NGS NEWCASTLE GRAMMAR SCHOOL **Newcastle Grammar School**	**Student Number**

2022 HSC TRIAL EXAMINATION

Year 12 **PDHPE**

Examiner: PJ

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 IA	• Type of Questions – Multiple Choice • Attempt Questions 1-20 • Allow about 20 minutes for this section	20	
SECTION IB	• Type of Questions – Short Answer • Attempt Questions 21-26 • Allow about 80 minutes for this section	40	
SECTION II	• Type of Questions – Short/Extended Response • Attempt Questions 27-31 (TWO ONLY) • Allow about 80 minutes for this section	40	
	TOTALS	100	

FINAL MARK		%

Section 1 – Part A: (20 marks – suggested that you take 20 minutes to complete.)

Please complete this section on the separate multiple-choice answer sheet provided.

Question 1.

A marathoner's training program would mostly include:

A. Aerobic training and flexibility training.

B. Strength training and aerobic training.

C. Anaerobic training and flexibility training.

D. Anaerobic training and strength training.

Question 2.

Which health service best reflects a responsibility of Local Governments?

A. The setting of policy and legislation regarding health.

B. Providing the actual health services, for example, hospitals.

C. Regulating the waste management standards within the community.

D. Providing services such as private medical services.

Question 3.

Measures that indicate the health status of a community, include:

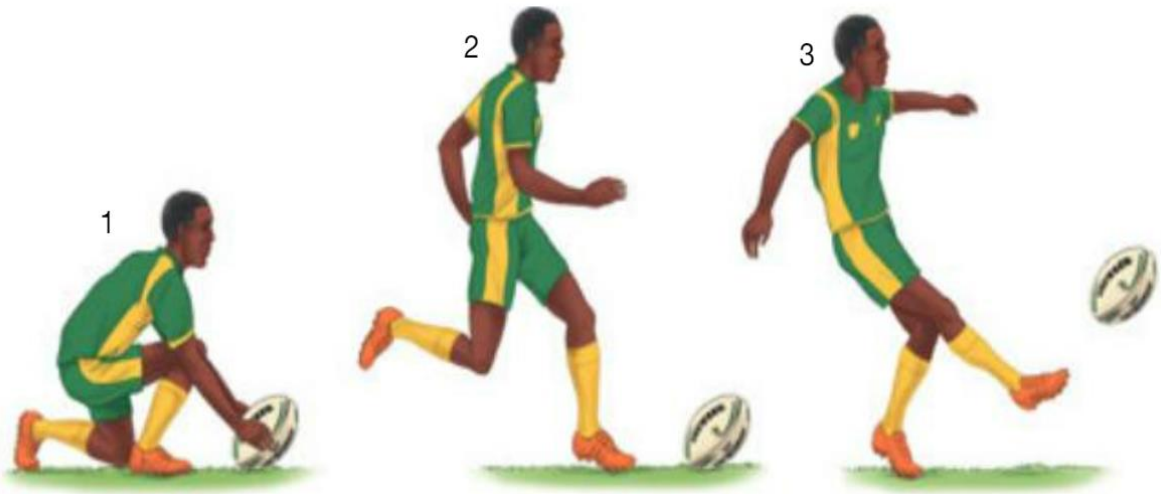
A. Mortality, Hospital Rates, Birth/Death Ratios, and Infant Mortality.

B. Mortality, Morbidity, Hospital Rates, and Infant Mortality.

C. Mortality, Birth/Death Ratios, Life Expectancy, and Infant Mortality.

D. Mortality, Life Expectancy, Morbidity, and Infant Mortality.

Question 4.



Consider the image above and then answer the question:

The above image best represents which type of skill being performed?

A. Continuous

B. Fine Motor

C. Serial

D. Externally Paced

Question 5.

What is the major difference between Type 1 versus Type 2 Diabetes?

A. Type 2 Diabetics are generally children.

B. Type 1 Diabetics have ability to produce some or ineffective insulin from the pancreas.

C. Type 2 Diabetics have ability to produce some or ineffective insulin from the pancreas.

D. Type 1 Diabetics are generally over the age of 50.

Question 6.

A system of medicine that recognises the symptoms unique to each person and attempts to stimulate the person's own healing powers, is the practice of which form of therapy:

A. Acupuncture

B. Homeopathy

C. Naturopathy

D. Bowen

Question 7.

A player changes their technique mid-race to improve performance, this is an example of:

A. external feedback and knowledge of performance

B. external feedback and kinaesthetic sense

C. internal feedback and kinaesthetic sense

D. internal feedback and knowledge of performance

Question 8.

When atherosclerosis affects the lower limbs of the body, it is more likely increase the risk of which type of CVD?

A. Stroke

B. Coronary Heart Disease

C. Peripheral Vascular Disease

D. Angina

Question 9.

During a performance an athlete's heart rate is monitored. It is discovered that the athlete spends 4 minutes at 85-90% of their MHR, 1 minute at 95-100% of their MHR and 2 minutes at 75-80% of their MHR. The predominate energy system fueling this performance is:

A. Aerobic

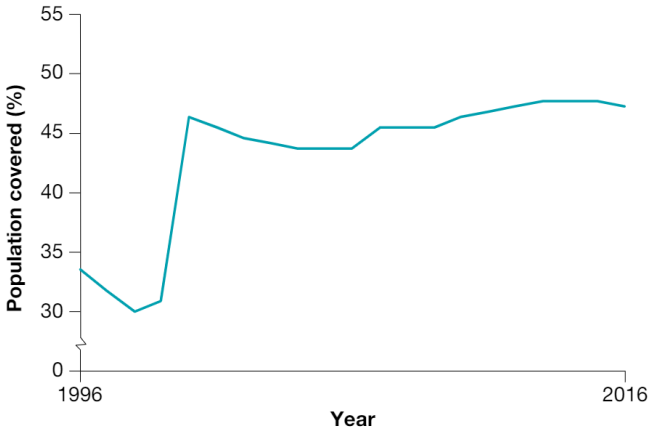
B. Lactic

C. ATP-PC

D. Alactacid

Question 10.

FIGURE 3.13 % Australian population covered by private hospital insurance, 1996–2016



Consider the image above and then answer the question:

Which reason best explains the significant trend rise just after 1996?

A. Governments offered free public health insurance.

B. Governments introduced the Medicare Levy.

C. Governments introduced the PBS.

D. Governments offered rebates for taking out private health insurance policies.

Question 11.

MRI's, keyhole surgery, 3D printing of bones and advanced genetic testing are all examples of:

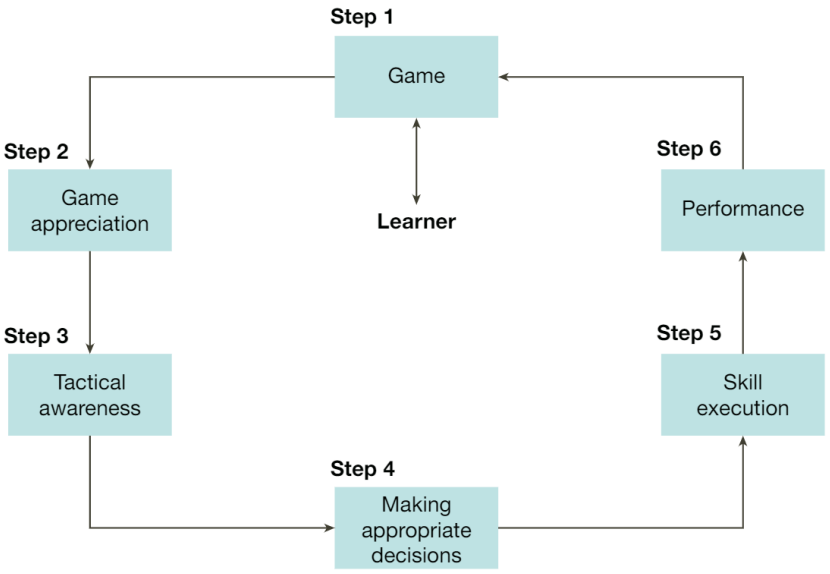
A. New and emerging treatments and technologies in modern medicine.

B. New ways to promote health.

C. New ways to prevent illness and injury.

D. New ways to reduce financial burden on the health care system.

Question 12.



Consider the image above and then answer the question:

The image above best represents a session plan suited to which stage of learning:

A. Autonomous

B. Associative

C. Cognitive

D. Professional

Question 13.

It is encouraged that aerobic athletes performing in high humidity, should consume:

A. 100ml every 15 minutes of performance (100% water).

B. 100ml every 15 minutes of performance (50% water, 50% electrolyte solutions).

C. 200ml every 15 minutes of performance (50% water, 50% electrolyte solutions).

D. 200ml every 15 minutes of performance (100% water).

Question 14.

The tax contribution to Australia's universal health care system and public insurance scheme is relevant to an individual's income status, this payment is referred to the:

A. Medicare Levy

B. Medicare Safety Net

C. Bulk Billing

D. Medicare Levy Surcharge

Question 15.

Sports psychologists encourage athletes to train and perform with an improved concentration on the process, rather than the outcome. This would involve:

A. Less focus on Self 1 and more focus on Self 2.

B. Less focus on Self 2 and more focus on Self 1.

C. Using meditation exercises as a form of relaxation.

D. Adopting mental visualisation strategies.

Question 16.

Why does an improved oxygen uptake not affect lung capacity?

A. Because lung cells are not designed to hypertrophy.

B. Because gas exchange cannot speed up.

C. Because red blood cells can't absorb more oxygen.

D. Because lung volumes are larger in males than females.

Question 17.

The cost of forgoing earnings, retraining of replacement workers and absenteeism and are examples of:

A. Direct Costs

B. Premature Death Related Expenses

C. Indirect Costs

D. Death Related Expenses

Question 18.

Strength training methods are better governed by which training principles:

A. Reversibility, Training Thresholds and Variety.

B. Specificity, Progressive Overload and Variety.

C. Progressive Overload, Warm Up/Cool Down and Reversibility

D. Training Thresholds, Warm Up/Cool Down and Variety.

Question 19.

Hospital use, health surveys, disability and handicap data, and doctor visits are all indicators of which measure:

A. Morbidity

B. Health Status

C. Incidence

D. Prevalence

Question 20.

A coach develops a training session that involves small time segments dedicated to developing the different sub-routines of a skill, these practice methods are knowns as:

A. Distributed and Whole

B. Massed and Distributed

C. Distributed and Part

D. Massed and Part

END OF SECTION 1 PART A

Section 1 – PART B

(40 marks – It is suggested you leave 80 minutes to complete this section.)

Question 21.

a) Outline the nature of various forms of skin cancer. **(2 marks)**

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b) Justify that cancer has met the criteria for identifying a priority heath issue.

(**4 marks)**

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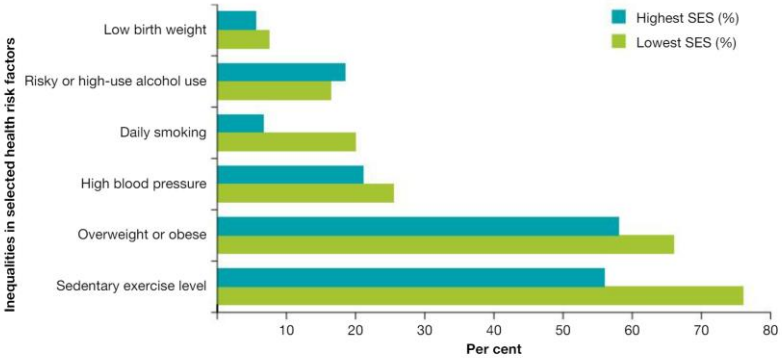
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Question 22. **(6 marks)**

FIGURE 2.3 Prevalence of risk factors and disease by socioeconomic status, 2013–15 (per cent)



Source: Australian institute of Health and Welfare

By referring to the figure above, explain the determinants influencing the health of the socio-economic disadvantaged.

Question 23. **(8 marks)**

Analyse the importance of implementing the action areas of the Ottawa Charter in health promotion. Support your response by referencing **ONE** health promotion initiative.

Question 24.

a) Identify the **FOUR (4)** key characteristics of a skilled performer. **(2 marks)**

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b) Compare the use of personal versus prescribed judging criteria. **(4 marks)**

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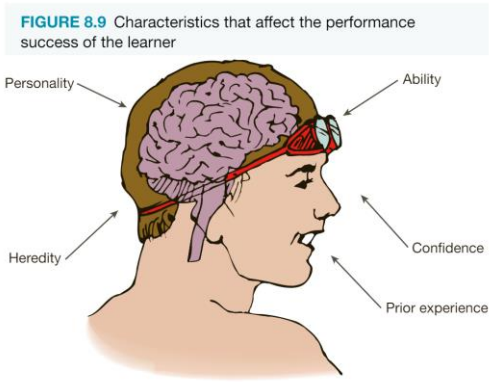
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Question 25. **(6 marks)**



By referring to the figure above, propose how learning characteristics may affect the transition through the stages of skill acquisition.

Question 26. **(8 marks)**

Evaluate the key components of an effective learning environment in sport.

This page is for extra writing space for Section 1 – PART B only.

Ask for an extra writing booklet and clearly label the question number/student number.

Question: _____

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END OF SECTION 1 – PART B

Section 2 (40 marks – It is suggested you leave 80 minutes to complete this section.)

You are **ONLY** required to answer **TWO (2)** of the following questions, from Q27-31.

Please complete this section on the separate writing booklets provided and clearly label your student number on each booklet and question number/part.

Question 27 – The Health of Young People

a) Examine how a range of factors may adversely affect the health of young people and propose strategies about how to overcome those factors**.** **(8 marks)**

b) Analyse the current health status of young people compared with that of other age groups to suggest a positive picture of the health of young people. **(12 marks)**

Question 28 – Sport and Physical Activity on Australian Society

a) Examine the nature of sport in the 19th century compared to that of the 21st century and propose the differences have been positive. **(8 marks)**

b) Analyse the current consequences for various sports as they have adopted a business or corporate focus. **(12 marks)**

Question 29 – Sports Medicine

a) Outline the inflammatory response upon injuring soft tissue. **(3 marks)**

b) Describe how iron deficiency and bone density may affect participation in female sports. **(5 marks)**

c) Examine policies and procedures that regulate the timing of return to play for injured athletes. **(12 marks)**

Question 30 – Improving Performance

a) Outline the potentially harmful training procedures associated with aerobic training.

(3 marks)

b) Describe how aerobic training adaptations can be measured and monitored.

(5 marks)

c) Examine how anaerobic training methods are used to meet the specific performance requirements, support your response with examples of training session plans. **(12 marks)**

Question 31 – Equity and Health

a) Examine the factors that create health inequities between groups and identify how these factors may contribute to exposing a group to ill-health**.** **(8 marks)**

b) Analyse the health inequities experienced by **TWO (2)** of the sub-population groups in Australian society today. **(12 marks)**

END OF SECTION 2

END OF EXAMINATION PAPER

NEWCASTLE GRAMMAR SCHOOL

STUDENT NUMBER_____

Section 1 – Part A: Multiple Choice Answer Sheet

Select A, B, C or D that best answers the question and indicate your choice with a cross (X).

	A	B	C	D
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