



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

2005

**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 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 21–22
- Allow about 1 hour and 10 minutes for this part

Section II Pages 17–18

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

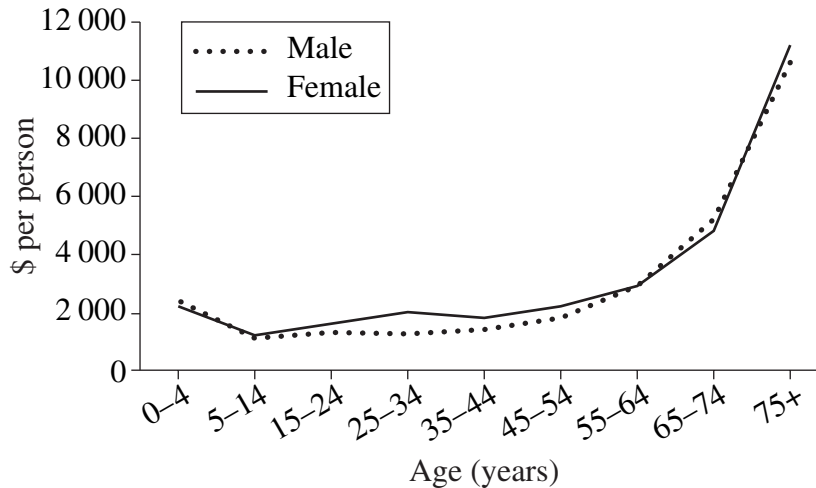
If you change your mind and have crossed out what you consider to be the correct answer, then indicate the correct answer by writing the word **correct** and drawing an arrow as follows.

A B C D
correct ↙

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- 1 Which of the following population groups experiences a life expectancy approximately 20 years lower than that of other Australians?
- (A) People with disabilities
 - (B) Australians born overseas
 - (C) Socioeconomically disadvantaged people
 - (D) Aboriginal and Torres Strait Islander peoples
- 2 Which of the following best explains why the Federal Government has increased its focus on health promotion?
- (A) There is a desire to decrease the infant mortality rate in Australia.
 - (B) There are high costs associated with treating preventable diseases.
 - (C) There is little need for health care expenditure, given Australia's current health status.
 - (D) There are more people with low socioeconomic status who are experiencing better health.

- 3** Which of the following represents two health-care facilities?
- (A) Doctor and dentist
 - (B) Nursing home and physiotherapist
 - (C) Sexual health clinic and hospital
 - (D) Youth centre and pathology
- 4** A health promotion initiative provides free mobile blood pressure and blood cholesterol tests for people living in rural and isolated locations in Australia.
- Which of the following is the main focus of this initiative?
- (A) Strengthening community action
 - (B) Implementing social justice principles
 - (C) Addressing individual behaviour change
 - (D) Increasing alternative health care choices
- 5** Which of the following sets of risk factors is common to both cardiovascular disease and breast cancer?
- (A) Physical inactivity, overweight, high fat diet
 - (B) Heredity, tobacco smoking, physical inactivity
 - (C) Alcohol misuse, high blood pressure, tobacco smoking
 - (D) High blood cholesterol, first pregnancy after age 40 years, overweight
- 6** Which of the following is an identified priority of the Jakarta Declaration?
- (A) Providing safe drinking water
 - (B) Improving immunisation programs
 - (C) Increasing the use of private health insurance
 - (D) Securing an infrastructure for health promotion

- 7 Which of the following government initiatives has resulted in the greatest increase in the number of Australians covered by private health insurance since 1990?
- (A) The ‘lifetime health cover’ arrangements
 - (B) An increase in the number of doctors who bulk bill their patients
 - (C) The reduction in the Medicare levy for people who have private health insurance
 - (D) The 2.5% tax levy on the taxable income of high-income earners without private health insurance
- 8 What has had the most significant impact on the change in the incidence of lung cancer in men in Australia?
- (A) Health warnings on cigarette packages
 - (B) Reducing the uptake of tobacco use
 - (C) Banning of smoking in the workplace
 - (D) Legislation banning the sale of tobacco to people under 18
- 9 The graph shows the allocated health expenditure per person by age and sex in Australia, 2000–2001.



Reproduced with the permission of the Australian Institute of Health and Welfare

What are the implications for future health expenditure, based on the information provided in the graph?

- (A) Expenditure for females will be lower than for males.
- (B) Private health insurance will reduce health expenditure.
- (C) More funds will be needed for hospitals and aged-care facilities.
- (D) Lifestyle diseases will be less likely to appear until after 65 years of age.

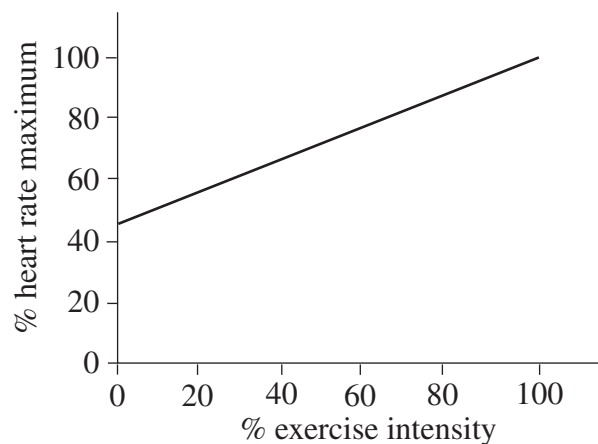
- 10** The graph identifies the total health-sector costs for six National Health Priority Areas (NHPA) in Australia, 2000–2001.



Which National Health Priority Area is represented by *U*?

- (A) Cancer
 - (B) Injuries
 - (C) Mental health
 - (D) Cardiovascular disease
- 11** What is the purpose of pre-screening for aerobic training?
- (A) To determine the starting point for an exercise program
 - (B) To develop the best exercise program to improve health-related fitness
 - (C) To gather data about physiological adaptations to help set realistic goals
 - (D) To identify strategies to improve motivation and achieve optimal performance
- 12** Which statement best describes the principle of reversibility?
- (A) Changing training duration prior to competition
 - (B) Changing training intensity prior to competition
 - (C) The loss of training benefits with reduced performance
 - (D) The loss of muscle glycogen due to increased training demands

- 13 What two types of feedback are provided when athletes view a video of their performance?
- (A) Knowledge of performance and delayed
 - (B) Knowledge of performance and internal
 - (C) Knowledge of results and concurrent
 - (D) Knowledge of results and proprioception
- 14 What is the most appropriate source of fuel for replenishing energy stores after a 50 minute Fun Run?
- (A) Fat
 - (B) Fibre
 - (C) Protein
 - (D) Carbohydrate
- 15 The graph shows the relationship between heart rate and exercise intensity for an individual over time.



Which of the following best describes the purpose of this relationship?

- (A) To maintain cardiac output
- (B) To decrease systolic blood pressure
- (C) To prevent a shift into the anaerobic energy system
- (D) To increase the amount of oxygen available to muscles

- 16 A batter observes the movement of a ball through the air and adjusts his stroke accordingly.

What characteristic of a performer is this batter demonstrating?

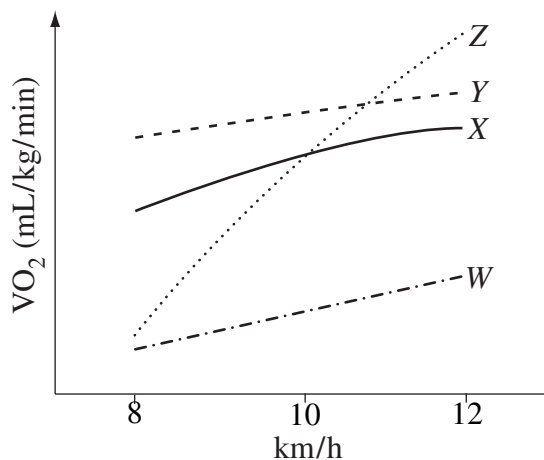
- (A) Visualisation
 - (B) Anticipation
 - (C) Proprioception
 - (D) Kinaesthetic sense
- 17 Which of the following physiological adaptations should an athlete at rest show following an eight-week aerobic training program?

	<i>Increased</i>	<i>Decreased</i>
(A)	Lung capacity	Oxygen uptake
(B)	Cardiac output	Haemoglobin level
(C)	Stroke volume	Blood pressure
(D)	Ventilation rate	Lactate levels

- 18 What is necessary for the immediate resynthesis of ATP during a long-jump event?

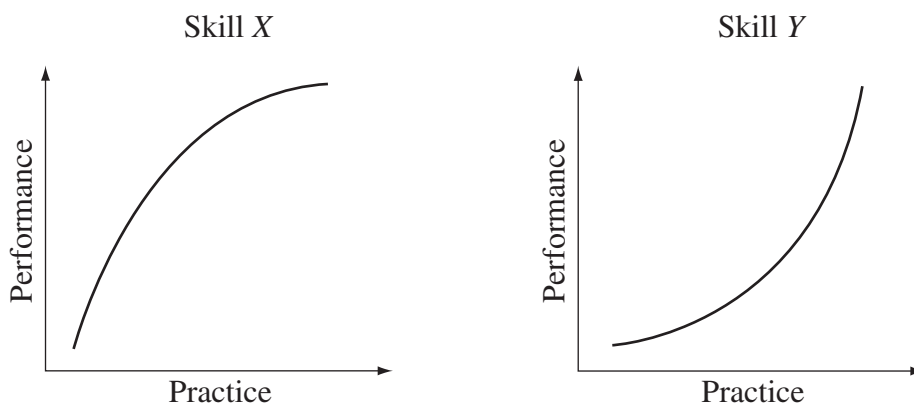
- (A) Glycogen
- (B) Lactic acid
- (C) Oxygen
- (D) Phosphocreatine

- 19 The graph shows the results of four athletes (W, X, Y, Z) whose oxygen uptake (VO_2) was measured while they were running at 8, 10 and 12 km/h.



Which athlete demonstrated the most efficient oxygen uptake?

- (A) W
 - (B) X
 - (C) Y
 - (D) Z
- 20 The graphs show the learning curves of a performer practising two new skills.



Senior Personal Development Health and Physical Education 2 - Human Movement by J Davy, R Parker and J Patterson, Heinemann Melbourne, 1994.

Which of the following best reflects the skills represented by X and Y?

	X	Y
(A)	Tennis serve	Juggling three balls
(B)	Long jump	Surfboard riding
(C)	Golf putt	Throwing a ball
(D)	Hammer throw	Skipping with a rope

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Centre Number

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Student Number

Section I (continued)

Part B – 40 marks
Attempt Questions 21–22
Allow about 1 hour and 10 minutes for this part

Answer the questions in the spaces provided.

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 21 — Health Priorities in Australia (20 marks)

(a) Account for the differences in the health status of men and women in Australia. **7**

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Question 21 continues on page 10

Question 21 (continued)

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Question 21 continues on page 11

Question 21 (continued)

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End of Question 21

Personal Development, Health and Physical Education

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Section I — Part B (continued)

In your answers you will be assessed on how well you:

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- 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 FITT principle can be used to plan aerobic training programs. **5**

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Question 22 continues on page 14

Question 22 (continued)

- (b) Evaluate the use of psychological strategies to motivate athletes and manage their anxiety. **15**

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Question 22 continues on page 15

Question 22 (continued)

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End of Question 22

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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)	
(a) Outline the degree to which young people are exposed to the risk factors for diseases that present in later life.	5
(b) For ONE area of concern you have studied, critically analyse the skills and actions that enable young people to attain better health.	15
Question 24 — Sport and Physical Activity in Australian Society (20 marks)	
(a) Outline how Australia has used sport for political purposes.	5
(b) Critically analyse how the mass media contribute to people's understanding, values and beliefs about sport.	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)	
(a) Outline the barriers to the use of protective equipment in sport.	5
(b) Critically analyse the ethical issues raised by the increased use of sports medicine for injury management.	15
Question 26 — Improving Performance (20 marks)	
(a) Outline how coaches can use video analysis to improve the performance of athletes.	5
(b) Critically analyse how elite athletes competing in similar events train to improve skill and performance.	15
Question 27 — Equity and Health (20 marks)	
(a) Outline health promotion initiatives that show promise for people living in rural and remote communities.	5
(b) Critically analyse how a social justice framework for addressing health inequities can impact upon the health of Aboriginal and Torres Strait Islander peoples.	15

End of paper