

## **Year 11 Half Yearly Exam**

### **Personal Development, Health and Physical Education 2011**

#### **Instructions:**

**Time Allowed:** Double period Tuesday (includes 5 minutes reading time).

**Write Your Name on every page**

**Section 1** 15 one-mark multiple choice questions (15 marks)  
Answer on the grid provided at the beginning of section 1  
Attempt all questions in section 1.

**Section 2** 2 Short answer questions (35 marks).  
Each question has multiple parts.  
Attempt all parts of each question in the space provided.  
Attempt all questions in section 2.

**This paper must not be removed from the examination room.**

**Student Name:** \_\_\_\_\_

## Section 1

(15 marks)

Question 1 – 15 (one mark for each)

All questions are compulsory

For each question, choose the correct answer and indicate your choice with a cross (X) in the appropriate space on the grid provided

|    | A | B | C | D |
|----|---|---|---|---|
| 1  |   |   |   |   |
| 2  |   |   |   |   |
| 3  |   |   |   |   |
| 4  |   |   |   |   |
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| 11 |   |   |   |   |
| 12 |   |   |   |   |
| 13 |   |   |   |   |
| 14 |   |   |   |   |
| 15 |   |   |   |   |

## Section 1

**Answer all questions on the answer sheet provided.**

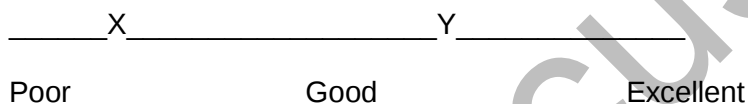
**These questions come from Core 1.**

**Each question is worth 1 mark.**

1. WHO refers to health as:

- a) The state of complete physical, mental, and social well being and not merely the absence of disease, or infirmity.
- b) A relative state, being relative to others and ourselves over time.
- c) A balance between individuals and the environment.
- d) Dynamically changing.

2. Look at the diagram below and then answer the question:



The letters 'X' and 'Y' represent the change in a person's perception of their own health over time. What does this indicate?

- a) The dynamic nature of health
  - b) The relative nature of health
  - c) Health as a holistic concept
  - d) The dimensions of health
3. Which of the following are socio-cultural factors that can influence a persons health?
- a) Knowledge, skills, attitudes, genetics
  - b) Employment, education, income
  - c) Family, peers, media, religion, culture
  - d) Geographic location, access to health services

4. Our position on a health continuum is said to be dynamic.

This means:-

- a) it will be different compared to that of other people
- b) it will be continually changing depending on our life experiences and lifestyle choices
- c) it will indicate a decline in health as the individual ages
- d) that our position will always be determined by the presence or absence of disease

5. When describing what it means to be healthy, we are focusing on dimensions of health.

These are:-

- a) the physical, social, personal, mental and emotional dimensions
- b) the physical, social, personal, emotional and spiritual dimensions
- c) discrete aspects of health which are developed individually
- d) aspects of health which can impact on the effectiveness of each other

6. Which of the following best identifies areas of health for which the individual has no control?

- a) Individual choices, media, health regulations, peer group/friends.
- b) Geographic location, media, decision making skills, motivation levels.
- c) Gender, hereditary, health regulations, age.
- d) Motivation levels, cultural beliefs, age, physical environment.

7. Which of the following is not a health promotion strategy that takes a public health approach?

- a) Childhood immunisation
- b) Quit smoking campaign
- c) Eat it, Work it, Move It
- d) A work place lunch time soccer competition

8. Which of the following is not a protective behaviour for young people?

- a) Binge drinking
- b) Maintaining a strong connection with family
- c) Eating a balanced diet
- d) Being physically active each day

9. Which of the following health and physical activity opportunities best supports principles of social justice?
- a) Local council developing unused land into open space parkland with a walking track and a cycle path for use by the community
  - b) Reducing the cost for school students to enter the local swimming pool
  - c) Charging pensioners the same fee as other adults to use public transport in the hope of encouraging them to be more physically active
  - d) Promoting the document Physical Activity Guidelines For All Australians on the internet
10. Which of the following is not a non-government organisation
- a) Cancer Council
  - b) Beyond Blue
  - c) NSW Health
  - d) Heart foundation
11. In what year was the Ottawa charter developed?
- a) 2006
  - b) 1996
  - c) 1986
  - d) 1906
12. Which of the following is a socio-cultural factor affecting patterns of eating?
- a) Leaving school at an early age and missing vital health information
  - b) Living in rural and remote areas with limited access to health services
  - c) Becoming a vegetarian in response to perceived animal suffering
  - d) Seeing an advertisement and choosing that food for a meal or snack at that time

13. The impact that a person's level of education has on their health is a factor of which health determinant?

- a) socio-economic
- b) socio –cultural
- c) environmental
- d) individual

14. What is self-efficacy?

- a) A person's belief in their ability to bring about change
- b) An individual's respect for authority
- c) A person's ability to work efficiently
- d) The tendency to put yourself down

15. Which of the following is a modifiable health determinant?

- a) genetics
- b) knowledge
- c) availability
- d) geographic location

*END OF SECTION 1*



Handwriting practice lines (ruler markings) for the exam.

b) Health is relative and dynamic in nature. Discuss.

(5 marks)

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c) Describe the impact of the media, peers and family on an individual's perception of health. How can this perception influence actions and behaviours?

(5 marks)

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**Question 17** Answer all parts to this question

(Total - 20 marks)

- a) Health is solely the responsibility of the individual! Analyse this statement. In your answer, describe how health is determined by a combination of interacting factors.

(5 marks)

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Handwriting practice lines (ruler markings) for the exam.

b) Discuss the level of control individuals have over their health, and to what degree health can be considered a social construct?

(5 marks)

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c) Health promotion is aimed at enabling people to increase control over their health, to improve their health and to prevent illness. Outline the three health promotion approaches and strategies that have been taken when targeting the health needs of young people.

(5 Marks)

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d) Choose one of the following health issues and briefly explain how the five action areas of the Ottawa Charter have been successfully used in health promotion campaigns in Australia.

- Tobacco use
- Binge drinking
- Road safety issues

(5 marks)

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**END OF SECTION 2**

**END OF EXAM**