Ascham School

2020
Number
Higher School Certificate
Trial Examination

Student

Personal Development, Health and Physical Education

General Instructions

- Reading time – 5 minutes
- Working time – 3 hours
- Write using black or blue pen
- Write your student number at the top of every page
- Use a separate answer booklet for each part of each question in Section II eg. 29a in one booklet, 29b in a separate booklet

Total marks – 100

Section I – Pages 3–16

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 21–28
- Allow about 1 hour and 10 minutes for this part

Section II – Page 17

40 marks

- Attempt TWO questions from Questions 29–33
- Allow about 1 hour and 10 minutes for this section

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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

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1) Which of the following would contribute to the fatigue of the alactacid system?

   A. A decrease in hydrogen ions
   B. An increase in hydrogen ions
   C. Exhaustion of muscle glycogen
   D. Exhaustion of creatine phosphate stores

2) Which of the following is a risk factor for lung cancer?

   A. Obesity
   B. Hypertension
   C. Lack of physical activity
   D. Increased exposure to carcinogens

3) Which stage of skill acquisition is identified by the characteristics below?

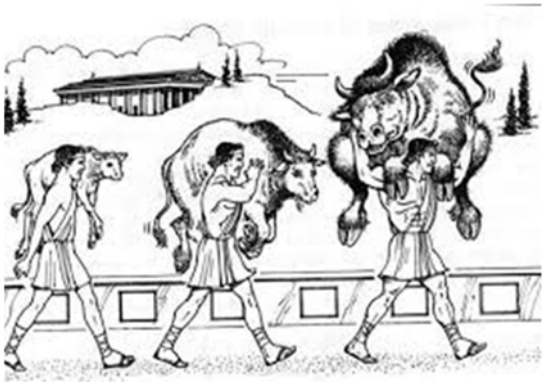
   - Emphasis placed on practice
   - Learner needs to repeat movement to enhance synchronisation of mind and muscles
   - Errors still occur, but are less frequent
   - Learner's kinaesthetic sense develops

   A. Associative
   B. Autonomous
   C. Beginner
   D. Cognitive

4) Which of the following describes morbidity?

   A. The number of deaths from a given cause in a period of time
   B. The number of cases of disease in a population
   C. The number of deaths of infants during the first year of life
   D. The length of time an individual is likely to live

5) What principle of training is represented by the image below:



A. Specificity
B. Variety
C. Progressive overload
D. Warm up/ Cool down

6) Which priority population group is best represented by the following information:



A. People with disabilities
B. Aboriginal and Torres Strait Islanders
C. The Elderly
D. Overseas-born people

7) The table below shows an athlete's adaptations from training over 10 weeks.

Adaptation	*Result*
% fast twitch fibres	Increase
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Which is the most likely method of training that the athlete would have undertaken?

A. Fartlek training
B. Strength training
C. Long interval training
D. PNF flexibility training

8) Which statement is not a service covered by Medicare?

A. The full cost of X-Rays and pathology tests in public hospital
B. The full cost of hospital accommodation and theatre costs by a hospital appointed doctor in public hospitals
C. Glasses/contact lenses and hearing aids
D. 75% of the Medicare Benefits Scheme fee for services provided in hospital

9) Which of the following combinations best identify the goal of post-performance nutrition?

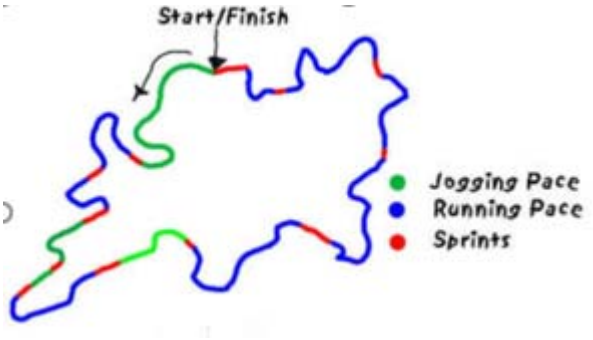
A.	Refuel fat and protein stores	Minimise fluid and electrolyte loss
B.	Refuel carbohydrate stores	Replace fluids and electrolytes
C.	Carbohydrate load	Repair damaged muscle tissue
D.	Supplement glycogen stores	Revitalise the body's immune system

10) What term is being defined below?

"The cooperation and partnerships between different agencies, communities and individuals, whereby multiple groups contribute, engage and employ health promotion as the outcomes are far greater than when agencies, communities and individuals work in isolation.

A. resource pooling
B. social justice
C. government collaboration
D. intersectoral collaboration

11) What type of training is represented by the image below?



A. Aerobic Interval training
B. Aerobic Fartlek training
C. Anaerobic Interval training
D. Circuit training

12) Which of the following best demonstrates the social justice principle of equity?

A. Free breakfast programs at schools for low socioeconomic areas
B. Shade cloth covers over playground equipment in local parks and schools
C. Bowel cancer screening kits containing instructions in a variety of languages
D. Local residents are consulted about their needs for a new hospital development

13) Observe the image below used to assess dance performances.

Table 2 Score Sheet for Performance Competence Evaluation

Name of Judge_____ Date _____			
Videotape code number_____			
Overall proficiency Rating	1	2	3
Full Body involvement	1	2	3
Evaluation of use of stabilized base, and limb energy			
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Evaluation of central energy, spine articulation, and inter-relationship of body segments			
Articulation of body segments	1	2	3
Evaluation of lower limb activity, and upper limb activity			
Movement Skills	1	2	3
Evaluation of direction changes, balancing, changes in levels, speeds and dynamics			

What is the purpose of this assessment tool?

A. To increase objectivity by supplying a set of focus guidelines for judges to observe.
B. To increase subjectivity as it allows individual judges to provide their personal opinion.
C. To change the judge's opinion in technical marking based on levels reached during performance.
D. To allow performers to pick and choose from a range of activities and levels.

14) HPV is a virus responsible for cervical cancer in women. The introduction of the *HPV Vaccination* for boys in 2013 best represents which aspect of identifying priority health issues?

A. Potential for prevention and early intervention
B. Social justice principles
C. Priority population groups
D. Prevalence of condition

15) What is the strategy of narrowing thoughts aimed at excluding distractions and the production of vivid, realistic pictures at actual performance speed know as?

A. Focusing
B. Goal Setting
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16) Keyhole surgery is an emerging technology that allows major surgical procedures to now be performed through small incisions made in the skin.

What is the impact of this emerging technology on the health care system?

A. Increased recovery time for patients
B. Decreased costs to the health care system
C. Decreased need for alternative medicine
D. A more invasive treatment option for patients

17) In Tennis, one player serves the ball to commence the start of a point. What set of motor skills are used to serve the ball?

A. Self-paced and gross motor
B. Externally-paced and gross motor
C. Closed and continuous
D. Closed and serial

18) Local governments are responsible for which health facilities and services?

A	Public hospitals	Medicare	Pharmaceutical Benefit Scheme
B	Private Hospitals	Cancer Council	Vaccination programs
C	Heart Foundation	Palliative Care	Meals on Wheels
D	Immunisation clinics	Community Waste disposal	Sports fields and facilities

19) In response to the COVID-19 pandemic many sporting events are being played without spectators present. For an athlete who gets distracted by the crowd and often 'chokes' as a result, what impact may the above situation have on their performance?

A. Decreased state anxiety and increased arousal
B. Decreased trait anxiety and increased arousal
C. Increased state anxiety and decreased arousal
D. Increased trait anxiety and decreased arousal

20) Observe the following image:



Which action area of the Ottawa Charter is being displayed?

A. Developing personal skill
B. Reorientating health services
C. Strengthening community action
D. Creating supportive environments

Personal Development, Health and Physical Education

Section I (continued)

Part B – 40 marks
Attempt Questions 21-28
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 Student Number at the top of this page.

Question 21 (3 marks)

What are the measures of epidemiology used to describe the health status of Australians? 3

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Student number | | | | | | | | | |

Question 22 (3 marks)

Outline the difference between objective and subjective performance measures. 3

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Question 23 (4 marks)

Describe the impact of Australia's growing and ageing population on Australia's health care system. 4

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Question 24 (4 marks)

Explain the performance benefits that result from THREE physiological adaptations that occur in response to aerobic training. 4

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Question 25 (5 marks)

Discuss how a consumer can make informed choices when choosing complementary and alternative health care approaches? 5

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Question 26 (5 marks)

Explain why athletes use psychological strategies to improve performance. 5

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Question 27 (8 marks)

Analyse the importance of the Ottawa Charter action area Building Healthy Public Policy in developing effective health promotion using TWO health promotion initiatives. Use examples to support your answer.

8

Student number | | | | | | | | | |

Question 28 (8 marks)

Evaluate the importance of feedback and practice methods in the stages of skill acquisition. 8

Student number

Section I Part B extra writing space

If you use this space, clearly indicate which question you are answering.

Personal Development, Health and Physical Education

Section II

40 marks

Attempt TWO questions from Questions 29–33
Allow about 1 hour and 10 minutes for this section

Answer each question in a separate Writing Booklet. Extra writing booklets are available. Ensure you put the question number and your student number on each booklet.

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

Question 29 — The Health of Young People (20 marks)

(a) Explain how establishing personal support structures and clarifying self-identity and self-worth can be successfully managed by young people to achieve better health. (8 marks)

(b) Assess the skills required by young people to attain better health. (12 marks)

Question 30 - Sport and Physical Activity in Australian Society (20 marks)

(a) Why do certain sports and physical activities have cultural significance for particular groups? (8 marks)

(b) Evaluate the extent to which sport has changed to suit the demands of mass media. (12 marks)

Question 31 - Sports Medicine (20 marks)

(a) Explain how iron deficiency and bone density affect female participation in sport? (8 marks)

(b) Justify the use of rehabilitation procedures for a specific sporting injury. (12 marks)

Question 32 - Improving Performance (20 marks)

(a) Analyse how the elements of a training session could be modified for an elite sporting team compared to beginner athletes. (8 marks)

(b) Evaluate the ethical implications of the use of drugs and technology to improve sporting performance.(12 marks)

Question 33 - Equity and Health (20 marks)

(a) Discuss the actions that improve health in groups experiencing inequities. (8 marks)

(b) Evaluate the characteristics that contribute to the sustainability of health strategies. (12 marks)

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PDHPE 2020 Trial HSC Feedback

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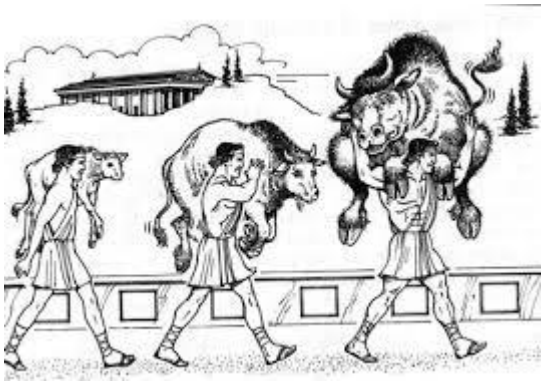
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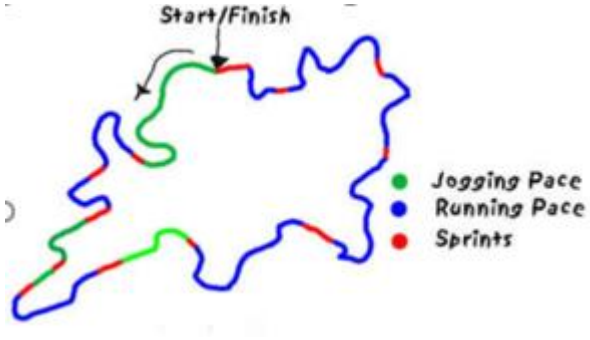
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Part B

Question 21 (3 marks)

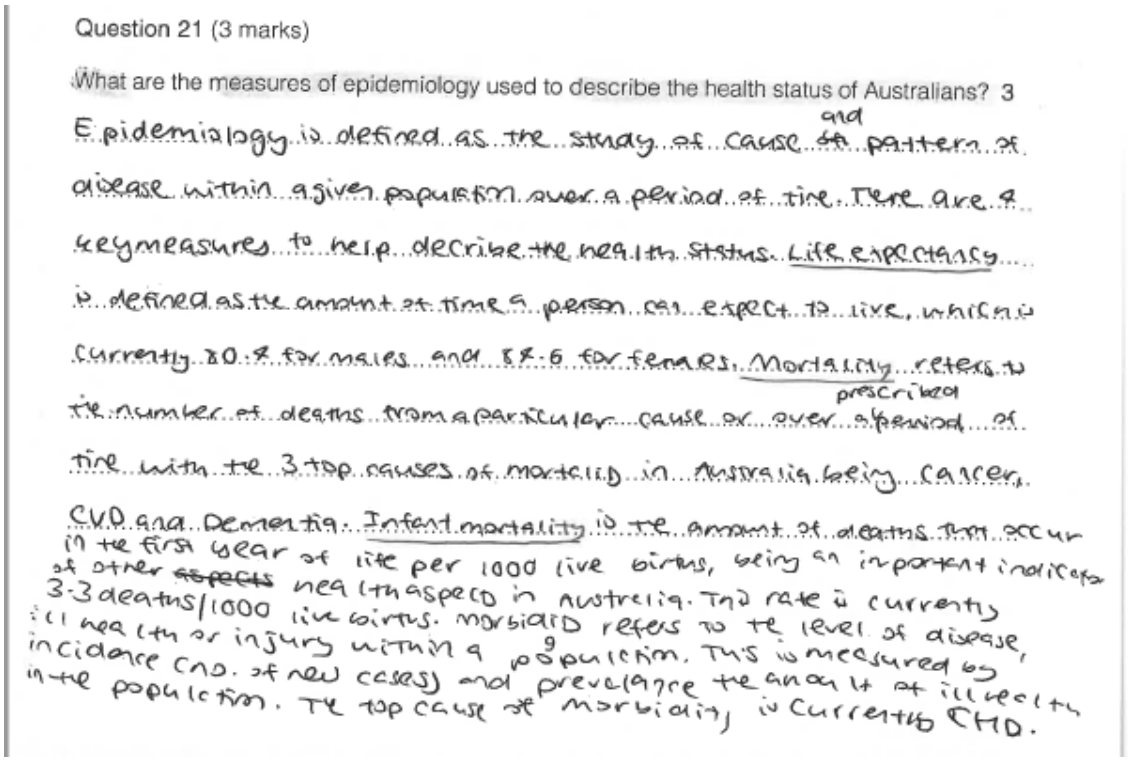
What are the measures of epidemiology used to describe the health status of Australians? **3**

Criteria	Mark
• Sketches in general terms the measures of epidemiology used to describe health status of Australians • Uses relevant examples	3
• Sketches in general terms some measures of epidemiology OR • Recognises and names the measures of epidemiology	2
• Provides some relevant information in relation to measures of epidemiology OR health status of Australians	1

General Feedback:

As a cohort this response was strongly answered. Students were able to correctly identify the 4 measures of epidemiology of mortality, morbidity, infant mortality and life expectancy. To achieve the top band an example needed to be included eg cancer is the leading cause of death in Australia. The stronger responses included one or more of the following: examples, a definition of epidemiology, addressed incidence/prevalence or outlined the role of epidemiology.

Exemplary:



Question 21 (3 marks)

What are the measures of epidemiology used to describe the health status of Australians? 3

Epidemiology is defined as the study of cause and pattern of disease within a given population over a period of time. There are 4 key measures to help decribe the health status. Life expectancy is defined as the amount of time a person can expect to live, which is currently 80.8 for males and 85.6 for females. Mortality refers to the number of deaths from a particular cause or over a prescribed period of time with the 3 top causes of mortality in Australia being cancer, CVD and Dementia. Infant mortality is the amount of deaths that occur in the first year of life per 1000 live births, being an important indicator of other ~~aspects~~ health aspects in Australia. This rate is currently 3-3 deaths/1000 live births. morbidity refers to the level of disease, ill health or injury within a population. This is measured by incidence (no. of new cases) and prevalence the amount of ill health in the population. The top cause of morbidity is currently CHD.

Question 22 (3 marks)

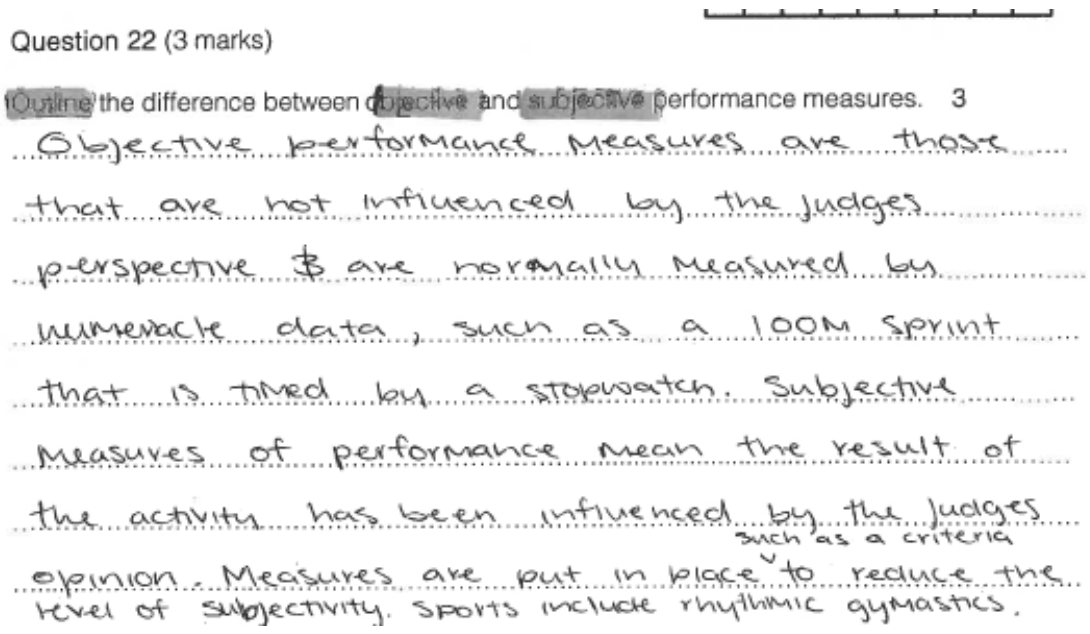
Outline the difference between objective and subjective performance measures. **3**

Criteria	Mark
• Sketches in general terms the difference between objective and subjective performance measures. • Provides clear example	3
• Sketches in general terms objective and subjective performance measures. OR • Provides characteristics and features of either objective or subjective performance measures.	2
• Provides some relevant information on performance appraisal	1

General Feedback:

As a cohort this response was answered particularly well. Students will able to distinguish between objective and subject performance measures. Most students supported this difference with examples based on both objective and subjective methods of appraisal. The stronger responses included discussion surrounding the elimination of personal opinion/bias, the use of prescribed judging criteria and the use of tools/equipment eg touch pads and photo finish.

Exemplary:



Question 22 (3 marks)

Outline the difference between objective and subjective performance measures. 3

Objective performance measures are those that are not influenced by the judges perspective & are normally measured by numerical data, such as a 100M sprint that is timed by a stopwatch. Subjective measures of performance mean the result of the activity has been influenced by the judges opinion such as a criteria. Measures are put in place to reduce the level of subjectivity. Sports include rhythmic gymastics.

Question 23 (4 marks)

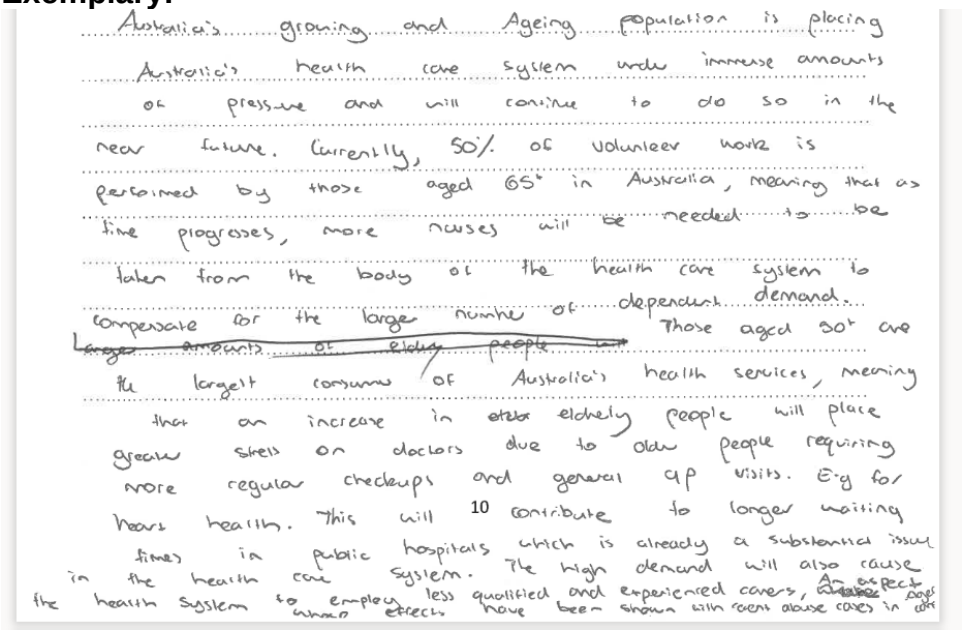
Describe the impact of Australia's growing and ageing population on Australia's health care system. **4**

Criteria	Mark
• Clearly describes the characteristics and features of the impact of a growing and ageing population on Australia's Health care system • Uses relevant examples	4
• Provides some characteristics and features of the impact of growing and ageing on Australia's health care system • Uses some examples	3
• Sketches in general terms the impact of growing and ageing on Australia's health care system	2
• Provides some relevant information on growing and ageing and/or Australia's health care system	1

General Feedback:

Overall students demonstrated a strong understanding that an ageing population places strain on the health care system in terms of demand on resources as well as financial burden. Stronger responses took these impacts further and demonstrated an understanding that this results in increased wait times, stress on health care workers and reduce overall quality of care. Reference to chronic conditions and specific examples was needed.

Exemplary:


Australia's growing and Ageing population is placing Australia's health care system under immense amounts of pressure and will continue to do so in the near future. Currently, 50% of volunteer work is performed by those aged 65+ in Australia, meaning that as time progresses, more nurses will be needed to be taken from the body of the health care system to compensate for the larger number of dependant demand. Those aged 80+ are the largest consume of Australia's health services, meaning that an increase in older elderly people will place greater strain on doctors due to older people requiring more regular checkups and general GP visits. E.g for heart health. This will contribute to longer waiting times in public hospitals which is already a substantial issue in the health care system. The high demand will also cause the health system to employ less qualified and experienced carers, An aspect where effects have been shown with recent abuse cases in aged

Question 24 (4 marks)

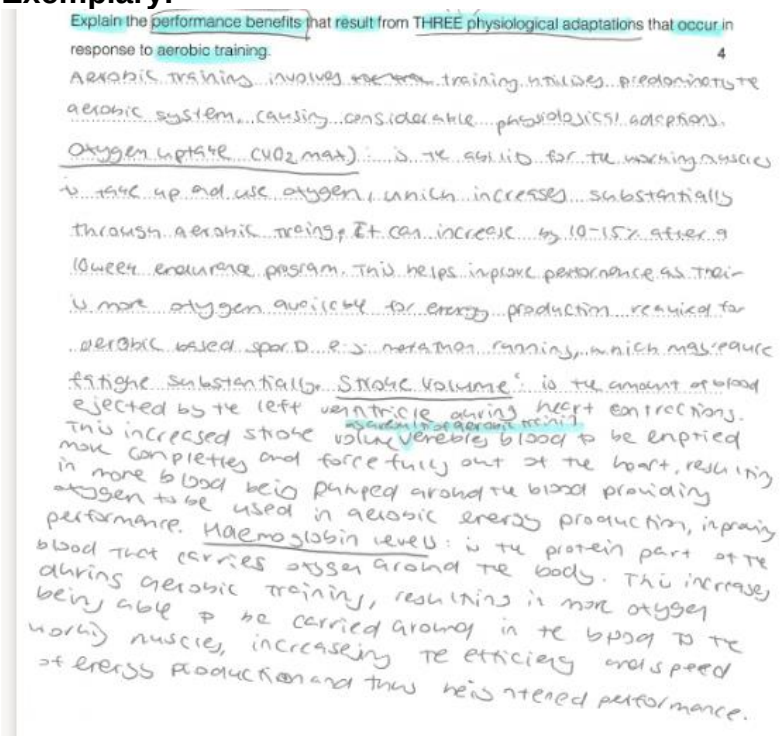
Explain the performance benefits that result from THREE physiological adaptations that occur in response to aerobic training. **4**

Criteria	Mark
• Makes evident the relationship between physiological adaptations and improved performance. • Provides characteristics and features of a range of three physiological adaptations. • Provides clear and relevant examples	4
• Provides characteristics and features of a range of physiological adaptations that occur in response to training. • Identifies some performance benefits • Provides an example	2-3
• Provides some relevant information on physiological adaptations	1

General Feedback:

Most people were able to identify three physiological adaptations that occurred during training, Cardiac Output and Stroke Volume were well done. Using resting Heart rate as an adaptation for this question was difficult to link it back to the benefits of performance. Oxygen uptake is a far stronger physiological adaptation to address as there are greater performance benefits due to increased oxygen provided to the working muscles. There was evidence of links back to performance which was pleasing. Ensure you use examples throughout.

Exemplary:



Explain the performance benefits that result from THREE physiological adaptations that occur in response to aerobic training. 4

Aerobic training involves [illegible] training utilises predominately the aerobic system, causing considerable physiological adaptions. Oxygen uptake (VO_2 max) is the ability for the working muscles to take up and use oxygen, which increases substantially through aerobic training. It can increase by 10-15% after a 10week endurance program. This helps improve performance as there is more oxygen available for energy production required for aerobic based sport. E.g. marathon running, which may require fatigue substantially. Stroke Volume is the amount of blood ejected by the left ventricle during heart contractions. This increased stroke volume enables blood to be emptied more completely and forcefully out of the heart, resulting in more blood being pumped around the blood providing oxygen to be used in aerobic energy production, improving performance. Haemoglobin level is the protein part of the blood that carries oxygen around the body. This increases during aerobic training, resulting in more oxygen being able to be carried around in the blood to the working muscles, increasing the efficiency and speed of energy production and thus being a raised performance.

Explain the performance benefits that result from THREE physiological adaptations that occur in response to aerobic training. 4

1. One physiological adaptation occuring in response to training is increased cardiac output. Due to a larger stroke volume ~~and lower resting heart rate~~ in response to training, the cardiac output of an athlete will increase, meaning more blood is pumped out of the heart more frequently, meaning working muscles will receive oxygen more efficiently and therefore the athlete will have onset fatigue and will be able to perform efficiently for a longer period of time. ~~before fatiguing.~~

2. Lung capacity and oxygen uptake - Although lung capacity does not increase with training, oxygen uptake by the working muscles becomes more efficient with aerobic training, meaning an athletes working muscles will be able to use oxygen more efficiently to create energy (Aerobic system), therefore they will have ~~and~~ more efficient energy production, allowing them to perform at a high level for longer period of time.

3. Slow twitch muscle fibres - In response to aerobic training slow twitch muscle fibres will became more efficient and more effective - meaning the athlete will have improved performance levels due to more efficient muscle fibres.

Question 25 (5 marks)

Discuss how a consumer can make informed choices when choosing complementary and alternative health care approaches? **5**

Criteria	Mark
• Discusses the range of ways consumers can make informed choices when choosing complementary and alternative health care • Provides arguments about the importance of making these informed choices when choosing complementary and alternative health care approaches. • Provides clear example.	5
• Describes ways in which consumers can make informed choices when choosing complementary and alternative health care. OR • Outlines types of complementary and alternative health care. approaches • Provides an example.	3-4
• Provides some relevant information on complementary and alternative health care approaches.	1-2

General Feedback:

As a cohort most students were able to identify and describe the difference between complementary and alternative health care approaches and provide a range of ways to make informed consumer choices. Most students were able to provide examples of both complementary and alternative health care approaches. The key verb needed to be addressed in greater detail in most responses. Discuss, required students to provide arguments about the importance of making informed consumer choices. This area needed to be strengthened.

Exemplary:

Question 25 (5 marks)

Discuss how a consumer can make informed choices when choosing complementary and alternative health care approaches? 5

consumers must ask themselves questions in order to make informed choices prior to choosing a complementary and alternative health care approach. The consumer must ask themselves; what are the potential benefits of this health care approach? From researching the approach & potentially asking a doctor e.g. GP the individual will know what the service may possibly be beneficial or not. For example a doctor may recomend a chiropractor for someone with back problems as the patient will probably find it beneficial. Is it cost effective? is the service within the patients budget, as this may be a major factor in whether someone can access a service as it may be too expensive. Does it align with western medicine? If the service further helps ones original treatment such as acupuncture to help patients blood flow, ~~then~~ if it does not align the service may be to little benefit. Is there scientific evidence behind it? If there is valid/accreditable evidence to why the service is beneficial, it is more reliable & probably going to be somewhat beneficial. And the consumer must understand how complementary & alternative services work. Complementary works beside ones western treatment whereas alternative is just using that service instead of western medicine. An alternative practice ~~doc~~ for example would be some one participating in aromatherapy to treat their brain cancer, instead of chemotherapy. This ~~may~~ will probably have no benefit what so-ever.

12

Question 26 (5 marks)

Explain why athletes use psychological strategies to improve performance. **5**

Criteria	Mark
• Demonstrates why athletes use psychological strategies • Makes evident the relationship between these reasons (e.g. increased motivation and decreased anxiety) and improved performance • Provides relevant examples	4 – 5
• Provides characteristics and features of the psychological strategies used by athletes. • Provides examples	2 – 3
• Sketches in general terms psychological strategies used by athletes OR • Provides some relevant information on psychological strategies, motivation, anxiety or arousal	1

General Feedback:

This question was very well answered. Students were able to address a range of psychological strategies used by athletes to improve performance. Stronger responses demonstrated a relationship between the use of these strategies, managing anxiety and enhancing motivation. Examples from a range of sports greatly assisted in highlight this relationship.

Exemplary:

3. Mental Rehearsal.
4. Goal setting.

Question 26 (5 marks)

cause/effect

Explain why athletes use psychological strategies to improve performance. 5

Athletes use a range of psychological strategies in order to control anxiety levels and increase levels of motivation, in order to improve performance. Concentration and focusing aims to block out all surroundings and focus on one particular thing, for example, a long jumper focusing on their run up before they perform. This enables the athlete to minimize distractions and centre their concentration onto the most important thing, which controls their stress levels allowing them to perform better. Visualisation (also known as imagery) aims to improve motivation by an athlete closing their eyes and imagining themselves perform their skills accurately. This psychological strategy motivates athletes to by imagining themselves winning their event, making them perform immaculately by increasing their confidence. Mental rehearsal is when an athlete undergoes an activity before performing such as a particular warm up in order to prepare them mentally. This also gets them in the 'zone', heightening their arousal to the optimal level, & overall improving their performance. Goal setting explores both short and long goal setting to ensure an athlete is reaching their desired performance. For example, a tennis player might set a goal to make sure every 1st serve goes in, aiming to achieve a higher performance, by throughout the season. Athletes can also set behavioural goals to adjust their physical response to anger or frustration in training and performance. Overall, concentration and focusing, visualisation and imagery, mental rehearsing and goal setting are all psychological strategies athletes can implement in order to achieve greater motivation and controlled level of anxiety.

Question 27 (8 marks)

Analyse the importance of the Ottawa Charter action area Building Healthy Public Policy in developing effective health promotion using TWO health promotion initiatives. Use examples to support your answer.

8

Criteria	Mark
• Analyses the importance of Building Healthy Public Policy in developing effective health promotion and shows a relationship between the Ottawa charter and health promotion • Provides clear and relevant examples that link to two health promotion initiatives	8
• Discusses the importance of Building Health Public Policy in relation to health promotion • Provides clear examples	6-7
• Describes why Building Health Public Policy is used in relation to health promotion • Provides some examples	4-5
• Outlines the role Building Healthy Public policy plays in health promotion • Provides some examples	2-3
• Identifies some relevant information about the Ottawa Charter and/or Building Healthy Public policy	1

General Feedback:

As a group, students were able to define what building healthy public policy is and provide a range of examples from both the National Tobacco Strategy and the Road Safety Plan 2021. Most responses included a range of examples and links were evident between BHPP examples and a reduction in cancer, CVD and injury. The stronger responses made evident the relationship between building healthy public policy, examples from the health promotion initiatives and how effective they have been.

Exemplary:

Question 27 (8 marks)

Analyse the importance of the Ottawa Charter action area Building Healthy Public Policy in developing effective health promotion using TWO health promotion initiatives. Use examples to support your answer.

8

The action area Building Healthy Public Policy is essential in developing effective health promotion. This area of the Ottawa Charter involves the gov. implementing laws, rules & regulations in aim of providing positive health choices & decisions. Building Healthy Public Policy is vital to the effectiveness of the health promotion initiative the National Tobacco Strategy (NTS). The NTS implements Building Healthy Public Policy through implementing tax on cigarettes increasing the cost & deterring the purchase of cigarettes effectively reducing risk of diseases such lung cancer & CVD. They have also increased the legal age of purchasing cigarettes reducing the ability of young people to purchase & consume cigarettes effectively reducing the risk of diseases such as CVD & lung cancer. Building Healthy Public Policy is vital in the development of the NTS reflected in it's effectiveness of reducing smoking rates in recent years reducing risk of disease such as lung cancer & CVD. This action area is also essential in developing the Road Safety Plan 2021 (RSP). The RSP has implemented building healthy public policy in a number of ways including increased laws & rules surrounding risk-taking behaviour such as speeding or drink-driving reducing the number of transport-accidents effectively reducing rates of injury. RSP have also increased law enforcement through increasing number of police on roads as well as increased number of speed cameras. This deters risk-taking behaviour through consequences of being cost creating safer roads thus effectively reducing the rate of transport accidents reducing injury. Building Healthy Public policy is essential in the development of the effective RSP.

Question 28 (8 marks)

Evaluate the importance of feedback and practice methods in the stages of skill acquisition. **8**

Criteria	Mark
• Provides a judgement of how different types of feedback and practice methods can impact on the learning of skills at each stage of skill acquisition • Describes the characteristics of different types of feedback and practice methods and how they can be used at each stage of skill acquisition • Makes the relationship evident between different types of feedback and practice methods and the learning of skills at each stage of skill acquisition • Provides relevant examples	7 – 8
• Describes the characteristics of different types of feedback and practice methods and how they can be used at each stage of skill acquisition • Provides examples	5 – 6
• Describes the characteristics of different types of feedback OR practice methods OR stages of skill acquisition • May provide examples	3 – 4
• Sketches in general terms the different types of feedback OR practices methods OR stages of skill acquisition AND/OR • Provides some relevant information on learning a skill	1 – 2

General Feedback:

This question required you to have a strong understanding of stages of skill acquistion, feedback and practice methods. It was essential that you could demonstrate which types of feedback and practice methods were most effective for each stage of skill acquisition. In addition you needed to show ‘why’ these were the most appropriate. This was best done through a range of sporting examples. Many responses only included reference to either feedback or practice methods rather than both.

Exemplary:

Question 28 (8 marks)

Evaluate the importance of feedback and practice methods in the stages of skill acquisition. 8

In the first stage of skill aquisition, the cognitive stage, learners make frequent errors and are unsure of how to correct them. Therefore, knowledge of performance and delayed feedback, as well as distributed practice methods are vital in this stage of skill aquisition. For example, if an individual is learning to juggle, they will require knowledge of performance feedback, such as extrinsic: "it will work better if you throw the ball higher", as well as delayed feedback to allow the individual to practice and gain an understanding of the feeling of the juggling. Distributed practice methods are also vital to allow the cognitive learner to maintain motivation in developing the skill. In the next stage, the associative stage, learners begin to make less frequent errors and are able to correct them more. Therefore, it is important that they receive concurrent knowledge of results feedback, for example, while juggling "good hand positioning and catching". Also, massed practice methods will greatly benefit the learner, as well as whole learning methods. Finally, in the autonomous stage of skill aquisition, athletes are able to correct all mistakes and rarely make errors. In this stage, intrinsic feedback is important as well as knowledge of results and practice methods should be massed and whole in order to allow the learner to gain most in aquisition of the skill. Overall, feedback and practice methods specific to the level of skill aquisition an athlete is at, is vital in the aquisition of skill. 15

Question 29 — The Health of Young People (20 marks)

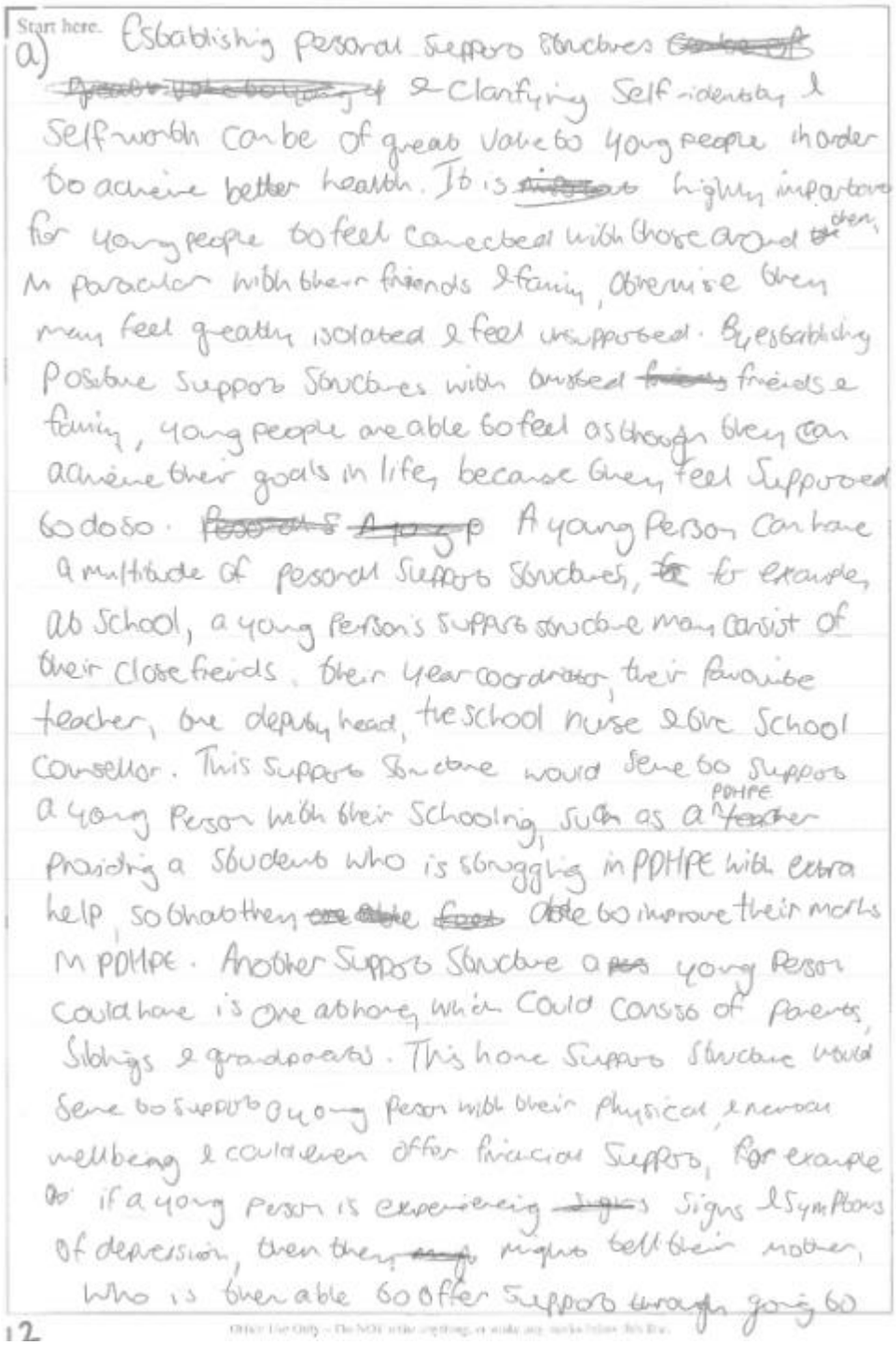
(a) Explain how establishing personal support structures and clarifying self-identity and self-worth can be successfully managed by young people to achieve better health. (8 marks)

Criteria	Mark
• Provides reasons as to how establishing personal support structures and clarifying self-identity and self-worth can be successfully managed by young people to achieve better health. • Makes evident the relationship between the successful management of these developmental aspects and the attainment of better health. • Provides relevant examples.	7 – 8
• Provides characteristics and features of establishing personal support structures and clarifying self-identity and self-worth. • Recognises a relationship between the successful management of these developmental aspects and the attainment of better health. • Provides relevant examples.	5 – 6
• Sketches in general terms the developmental aspects of establishing personal support structures and clarifying self-identity and self-worth AND/OR how they are successfully managed. • Provides an example.	3 – 4
• Provides some relevant information on the developmental aspects of establishing personal support structures and clarifying self-identity and self-worth.	1 – 2

General Feedback:

This was one of the more poorly answered questions. It was expected that you would address a range of health issues affecting young people and show how developing theses aspects will enable young people to manage/be aware of the specific health issues and in turn achieve greater health. Strong responses demonstrated this and in addition went into greater depth, particularly with support structures, considering financial, physical, emotional support.

Exemplary:



Start here.
a) Esbablishing personal Suppors Sbuctures & Clarifying Self-identity & Self-worth can be of great value to young people in order to acheive better health. It is highly imparbant for young people to feel connected with those around them, in paracular with their friends & family, otherwise they may feel greatly isolated & feel unsupported. By esbablishing Posibue Suppors Sbuctures with trusted friends & family, young people are able to feel as though they can acheive their goals in life, because they feel Supported to do so. A young Person can have a multitude of personal Suppors Sbuctures, for example, at School, a young Person's Suppors sbuctue may consist of their close friends, their Year coordinator, their favoribe teacher, the deputy head, the school nurse & the School Counsellor. This Suppors Sbuctue would serve to support a young Person with their Schooling, such as a PDHPE teacher praising a Sbudent who is sbuggling in PDHPE with extra help, so that they are able & more able to improve their marks in PDHPE. Another Suppors Sbuctue a young Person could have is one at home, which could consis of parents, Siblings & grandparents. This home Suppors Sbuctue would serve to support a young Person with their physical & mental wellbeing & could even offer financial Suppors, for example if a young Person is experiencing signs & Symptoms of depression, then they might tell their mother, who is then able to offer Support through going to

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Question 29 — The Health of Young People (20 marks)?

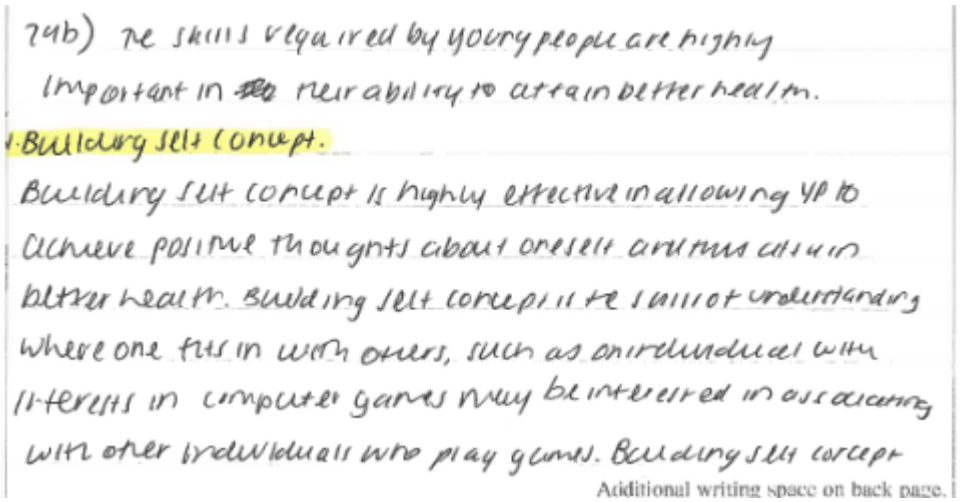
(b) Assess the skills required by young people to attain better health. (12 marks)

Criteria	Mark
• Makes a judgement on how the skills are in improving the health of young people. • Makes clearly evident the relationship between the skills and improving the health of young people. • Provides relevant examples.	11 – 12
• Provides reasons showing how skills improve the health of young people. • Provides relevant examples.	8 – 10
• Provides characteristics or features of some skills needed to improve the health of young people. • Provides examples.	5 – 7
• Sketches in general terms some skills needed by young people. • Provides an example.	3 – 4
• Provides some relevant information regarding skills.	1 – 2

General Feedback:

Most students were able to identify most of the skills however lacked a clear relationship between the development of these skills and improved health outcomes. It is best to approach this question by highlighting the skill, providing characteristics and features of that skill and then linking it back to specific health issues such as road safety or sexual health.
Several students focused solely on mental health issues and problems which reduced the extent to which they could show their understanding.
Addressing the question from the benefits of developing these skills rather than lacking them also helps make greater links to improved health.

Exemplary:


7ab) The skills required by young people are highly important in their ability to attain better health.
1. Building self concept.
Building self concept is highly effective in allowing YP to achieve positive thoughts about oneself and thus attain better health. Building self concept is the skill of understanding where one fits in with others, such as an individual with interests in computer games may be interested in associating with other individuals who play games. Building self concept
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allows a YP to feel a sense of connectedness to like minded individuals, combatting isolation which may lead to poor mental health, such as depression. Therefore, building self concept is significantly vital to developing positive mental wellbeing and thus attaining better health.

2. Developing Resilience + coping skills

Developing resilience + coping skills refers to the ability for individuals to 'bounce back' post experiencing significant setbacks. Developing this skill can allow a young person to have an optimistic outlook on life and remain motivated. For example, a young Youth Football player may be cut from their national team. With good resilience, and coping skills they are able to continue positive thought habits such as 'I will make it next year', reducing chance of a pessimistic outlook which may lead to poor mental health. Additionally, resilience + coping skills allow for the continuation of motivation as individuals will be less likely to quit, ensuring continuation of interests also preventing isolation & poor mental health. Therefore, developing resilience + coping skills is highly important in reducing poor mental health, & allowing YP to attain better health outcomes.

Developing communication skills are also vital in attaining better health through combatting the potential to poor mental health. Communication skills allow young people to reach out to trusted individuals in times of need. For example if a young person is being bullied at school, their ~~good~~ effective communication skills allow him to speak to parents or teachers to resolve and cease the bullying. This will reduce the development of anxiety & depression caused by the actions of the bully, allowing better health for the young person. It is therefore evident that developing communication skills will be significantly important to attaining better health.

Developing Connectedness & Support Networks

Similar to communication skills, the development of connectedness & support networks can reduce risk of developing poor mental health, a key important in enabling young people to attain better health. Developing connectedness and support networks allows YP to have acc a group of trusted individuals to rely & talk to if required, reducing isolation. For example, a YP may build their support network & connectedness to parents, teachers & close friends. The reduction for potential isolation reduces risk of mental health disorders such as anxiety & depression, vital in attaining better health.

Developing Health Literacy Skills refers to the ability for young people to gain knowledge on how they can engage in health promoting behaviours. For example, young people undertake initiative to research safe driving behaviours and involve themselves in safe driver courses & education programs allows them to develop safe driving skills. The development of health literacy skills is highly vital to attaining better health as YP learn to make positive health choices, such as the ability to drive safe, reducing potential for serious injury or death on roads.

Accessing Health Care Ability for YP to access health care services required YP to be educated for health issues and concerns, preventing serious health issues. For example, developing skills in accessing sexual health clinics and doctors allows young people to be aware of potential STI's and learn the practices of safe sexual intercourse. As a result, it is highly evident that skills of accessing health care result in positive and safe health behaviours, allowing YP to attain better health.

Becoming involved in community services is vital in allowing better health as support networks can be experienced at YP

real life examples. A young person may become involved in community service at a nursing home, allowing an extended support network with individuals that can provide advice and reduce sense of isolation. ~~Advice from elderly to be given and to allow young people to interact~~. In doing so, young people become more connected, reducing mental health issues due to isolation ~~and contribute to from interconnected minds~~.

Creating a sense of future ensures young people see their lives in a positive light in the future years to prevent ~~their~~ poor health behaviours in current times. If a young person values their sense of future, they will be more likely to maintain positive health in the current to maintain this in the future to lead a healthy life, allowing them to attain better health. For example, a young person who has a sense that they want to be ~~better~~ be healthy as they are older is more likely to be involved in physical activity as ~~they~~ they want to prevent lifestyle illness such as cardiovascular disease. Ensuring positive health behaviours as a person is young allows for better health, as they are making health promoting choices to maintain positive health.

You may ask for an extra Writing Booklet if you need more space.

Question 31 - Sports Medicine (20 marks)

(a) Explain how iron deficiency and bone density affect female participation in sport? (8 marks)

Criteria	Mark
• Provides reasons why iron deficiency and bone density affect female participation in sport. • Makes evident the relationship between how iron deficiencies and bone density affect female participation in sport. • Provides relevant examples.	7 – 8
• Provides characteristics and features of iron deficiency and bone density and sports participation. • Recognises a relationship between iron deficiency and bone density and female participation in sport. • Provides relevant examples.	5 – 6
• Sketches in general terms iron deficiency and bone density and sports participation. • Provides an example.	3 – 4
• Provides some relevant information regarding iron deficiency AND/OR bone density.	1 – 2

General Feedback:

As a group this questions showed a clear understanding of both iron deficiency and bone density, what they were and how they impacted a females' participation in sport. The stronger response were able to explain in detail how iron levels impacted oxygen transportation and how this can lead to fatigue and how bone density actually occurred due to a depletion or leeching of calcium from the bones. Examples should have been included for both iron deficiency and bone density that linked to female participation in sport.

Exemplary:

a) iron deficiency & bone density significantly affect female participation in sport.

~~Iron~~ iron deficiency

Iron is an essential mineral in the human body. ~~Reduced~~ Reduced iron reduces the red blood cell supply which ~~reduces~~ reduces the oxygen supply to the muscles negatively impacting participation in sport. Anaemia is a common condition where there is reduced levels of iron in the blood. It can be caused through ~~eating lack~~ lack of red meat consumption & menstruation as iron is lost through the blood. This is why it significantly affects female. For example an endurance runner may have an iron deficiency. This reduces the blood supply, reducing haemoglobin levels & oxygen provided to the working muscles. This significantly impacts her performance & participation as she has reduced energy levels & will reach the point of fatigue quicker. ~~Therefore, there~~ Thus there are special considerations female athletes must do to reduce the affect iron deficiency has on their participation in sport. This includes eating a well balanced diet, iron supplements and using the ~~contraceptive~~ contraceptive pill so ~~period~~ menstruation can be stopped for competition. Iron deficiency significantly impacts female participation in sport.

Bone Density

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Bone density refers to the calcium levels in the bones. If the parathyroid gland is overactive, calcium will be released from the bone into the bloodstream, causing bones to become weak & brittle making them more susceptible to fractures. ~~This is~~ Osteoporosis is the most common disease affecting bone density & has higher prevalence in women. This is due to after menopause, women lose significantly more calcium from their bones than men therefore, more ~~are~~ special considerations to reduce it's impact on participation including eating diet high in calcium rich foods such as ~~supplementation~~ increase calcium supplementation and consideration of low impact sports such as swimming where risk of falling is reduced. Bone density significantly affects female participation in sport.

Question 31 - Sports Medicine (20 marks)

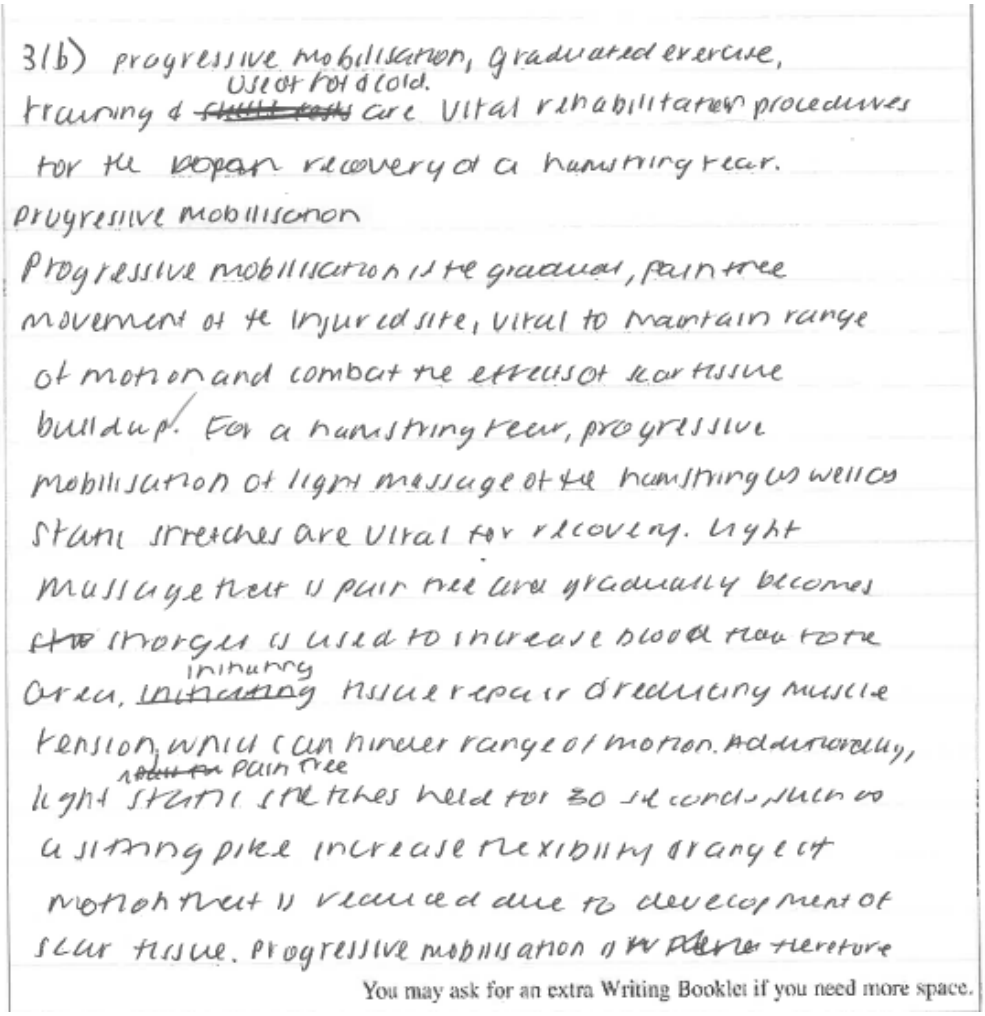
(b) Justify the use of rehabilitation procedures for a specific sporting injury. (12 marks)

Criteria	Marks
• Demonstrates an extensive understanding of rehabilitation procedures • Makes a clear argument for the use of rehabilitation procedures. • Uses a range of relevant examples specific to one sports injury • Presents a logical and cohesive response.	11 - 12
• Demonstrates a thorough understanding of rehabilitation procedures • Makes evident a relationship between of rehabilitation procedures and the specific sporting injury • Uses some relevant examples specific to one sporting injury.	8 - 10
• Provides characteristics and features of benefits of rehabilitation procedures. OR • Provides examples specific injuries and how they are managed and rehabilitated.	5 - 7
• Sketches in general terms treatment AND/OR management AND/OR rehabilitation of injuries • Uses examples.	3 - 4
• Provides some relevant information on rehabilitation procedures or a sports injury	1 - 2

General Feedback:

A large number of students did not remember each of the rehabilitation procedures and many mixed return to play content in their responses. It was essential that you clearly articiulated what the purpose of return to play procedures are and within each one show how they benefit the athlete to recover and reduce likelihood of re-injury in future.
Continual reference back to the injury was needed, as were examples of exercises and skills used within each step.

Exemplary:



3(b) progressive mobilisation, graduated exercise, training & use of hot & cold. care vital rehabilitation procedures for the ~~repair~~ recovery of a hamstring tear.

Progressive Mobilisation

Progressive mobilisation is the gradual, pain free movement of the injured site, vital to maintain range of motion and combat the effects of scar tissue build up. For a hamstring tear, progressive mobilisation of light massage of the hamstring as well as static stretches are vital for recovery. Light massage that is pain free and gradually becomes stronger is used to increase blood flow to the area, initiating tissue repair & decreasing muscle tension, which can hinder range of motion. Additionally, light ~~pain~~ pain free static stretches held for 30 seconds, such as a sitting pike increase flexibility & range of motion that is reduced due to development of scar tissue. Progressive mobilisation is therefore

You may ask for an extra Writing Booklet if you need more space.

Start here. an effective use to begin to regain range of motion and flexibility of the pre injury state and to promote healing within the hamstring.

Grad. Exercise - Stretching

Graduated exercise or stretching should be ~~prior~~ performed and progressively increase difficulty of which stretches, and are utilised with a hamstring tear as an effective way to increase range of motion & flexibility of the injured site. For a hamstring tear, an injured athlete should ~~both~~ initially ~~or~~ complete static stretches, such as a sitting piece with toes pointed to engage the 3 muscles of the hamstring. The athlete should then progress to INF stretches, such as a hamstring stretch ~~on~~ with the leg on a chair to also engage the 3 muscles of the hamstring. ~~Active~~ Stretching is effective in this area as it allows for flexibility of the muscle to be regained to allow for effective movements needed for return to play. Range of motion that was reduced due to the development of scar tissue is also increased, vital ~~for~~ for ~~the~~ intentions of returning to ~~the~~ efficient play.

Graduated Exercise - ~~Cardio~~ conditioning

Conditioning is used in rehabilitation procedures as it develops muscular strength lost due to muscular atrophy, required for when the athlete returns to play. As during an injury, the site cannot be moved

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moved and untrained, muscular atrophy occurs, reducing muscle strength and ability for strong muscle contractions. Conditioning is therefore employed to rebuild muscular strength. Conditioning must also begin free, and gradually increase in level of difficulty, strength placed. For a hamstring tear, conditioning will begin with simple leg raises and progressively move to advanced exercises such as a single leg deadlift. The development of strength in the hamstring, as well as the gastrocnemius and gluteus maximus ensures muscular strength is regained, vital for when the athlete returns to play.

beginning with isometric contractions progressively moving to isotonic. also moving from isometric to isotonic contractions

Word. Exercise → Total Body Fitness

Total body fitness is vital to ensuring the regaining of strength & efficiency of the bodies muscles and energy systems that are required for the specific sport the athlete intends to return to. For a marathon runner who has incurred a hamstring tear, total body fitness can be developed through sessions on a stationary bike. This allows for the full range of forward motion of the hamstring, developing strength in the hamstring as well as

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surrounding muscles such as the gluteo medius, while also developing aerobic endurance needed for the marathon. Thus, total body fitness is vital to allow for the athletes strength and coordination in addition to energy systems efficiency to return to a pre injury state, required for their specific sport.

Training.

Training ensures the skills of the athlete are physically ready to withstand pressures of game like situations. ~~Be~~ Training should replicate game skills and should gradually progress to ensure the hamstring injury can withstand return to play without ~~chance~~ chance for reinjury. ~~For example football~~ A rugby player who has incurred a hamstring tear should begin training light jogs to ~~mimic~~ mimick return to onside, ~~acceleration~~ moving progressively to ~~full~~ sprints to see if the injured hamstring can withstand line break pressures in a game. Additionally, a rugby player would practice tackle movements, beginning ~~on~~ individually, moving to a tackle bag and then player to additionally ensure the hamstring can withstand movement of tackles that would occur in game situation. ~~Finally,~~ ~~Finishing with drills for a hamstring~~ ~~[illegible]~~ ~~working~~ ~~[illegible]~~.

You may ask for an extra Writing Booklet if you need more space.

Start here. Thus, it is evident that training for a hamstring tear is required to ensure the athlete can the injured hamstring is ready to return to ~~game situations~~ game situations, with low risk of reinjury. Coaches can also determine if the athlete is psychologically ready to ensure hesitation does not occur, leading to potential reinjury. For example, a ~~rugby~~ Rugby player with a hamstring tear may hesitate when ~~tackling~~ ~~they~~ engaging in a tackle, forcing ~~them~~ unnatural position to the hamstring causing ~~potential~~ potential for retear. Overall, training ensures physical and psychological readiness of injured ~~athletes.~~ athletes.

Use of Hot and Cold.

Hot and cold methods are used throughout the rehabilitation methods and hold significant benefits to the healing process of injuries, such as a hamstring tear. ~~How~~ Use of hot increases blood flow to the injured site, such as massage or a hot water ~~bat~~ bath, ~~therapy~~, ~~which~~ which is often done initially or before ~~graduated exercise~~, ~~or~~ graduated exercise or ~~stress~~ training and during progressive mobilisation. ~~Increasing~~ Increasing blood

Blow through use of hot allows vital nutrients to be delivered to the injury, promoting healing and development of new muscle fibres. ~~Additionally,~~ ~~the~~ In the hamstring. Additionally, hot ~~compress~~ methods such as massage ~~or~~ can be used prior to graduated exercise and training to ensure blood flow to muscles is adequate, ~~this~~ allowing increased range of motion preventing reinjury. Use of cold is also additionally effectively used ~~to~~ after initial injury to ~~decrease~~ decrease pain and swelling. For a hamstring tear, ice packs to can be used which decreases blood flow to the hamstring. This ~~will be to the~~ therefore reduces swelling to the area, promoting more effective healing and reduces pain ~~to~~ experienced by the athlete.

Rehabilitation procedures for a hamstring ~~tear~~ tear the therefore are used to prevent the healing process of the injury, allowing the athlete to return to play at pre injury state.