Newcastle Grammar School	(Years 11 and 12) **Student Number**
2017 YEARLY TRIAL HSC EXAMINATION	

Year 12 **PDHPE**
Examiner: Mr P. Juchniewicz

READING TIME – 5 MINUTES

WORKING TIME – 3 HOURS

General Instructions:

- Write using black pen.
- Read the instructions carefully – you may be required to answer the questions in the space provided, or use the writing booklets provided, or a combination of the two.
- If you use booklets, start each section in a separate writing booklet.
- Write your student number clearly on each page.
- Board-approved calculators may be used, unless stated otherwise.
- All diagrams should be drawn in pencil.
- Do not remove this question paper from the examination room.

Section	Guidance	Marks Available	Your Score
SECTION I	• Type of Questions – Multiple Choice and Short Answer. • Attempt Questions Q1-Q28. • Allow about 110 minutes for this section.	60	
SECTION II	• Type of Questions – Short and Extended Responses. • Attempt ONLY TWO questions from Q29-33. • Allow about 70 minutes for this section.	40	
	TOTALS	100	

FINAL MARK		%

Your examination paper begins overleaf.

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SECTION I - PART A (20 Marks)

Attempt Questions 1 – 20.

Record answers on the attached "Answer Sheet" (back of paper).

You may detach this "Answer Sheet" (please write student number on it).

Allow about 40 minutes for this section.

Question 1.

Modifiable factors increasing the risk of cancer, include:

A. Smoking, high salt diets, exercise and family history.
B. Smoking, high fat diets, limited physical activity and family history.
C. Smoking, high fat diets, sun exposure and limited physical activity.
D. Smoking, sun exposure, exercise and family history.

Question 2.

Training that focusses on decision making and positional play, include:

A. Massed and part training.
B. Game-centred training.
C. Distributed and whole training.
D. Technique-centred training.

Question 3.

Diversity, equity and supportive environments are all examples of:

A. Action Areas.
B. Health Promotion Initiatives.
C. Inter-sectoral Action.
D. Social Justice Principles.

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Question 4.

Which of the following recovery techniques is used in cryotherapy?

A. Cooling of muscles to allow repair.
B. Focusing the mind to overcome pain.
C. Relaxing the muscles that have been fatigued or damaged.
D. Adopting a nutrition plan to replace lost fluids and nutrients.

Question 5.

Which of the following terms describes the total number of cases of a disease, at any particular point in time?

A. Mortality
B. Morbidity
C. Prevalence
D. Health Status

Question 6.

Which of the following would be suitable for enhancing the performance of an athlete at the cognitive stage of skill acquisition?

A. Externally-paced and distributed practice.
B. Closed skills and delayed feedback.
C. Continuous practice and delayed feedback.
D. External feedback and technical development.

Question 7.

Which factor is NOT in the criteria for the selection of a priority health issue?

A. Costs to the individual and the community.
B. Vaccinations available.
C. Sub-population groups at risk.
D. Prevalence and incidence of the disease.

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Question 8.

What is stroke volume?

A. The volume of blood ejected by the heart per minute.
B. The volume of the blood sent to the lungs for oxygenation.
C. The volume of the blood sent by the left ventricle during a single contraction.
D. The volume of the blood exerted by the right atrium per minute.

Question 9.

Medical services such as those provided by medical practitioners and specialists come under the provision of:

A. Non-Institutional Care.
B. Alternative Health Care.
C. Institutional Care.
D. Complimentary Health Care.

Question 10.

During exercise of sub-maximal intensity lasting approximately 3 minutes, which of the following best describes the contribution of energy?

A. Energy from the lactic acid system has been the dominant source used.
B. There has been minimal contribution from the aerobic energy system.
C. ATP/PC energy has been the only source used in the first 10 seconds.
D. Aerobic and ATP/PC energy have contributed fairly evenly.

Question 11.

Why is strengthening community action an important part of the Ottawa Charter?

A. It refocuses health services from cure to prevention.
B. It allows networks within communities to support local groups.
C. It redirects funding from private to public health care.
D. It allows health professionals to focus on curing ill health.

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Question 12.

Which of the following sportspersons would be most likely to benefit from using power-strength training programs?

A. A soccer player.
B. A lawn bowler.
C. A long jumper.
D. A tennis player.

Question 13.

Regulation, inspection, licensing, and monitoring of health services are provided by:

A. Local Governments
B. State Governments
C. Medicare
D. Private Health Insurers

Question 14.

Which of the following assessments of a gymnastics routine would be considered objective appraisal?

A. Judges discriminating gymnasts through the use of their own checklists.
B. Judges watching the performance and scoring.
C. Judges insisting the performance be validated against a previous performance.
D. Judges prescribing criteria for scrutiny prior to the competition.

Question 15.

A reason for the increasing popularity of complementary and alternative health care, includes:

A. Its dedication to the specific diagnosis and treatment of illness.
B. Its recognition from the World Health Organisation.
C. Its use of synthetic produced medicines.
D. Its focus on treating the physical symptoms.

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Question 16.

What types of physical skills are best acquired using 'part' practice methods?

A. Skills that require a low degree of coordination.
B. Skills that require extensive external feedback.
C. Continuous skills learnt in an unstable environment.
D. Skills that generate little if any local muscular fatigue.

Question 17.

Which of the following, uses a system of medicine that recognises the symptoms unique to each person?

A. Iridology
B. Bowen Therapy
C. Naturopathy
D. Homeopathy

Question 18.

Which of the following are adaptations of muscle fibres as a result of aerobic training?

A. Hypertrophy, increased capillary supply, increased mitochondrial function.
B. Hypertrophy, increased ATP/PC supply, increased lactic acid tolerance.
C. Hypertrophy, increased capillary supply, increased ATP/PC supply.
D. Decreased capillary supply, increased glycolytic enzymes, hypertrophy.

Question 19.

Ancillary benefits of taking out private health insurance may include:

A. Free treatment as a public patient in a hospital.
B. Ability to bulk bill.
C. Use of the pharmaceutical benefits scheme.
D. Extra cover for dental, optical and physiotherapy.

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Question 20.

Which of the following are adaptations of anaerobic training on muscle fibres?

A. Hypertrophy, increased capillary supply, increased mitochondrial function.
B. Hypertrophy, increased ATP/PC supply, increased lactic acid tolerance.
C. Hypertrophy, increased capillary supply, increased ATP/PC supply.
D. Increased capillary supply, increased glycolytic enzymes, hypertrophy.

SECTION I – PART B (40 marks)

Attempt Questions 21-29.

Allow about 1 hour and 10 minutes for this section.

Answer the questions in the space provided.

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

- demonstrate an understanding of health and physical activity concepts
- apply the skills of critical thinking and analysis
- illustrate your answer with relevant examples
- present ideas in a clear and logical way

Question 21.

Describe four determinants of mental illness. ***(4 marks)***

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Question 22.

Analyse why 'elderly people' are a group experiencing health inequities. ***(5 marks)***

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Question 23.

Justify the inclusion of 'Diabetes' as a health priority issue. (***5 marks)***

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Question 24.

"Governments are responsible for an individuals health problems." Discuss. ***(6marks)***

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Question 25.

(a) Outline how the following training methods may improve performance. ***(4 marks)***

Fartlek:.....

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Isometric:.....

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Continuous:.....

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Isotonic:.....

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Question 26.

Explain the use of 'mental rehearsal' and 'visualisation' in sport. ***(5 marks)***

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Question 27.

Examine the most appropriate learning environment for a learner at the 'associative' stage of skill acquisition. ***(5 marks)***

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Question 28.

Demonstrate how prescribed judging criteria may be used to assess an athlete's performance in sport (highlight with examples). ***(6 marks)***

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"END OF SECTION I"

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SECTION II – (40 Marks)

Attempt Two Questions from 29-33.

Allow about 70 minutes for this section.

Answer the questions in the separate writing booklets provided.

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

- demonstrate an understanding of health and physical activity concepts
- apply the skills of critical thinking and analysis
- illustrate your answer with relevant examples
- present ideas in a clear and logical way

Question 29. - The Health of Young People **Marks**

(a) Recommend the factors that influence the developmental stages of young people. 5

(b) Critically analyse the health determinants and developmental aspects that affect the health of young people. 15

Question 30 – Sport and Physical Activity in Australian Society

(a) Recommend strategies for challenging gender stereotypes in sports. 5

(b) Critically analyse the extent to which sports contributes to Australia's national identity. 15

Question 31 – Sports Medicine

(a) Recommend sports participation options available for women with medical conditions. 5

(b) Critically analyse (by referring to examples) policies, rules and equipment which may promote safe participation in sport. 15

Question 32 – Improving Performance

(a) Recommend methods that be used to improve skill execution in sport. 5

(b) Critically analyse the effect of anaerobic and flexibility training on sporting performance. 15

Question 33 – Equity and Health

(a) Recommend actions that improve health for either Aboriginal and Torres Strait Islander people or rural and remote communities. 5

(b) Critically analyse significant factors influencing the health of Aboriginal and Torres Strait Islander people. 15