
Student Number

Newcastle Grammar School

HSC Trial Examination - 2016

Personal Development, Health & Physical Education

Friday, 19 August 2016

General Instructions:

- Reading time - 5 minutes
- Working time - 3 hours
- Write using black or blue pen
- Use Multiple choice answer sheet provided
- Write your Student Number at the top of this page, the multiple choice answer page and any extra booklets you may use.

Total marks – 100 (Weighting 25%)

Section I Pages 1–14 **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 21–30
- Allow about 1 hour 10 minutes for this part

Section II Pages 31–35 **40 marks**

- Attempt TWO questions from Questions 33–37
- Allow about 1 hour 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 for Questions 1–20.

1. Which condition is currently the leading cause of mortality in Australia?
   (A) Asthma
   (B) Lung cancer
   (C) Breast cancer
   (D) Cardiovascular disease

2. Which type of skin cancer is most closely linked to increased mortality?
   (A) Solar keratosis
   (B) Basal cell carcinoma
   (C) Malignant melanoma
   (D) Squamous cell carcinoma

3. In which cardiovascular condition is plaque most likely to form on the inner lining of the arteries?
   (A) Angina
   (B) Heart attack
   (C) Atherosclerosis
   (D) Peripheral vascular disease

4. A doctor prescribes nicotine patches as a strategy to help patients stop smoking. Which action area of the Ottawa Charter is the doctor implementing?
   (A) Building public policy
   (B) Developing personal skills
   (C) Re-orienting health services
   (D) Creating a supportive environment

5. Which risk factor has been linked to both heart disease and cancer?

(A) Obesity

(B) Mental illness

(C) Osteoporosis

(D) Hypertension

6. What is a benefit of emerging medical technologies?

(A) They are readily accessible for all patients.

(B) They are inexpensive for public and private hospitals.

(C) They can provide a means of early detection.

(D) They decrease the need for Medicare and the Pharmaceutical Benefits Scheme.

7. How do Medicare and the Pharmaceutical Benefits Scheme support the principles of Social Justice?

(A) They are funded by the Australian government to supply health care services.

(B) They provide resources only to those most in need of health services and treatment.

(C) They allocate resources according to the needs of the population in order to promote equality of health outcomes.

(D) They empower individuals and communities to be involved in planning and decision making to achieve good health.

8. What would a comparison of the health status of Indigenous and non-Indigenous Australians show?

(A) Indigenous Australians have a higher prevalence of chronic diseases.

(B) Non-Indigenous Australians have a lower prevalence of acute diseases.

(C) Indigenous Australians have lower hospital admission rates.

(D) Non-Indigenous Australians have higher infant mortality rates.

9. What action has been taken to reduce the impact of an ageing population on the health care system in Australia?

(A) Increasing the Medicare levy for older people

(B) Reducing funding available to carers of older people

(C) Decreasing access to the health system for older people

(D) Encouraging older people to remain in the work force

10. What would be the benefit of improved government regulation of complementary and alternative medicine in Australia?

(A) Tighter controls on complementary and alternative practitioners making services harder to access.

(B) Greater confidence in complementary and alternative medicine resulting in increased confidence.

(C) Greater restrictions on complementary and alternative practitioners resulting in decreased use.

(D) Greater recognition of complementary and alternative medicine within traditional medical practice resulting in decreased use.

11. What is a suitable physiological post exercise recovery strategy for an endurance athlete?

(A) Hydration.

(B) Massage.

(C) Progressive muscle relaxation.

(D) Cryotherapy.

12. Constant reinforcement from the coach of a player demonstrates:

(A) Negative and intrinsic motivation.

(B) Negative and extrinsic motivation.

(C) Positive and intrinsic motivation.

(D) Positive and extrinsic motivation.

13. A complex carbohydrate meal would best suit

(A) Shot putter

(B) Soccer goal keeper

(C) Ironman Triathlete

(D) Baseball pitcher

14. Which statement is true about an open skill?

(A) Always self-paced

(B) Constant environment

(C) Constantly changing environment

(D) Ideal for beginner athletes

15. Which of the following is necessary for athletes to achieve optimal performance?

(A) A balance between anxiety and arousal

(B) A balance between mental rehearsal and stress

(C) Maximum levels of stress

(D) Maximum levels of arousal

16. Exceeding the anaerobic threshold can be characterised by what?

(A) Sharp decrease in lactate production

(B) Slight decrease in lactate production

(C) Sharp increase in lactate production

(D) Slight increase in lactate production

17. A defending player, learning a new team sport, is able to intercept a pass from an attacking player.

What characteristic of the learner does the defender best demonstrate?

(A) Prior experience and ability

(B) Personality and heredity

(C) Heredity and ability

(D) Personality and prior experience

18. Which fuel source is depleted using the ATP-PC system?

(A) Creatine phosphate

(B) Carbohydrates

(C) Protein

(D) Fats

19. How can strategy development best make a difference between winning and losing?

(A) Skills developed in training can be used in game situations.

(B) Allows post game analysis to be used.

(C) Develops set plays that can be rehearsed before games.

(D) Emphasises one's own strengths and targets oppositions weaknesses.

20. Which physiological adaptions occur in athletes when regularly training at submaximal levels to improve their aerobic performance?

(A) Increased cardiac output, decreased stroke volume and muscle atrophy

(B) Increased cardiac output, increased lung capacity and muscle hypertropy

(C) Decreased resting heart rate, decreased haemoglobin levels and increased oxygen uptake.

(D) Decreased resting heart rate, increased stroke volume and increased haemoglobin levels.

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Section I (continued)

Part B – 40 marks
Attempt Questions 21–30
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.

Question 21 **(5 marks)**

How does the Australian Government identify priority health issues?

Question 22 (4 marks)

To what extent do males and females differ in relation to morbidity and mortality?

Question 23 (8 marks)

Analyse the nature and extent of health inequities experienced by Aboriginal and Torres Strait islander peoples and ONE other group you have studied. Use examples to support your answer.

Question 24 (3 marks)

Breast cancer and lung cancer are two common cancers in Australia. What are the determinants of these cancers and why are some groups more at risk than the general population?

Question 25 (6 marks)

Outline how an athlete moves through the THREE different stages of skill acquisition.

Provide examples to support your answer.

Question 26 (3 marks)

Choose a sport of your choice and explain how can strength training can improve performance in that sport.

Question 27 (6 marks)

Explain how **THREE** psychological strategies can enhance motivation and manage anxiety in sport.

Question 28 (5 marks)

Outline the pre performance dietary considerations of an endurance athlete.

END OF SECTION ONE.

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Section II
40 marks
Attempt TWO questions from Questions 29-33
Allow about 1 hour 10 minutes for this section

Answer Part (a) of the question in a writing booklet.
Answer Part (b) of the question in a SEPARATE writing booklet.
Extra writing booklets are available.

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

(a) Examine how the patterns of morbidity and mortality influence the health of young people. (8 marks)

(b) Analyse, through the meaningful and realistic situations, how THREE skills can assist young people to enjoy good health. (12 marks)

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

(a) Examine how the meanings of amateur and professional sport has changed over time. (8 marks)

(b) Evaluate the impact of sport being used for political purposes on athletes and the Australian public to target one health issue that impacts on young people. (12 marks)

Question 31-Sports Medicine (20 marks)

(a) Explain why it is important to understand the inflammatory response when managing soft tissue injuries. (8 marks)

(b) Analyse how adequate physical preparation may prevent injuries in TWO different sports. (12 marks)

Question 32-Improving Performance (20 marks)

(a) Analyse how the phases of competition, peaking and tapering can be used to improve performance. (8 marks)

(b) Analyse **TWO** types of training and how the adaptation can be measured and monitored. (12 marks)

Question 33-Equity and Health (20 marks)

(a) How can generalisations about Australians who experience health inequalities be challenged? (8 marks)

(b) Explain the characteristics of an effective and sustainable health promotion strategy. (12 marks)

END OF PAPER

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Multiple Choice Answer Sheet

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

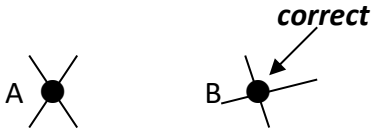
Sample: 2 + 4 = (A) 2 (B) 6 (C) 8 (D) 9

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:



ATTEMPT ALL QUESTIONS

1. A○ B○ C○ D○

2. A○ B○ C○ D○

3. A○ B○ C○ D○

4. A○ B○ C○ D○

5. A○ B○ C○ D○

6. A○ B○ C○ D○

7. A○ B○ C○ D○

8. A○ B○ C○ D○

9. A○ B○ C○ D○

10. A○ B○ C○ D○

11. A○ B○ C○ D○

12. A○ B○ C○ D○

13. A○ B○ C○ D○

14. A○ B○ C○ D○

15. A○ B○ C○ D○

16. A○ B○ C○ D○

17. A○ B○ C○ D○

18. A○ B○ C○ D○

19. A○ B○ C○ D○

20. A○ B○ C○ D○