



CATHOLIC SECONDARY SCHOOLS  
ASSOCIATION OF NEW SOUTH WALES

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Centre Number

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Student Number

**2010**  
**TRIAL HIGHER SCHOOL CERTIFICATE**  
**EXAMINATION**

# Personal Development, Health and Physical Education

Afternoon Session  
Wednesday, 11 August 2010

## General Instructions

- Reading time – 5 minutes
- Working time – 3 hours
- Write using blue or black pen
- Use Multiple Choice Answer Sheet provided
- Write your Centre Number and Student Number at the top of this page and pages 9, 11, 13 and 15

**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 21–26
- 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

## Disclaimer

Every effort has been made to prepare these 'Trial' Higher School Certificate Examinations in accordance with the Board of Studies documents, *Principles for Setting HSC Examinations in a Standards-Referenced Framework* (BOS Bulletin, Vol 8, No 9, Nov/Dec 1999), and *Principles for Developing Marking Guidelines Examinations in a Standards Referenced Framework* (BOS Bulletin, Vol 9, No 3, May 2000). No guarantee or warranty is made or implied that the 'Trial' Examination papers mirror in every respect the actual HSC Examination question paper in any or all courses to be examined. These papers do not constitute 'advice' nor can they be construed as authoritative interpretations of Board of Studies intentions. The CSSA accepts no liability for any reliance use or purpose related to these 'Trial' question papers. Advice on HSC examination issues is only to be obtained from the NSW Board of Studies.

**2100-1**

## Section I

Total marks – 60

### Part A

20 marks

Attempt Questions 1-20

Allow about 40 minutes for this part

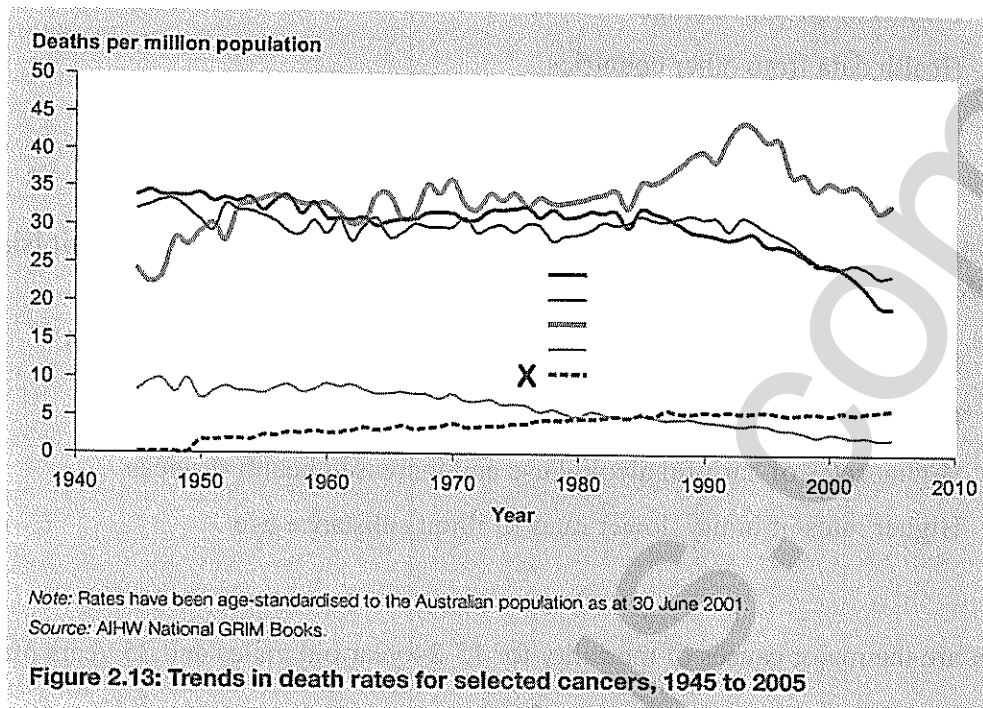
Use the Multiple Choice Answer Sheet provided

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- 1 Which of the following measures of epidemiology refers to rates of illness or disease?
  - (A) Morbidity
  - (B) Mortality
  - (C) Infant Mortality
  - (D) Life expectancy
  
- 2 What is the impact of emerging new treatments and technology on the health care expenditure?
  - (A) remain unchanged
  - (B) increase expenditure
  - (C) decrease expenditure
  - (D) increase state government expenditure to private health care
  
- 3 Which of the following would assist an individual in making an informed decision in relation to alternative health care services or products?
  - (A) Reading testimonials in a variety of magazines
  - (B) Researching the qualifications and experience of the practitioner
  - (C) Visiting a practitioner promising a cure in the shortest possible time
  - (D) Purchasing products on the basis of a celebrity's personal recommendation
  
- 4 Medicare provides all Australians with
  - (A) medical cover whilst overseas.
  - (B) cover for general dental services.
  - (C) shorter waiting period for elective surgery.
  - (D) basic medical services in a public hospital.

- 5 Examine the graph below.

Trends in death rates for selected cancers, 1945 to 2005



(Australia's Health 2008: figure 2.13, page 29 section2)

Which Cancer is represented by the letter X?

- (A) Melanoma
  - (B) Breast
  - (C) Colorectal
  - (D) Prostate
- 6 One of the ways in which the Australian government attempted to reduce inequities in the delivery of health services was
- (A) to introduce private health insurance.
  - (B) to create the Pharmaceutical Benefits Scheme.
  - (C) to reduce the Medicare levy for high income earners.
  - (D) to reduce levels of private health facilities in the country.

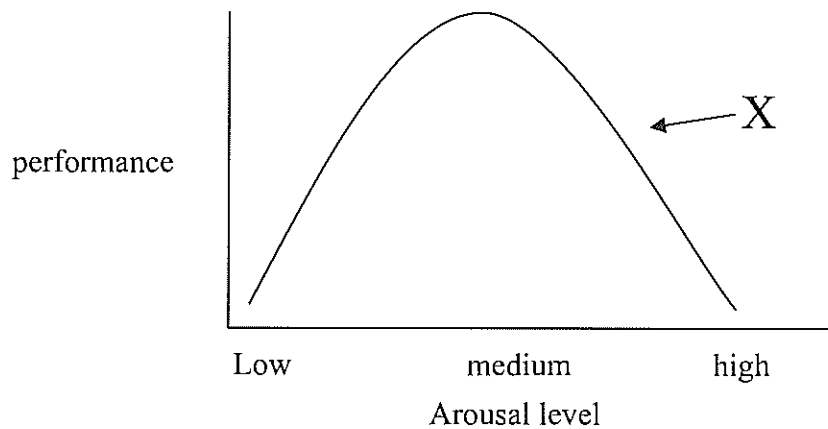
- 7 Which of the following is used to identify priority health issues?
- (A) Cost to the community
  - (B) Effects of climate change
  - (C) Health data from other countries
  - (D) Submissions to government agencies
- 8 Which factors contribute to health inequities for Aboriginal and Torres Strait Islander peoples?
- (A) Lower life expectancy, lower socio economic status
  - (B) Lower levels of education, lower levels of obesity
  - (C) Higher rates of harmful alcohol use and increased health services
  - (D) Higher rates of injury, lower rates of illicit substance use
- 9 What are the major causes of mortality for 15-24 year old males and 85 years plus males

	15-24 year old male	85 years plus male
(A)	injuries/poisoning	CVD
(B)	injuries/poisoning	cancer
(C)	cancer	cancer
(D)	cancer	CVD

- 10 What effect will a growing and ageing population have on the work of carers and volunteer organisations respectively?
- (A) increase, decrease
  - (B) decrease, increase
  - (C) decrease, decrease
  - (D) increase, increase
- 11 A disadvantage of ballistic stretching is that it can lead to
- (A) decreased levels of coordination.
  - (B) increased body temperature.
  - (C) decreased range of motion.
  - (D) increased risk of injury with incorrect performance.

- 12 What is the predominant energy system used by a 1500 metre swimmer?
- (A) alactacid (ATP/PC)
  - (B) lactic acid
  - (C) aerobic
  - (D) carbohydrate
- 13 An athlete receiving a gold medal at the Olympics is an example of which forms of motivation?
- (A) positive, intrinsic
  - (B) positive, extrinsic
  - (C) negative, intrinsic
  - (D) negative, extrinsic
- 14 What are the best forms of feedback to use when teaching a beginner to serve in tennis?
- (A) knowledge of results and external
  - (B) knowledge of performance and internal
  - (C) kinesthetic and knowledge of results
  - (D) proprioceptive and knowledge of performance
- 15 An athlete at the cognitive stage of skill acquisition will typically
- (A) utilise temporal patterning.
  - (B) perform skills automatically.
  - (C) understand the skill.
  - (D) refine movement through practice.

- 16 The graph below shows an X marking where an athlete's arousal level is when she is performing an activity.



What would you suggest this athlete needs to do to improve performance?

- (A) increase arousal level
  - (B) increase difficulty of skill
  - (C) respond to feedback from crowd
  - (D) use mental rehearsal and visualisation
- 17 An athlete with low muscle mass and good coordination is training for a game that lasts for 80 minutes. The game also requires short bursts of speed interspersed with periods of low intensity.

Which type of training method would be appropriate for this athlete?

- (A) continuous training
- (B) interval training
- (C) anaerobic interval
- (D) circuit training

**18** Examine the table of supplements

	W	X	Y	Z
Positive effects of supplementation	Increases bone density	Improves performance by 1-3% over 3 minutes of activity	Helps repair tissue and improves immune function	Mobilises fat stores in body
Negative effects of supplementation	Upsets digestive tract and causes bone spurs	Increases weight	Excess intake is burned for energy or stored as body fat	Causes disrupted sleep

Which supplement would be most beneficial for a long distance cyclist?

- (A) W
- (B) X
- (C) Y
- (D) Z

**19** What are the considerations of the post performance nutritional plan of an athlete?

- (A) Muscle tissue repair, rehydration, glycogen replacement
- (B) Rehydration, glycogen replacement, fatigue reduction
- (C) Glycogen replacement, fatigue reduction, muscle tissue repair
- (D) Fatigue reduction, muscle tissue repair, rehydration

**20** An athlete with poor kinesthetic sense, poor anticipation when performing, inconsistent technique and below average physical fitness is practicing a complex task. What are the best practice methods for this athlete?

- (A) Massed, whole
- (B) Massed, part
- (C) Distributed, part
- (D) Distributed, whole

### **EXAMINERS**

Adrian Eussen (Convenor)  
Jennifer McIntosh  
Danielle Simpson  
Michelle Cotten  
Helen Kendrick  
Leanne Palmer

Catholic Education Office, Sydney  
Our Lady of Mercy College, Parramatta  
Mt Saint Benedict College, Pennant Hills  
Bethany College, Hurstville  
Our Lady of the Sacred Heart, Kensington  
St Scholastica's College, Glebe



## Personal Development, Health and Physical Education

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### Section I (continued)

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**Part B-40 marks**

**Attempt questions 21-26**

**Allow about 1 hour and 40 minutes for this section**

Answer the questions in the spaces provided. All spaces provide guidance for the expected length of response.

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 21 – Health Priorities in Australia (5 marks)

Describe the role social justice principles play in identifying priority health issues.

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**Question 22 (5 marks)**

Explain how sociocultural, socioeconomic and environmental determinants impact on ONE health condition studied other than CVD or cancer.

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Centre Number

### Section I (continued)

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Student Number

### Question 23 (10 marks)

- (a) Outline the action areas of the Ottawa charter.

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Question 23 continues on page 12

Question 23 (continued)

- (b) Apply the action areas of the Ottawa Charter to a health promotion initiative related to Australia's health priorities.

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**End of Question 23**



## Personal Development, Health and Physical Education

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### Section I (continued)

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### Question 24 — Factors Affecting Performance (4 marks)

Distinguish between objective and subjective performance measures when appraising skill and performance

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**Question 25 (8 marks)**

- (a) What are the principles of training?

3

*(This area contains faint dotted lines for writing.)*

- (b) Examine how the principles of training can be applied to resistance training.

5

HTSC Focus



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## Section I (continued)

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**Question 26 (8 marks)**

Investigate the main features and benefits to performance of a variety of different recovery strategies.

8

This image shows a blank sheet of white paper with horizontal dotted lines, similar to notebook paper. A large, light gray watermark with the text "HSC Focus" is oriented diagonally from the bottom-left towards the top-right, spanning most of the page. The watermark is semi-transparent, allowing the dotted lines to be seen through it. There are no other markings or text on the page.

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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 part

Answer the questions in a SEPARATE writing booklet.

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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 27– The Health of Young People (20 marks)

- |     |  |    |
|-----|--|----|
| (a) | Identify TWO health issues that impact on young people and their risk factors.   | 3  |
| (b) | Explain how global events and trends make young people's lives different to the young people of previous generations.            | 5  |
| (c) | Analyse one major health issue that impacts on young people's lives and the skills and actions required to attain better health. | 12 |

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

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|-----|--|----|
| (a) | Identify instances when sport has been used for political purposes.                | 3  |
| (b) | Explain the media's role in giving meaning and value to different sports.          | 5  |
| (c) | Analyse the consequences for various sports as they have adopted a business focus. | 12 |

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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– Sports Medicine (20 marks) final**

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|-----|--|----|
| (a) | Identify an example of an injury that reflects each of the injury classifications.   | 3  |
| (b) | Explain the sporting options available for aged people with medical conditions.  | 5  |
| (c) | Analyse the considerations that need to be taken by children, young athletes, female athletes and their coaches when participating in sport. | 12 |

**Question 30– Improving Performance (20 marks)**

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|-----|---|----|
| (a) | Identify how coaches can use technology to improve the performance of athletes.                 | 3  |
| (b) | Explain the coach's considerations when dealing with an overtrained athlete.                    | 5  |
| (c) | Analyse TWO training types used to improve performance by an athlete in a sport of your choice. | 12 |

**Question 31– Equity and Health (20 marks)**

- |     |  |    |
|-----|--|----|
| (a) | Identify the factors that contribute to the inequities experienced by different population groups.                 | 3  |
| (b) | Explain how the characteristics of effective health promotion strategies contribute to their sustainability.       | 5  |
| (c) | Analyse the health inequities experienced by a population group other than Aboriginal and Torres Strait Islanders. | 12 |

**End of paper**