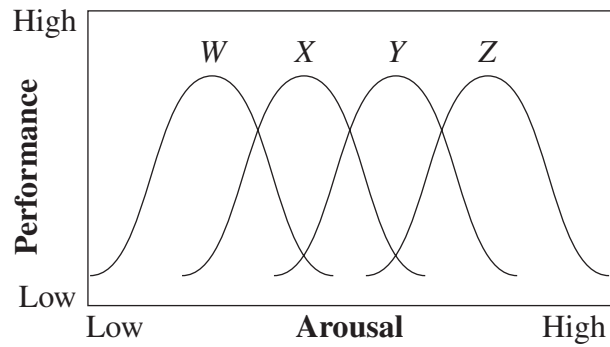
- 15** What are major characteristics of the associative stage of skill acquisition?
- (A) The performer attends to other aspects of performance, and does not have to think about movement patterns when performing.
 - (B) The performer does not have to concentrate on the organisation of patterns of movement, and can correct errors as they occur.
 - (C) The performer makes slow improvements, and there is a high level of consistency of performance.
 - (D) The performer understands the sequence of movements, and cognitive problems have been solved.

- 16** Which of the following resistance training programs would be most successful in developing muscular endurance?

	<i>Weight</i>	<i>Repetitions</i>	<i>Sets</i>	<i>Exercise speed</i>
(A)	Light	15–30	2–3	Slow–medium
(B)	Medium	5–6	3–5	Fast
(C)	Heavy	10–15	5–10	Slow
(D)	Very heavy	3–5	3	Slow–medium

- 17** An athlete has been jogging on a treadmill at 65% of aerobic capacity for 45 minutes. If the exercise continued at the same workload for a further 45 minutes, why would fats rather than carbohydrates be the preferred energy source?
- (A) Fat metabolism does not create lactic acid.
 - (B) Fat metabolism is assisted by the body's protein reserves.
 - (C) Fewer chemical reactions are needed to break down fats.
 - (D) Glycogen from carbohydrates would be in limited supply.
- 18** At which stage of skill acquisition is an athlete best able to use the technique of mental rehearsal?
- (A) Associative
 - (B) Autonomous
 - (C) Cognitive
 - (D) Practice

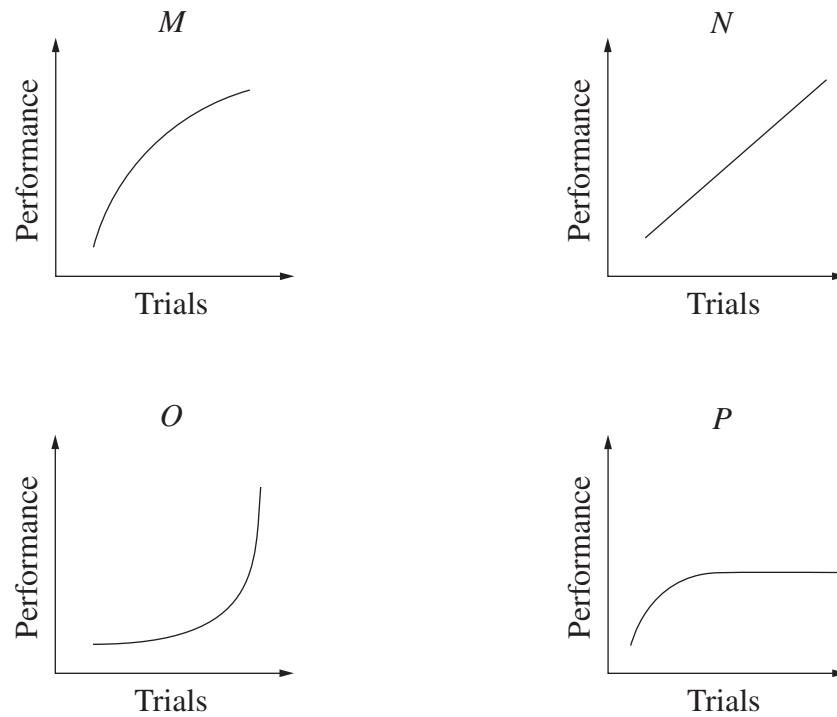
- 19 The curves W, X, Y and Z represent the optimum level of arousal for elite athletes performing skills in competition.



Which of the following correctly matches the skill to its optimal level of arousal curve?

	W	X	Y	Z
(A)	Forehand drive in tennis	Shooting in archery	Squat in weight-lifting	Throwing a javelin
(B)	Shooting in archery	Forehand drive in tennis	Throwing a javelin	Squat in weight-lifting
(C)	Squat in weight-lifting	Throwing a javelin	Forehand drive in tennis	Shooting in archery
(D)	Throwing a javelin	Squat in weight-lifting	Shooting in archery	Forehand drive in tennis

- 20 The graphs show performance in trials in the same simple movement tasks by four athletes, *M*, *N*, *O* and *P*, each of whom has a different level of state anxiety.



Which graph represents the highly anxious athlete?

- (A) *M*
- (B) *N*
- (C) *O*
- (D) *P*

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Section I (continued)

Allow about 1 hour and 10 minutes for this part

Answer the questions in the spaces provided.

- 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

Question 21 — Health Priorities in Australia (20 marks)

- (a) Describe the inequities of health status experienced by people of low socioeconomic status in Australia. 5

[illegible]

Question 21 continues on page 14

- (b) Evaluate the effectiveness of the application of the principles of the Ottawa Charter in addressing the areas of depression, and road and traffic-related injuries. **15**

This image shows a full page of a notebook or worksheet. It features approximately 20 evenly spaced horizontal dotted lines across its entire width, providing a guide for handwriting practice. The background is plain white, and there are no margins, text, or other markings present.

Question 21 continues on page 15

Question 21 (continued)

This image shows a full page of a handwriting practice worksheet. It consists of approximately 20 horizontal rows. Each row is defined by two parallel dotted lines, creating a series of uniform gaps for writing. The lines are evenly spaced across the entire page, providing a guide for letter height and placement. There is no text or other markings on the page.

End of Question 21

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Personal Development, Health and Physical Education

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Centre Number

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Student Number

Section I — Part B (continued)

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

Marks

Question 22 — Factors Affecting Performance (20 marks)

- (a) Describe how the principles of specificity and reversibility apply to a flexibility training program. **4**

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Question 22 continues on page 18

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[illegible]

– 18 –

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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.

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
-

Marks

Question 23 — The Health of Young People (20 marks)

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|-----|---|-----------|
| (a) | Describe how young people can use coping skills to attain better health. | 5 |
| (b) | Assess the influence that social factors have on the health status of young people. | 15 |

Question 24 — Sport and Physical Activity in Australian Society (20 marks)

- | | | |
|-----|---|-----------|
| (a) | Describe the consequences for sporting organisations of having to attract sponsorship. | 5 |
| (b) | Assess the impact of the Olympic Games on the national identity AND sporting identity of Australia. | 15 |

Please turn over

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
-

Marks

Question 25 — Sports Medicine (20 marks)

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|-----|--|-----------|
| (a) | Describe the impact of drug testing on sport. | 5 |
| (b) | Assess the ways in which sports policy and the sports environment promote the physical wellbeing of children and young athletes. | 15 |

Question 26 — Improving Performance (20 marks)

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|-----|---|-----------|
| (a) | Describe how a coach could evaluate the effectiveness of the skill instruction element of a training session. | 5 |
| (b) | Assess the ways in which altitude training and acclimatisation can influence the physiological preparation and performance of an endurance athlete. | 15 |

Question 27 — Equity and Health (20 marks)

- | | | |
|-----|---|-----------|
| (a) | Describe how a social justice framework addresses a factor that creates health inequities. | 5 |
| (b) | Assess how funding to improve health attempts to overcome health inequities experienced by Aboriginal and Torres Strait Islander peoples. | 15 |

End of paper