
Student Number

PENRITH SELECTIVE HIGH SCHOOL

2021 Trial HSC Examination

Personal Development, Health and Physical Education

General Instructions

- Reading time – 5 minutes
- Working time – 3 hours
- Write using black pen

Total marks: 100

Section I – 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

Instructions:

- Write your Student Number at the top of each page.
- Answer the questions in the space provided. These spaces provide guidance for the expected length of response.
- Extra writing space is provided.

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

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 physiological adaptation is the main contributor to an athlete with a high VO2 max?

A. Lung capacity
B. Stroke volume
C. Resting heart rate
D. Haemoglobin levels

2. What is *atherosclerosis*?

A. Cessation of blood flow through the artery due to a blood clot
B. The build up of fatty and or fibrous material on the walls of arteries
C. Hardening of the arteries due to the build up of fatty deposits on the walls
D. Diseases of the walls of arteries, arterioles and capillaries affecting the limbs

3. Which of the following provides one definition of a carer?

A. A person who looks after an older person
B. A person who participates in fundraising activities
C. A person who receives help from volunteer services
D. A person who offers to perform a service for the community

4. What is epidemiology data used for?

A. Indicate an individual's quality of life
B. Provide the whole health picture of a country
C. Identify patterns of health and disease in a population
D. Show significant variations in health status among population sub groups

5. Which of the following can be considered to be internal sources of stress?

A. Media and spectators

B. Anxiety and spectators

C. Previous injury and attitude

D. Previous success and media

6. Which of the following are socioeconomic disadvantaged people more likely to experience?

A. Lower infant mortality rates

B. Better education about health

C. Being less informed about health issues

D. Increased use of preventative health services

7. Which of the following represents the time required to replenish PC stores for the alactacid system?

A. 50% in 30 seconds, 100% in 2–5 minutes

B. 50% in 10–30 seconds, 100% in 1 minute

C. 50% in 1–2 minutes, 100% in 4–5 minutes

D. 50% in 3–5 minutes, 100% in 10–12 minutes

8. Using the continuum below, what sport is **X** likely to be?



A. Surfing

B. Archery

C. Ballroom dancing

D. Free throw in basketball

9. A coach tells her team that the national selectors will be present at the weekend's game.

What is this form of motivation?

A. Intrinsic and positive
B. Intrinsic and negative
C. Extrinsic and negative
D. Extrinsic and positive

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

A. Non-Indigenous Australians have higher infant mortality rates compared to Indigenous Australians
B. Non-Indigenous Australians have a lower prevalence of acute diseases compared to Indigenous Australians
C. Indigenous Australians have a higher prevalence of chronic diseases compared to Non-Indigenous Australians
D. Indigenous Australians have lower hospital admission rates compared to Non-Indigenous Australians.

11. Which list of services are ALL covered by Medicare?

A. Ambulance services, GP visits, x-rays
B. GP visits, x-rays, hospitalisation in a private hospital
C. Ambulance services, cosmetic surgery, eye tests by optometrists
D. Eye tests by optometrists, hospitalisation in a public hospital, GP visits

12. *A basketballer watches closely his free throw attempt, to see the ball go into the hoop.*

What type of feedback is he receiving?

A. Knowledge of results, Internal feedback
B. Knowledge of results, External feedback
C. Knowledge of performance, External feedback
D. Knowledge of performance, Internal feedback

13. Observe the following plan for an athlete's training:

Training Session:
- 12 min jog to warm up
- Build for 3 minutes as moderate, moderate – hard, hard each for 1 minute
- 2 minutes jog
- 7 minutes moderate – hard
- 3 minutes jog
- 3 minutes hard
- 5 minutes jog
- Cool Down

What method of training is being used in this athlete's program?

A. Circuit training

B. Ballistic training

C. Fartlek training

D. Anaerobic interval training

14. Which of the following identifies the impact of new treatments and technologies on health care?

A. Reduced costs for expenditure on illnesses and an increase in chronic diseases

B. Fewer people will be bulk billed for their medical services as the cost of technology rises

C. Increased expenditure on new technology and improved ability to detect and treat illness

D. Improved technology will lead to an ageing population and longer stays in hospital for patients

15. A sprinter incorporates anaerobic intervals both on the track and in the pool whilst wearing a buoyancy belt into their training. Which principles of training are being utilised?

A. Specificity and variety

B. Specificity and reversibility

C. Progressive overload and variety

D. Reversibility and training thresholds

16. Why is it important to prioritise health issues?

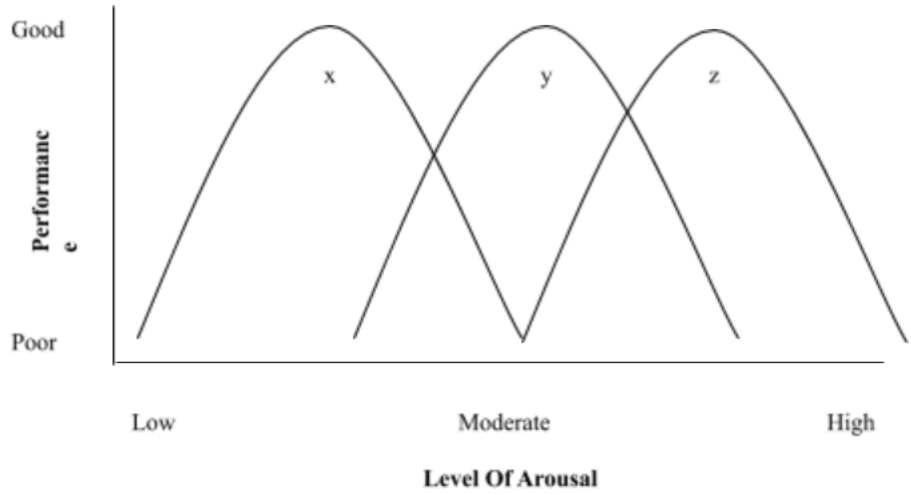
A. To identify equity gaps within the Australian population where access to resources is limited

B. To increase government expenditure on resources to support people living with chronic health conditions

C. To decrease government benefits which support people to maintain their health as they age

D. To identify how to allocate resources based on prevalence of conditions and the potential for prevention

17. Observe the diagram below:



Which curves represent the level of arousal needed for archer and a boxer respectively?

A. X and Y

B. X and Z

C. Y and Z

D. Z and X

18. The Australian Government established of the National Aboriginal Community Controlled Health Organisation (NACCHO) in 1974.

Which of the following Ottawa Charter action areas does this best represents?

A. Building Healthy Public Policy and Developing Personal Skills

B. Building Healthy Public Policy and Strengthening Community Action

C. Creating Supportive Environments and Building Healthy Public Policy

D. Reorientating Health Services and Strengthening Community Action

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

Adaptation	***Result***
% fast twitch fibres	Increase
Glycogen stores	Increase
Glycolytic enzymes	Increase
Muscle hypertrophy	Increase

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

20. Which of the following reasons represent why the 'preventative' approach to health care has significant benefits for the health outcomes of population groups?

A. The preventative approach allows for immediate solutions and allows for political expediency
B. The preventative approach is highly cost effective resulting in savings in funds and resources used for acute health care
C. The preventative approach allows for Governments to help take more control over individuals health outcomes, influencing their behaviours positively
D. Governments can focus on developing new resources such as specialist services and technological procedures to maximise health outcomes

Section I continues over the page

2021 **Trial HSC Examination**

Student Number

Personal Development, Health and Physical Education

Section I Part B
Answer Booklet

40 marks
Attempt Questions 21 – 27
Allow about 1 hour and 10 minutes for this part

Instructions

- Write your Student Number at the top of each page.
- Answer the questions in the spaces provided. These spaces provide guidance for the expected length of response.
- Extra writing space is provided. If you use this space, clearly indicate which question you are answering.

Please turn over

Student Number

Question 21 (3 marks)

What should consumers consider before choosing complementary and/or alternative health care approaches?

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Question 22 (4 marks)

What are the responsibilities of each of the three levels of government for the delivery of health services in Australia?

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Student Number

Question 23 (8 marks)

A weightlifter is competing in the Olympic Games.

(a) Describe the training type that would be best suited to weightlifting. **3**

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(b) Explain how protein and creatine supplementation may affect athletic performance when competing in weightlifting. **5**

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Student Number

Question 24 (4 marks)

Explain the practice methods that are appropriate at each stage of skill acquisition.

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Student Number

Question 25 (5 marks)

Explain both the risk factors and the protective factors of cancer.

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Student Number

Question 26 (8 marks)

Justify a coach's use of objective and subjective performance measures to appraise the performance of an athlete.

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Student Number

Question 27 (8 marks)

How do the five action areas of the Ottawa Charter address the principles of social justice?

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Personal Development, Health and Physical Education

Section II

40 marks
Attempt TWO questions from Questions 28 – 32
Allow about 1 hour and 10 minutes for this part

Answer both questions in the Section II Writing Booklet. Extra writing booklets are available.

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 28 – The Health of Young People (20 marks)

(a)	(i)	Describe individual factors that may adversely affect the health of young people.	**3**
	(ii)	Explain how perceptions of self-identity and self-worth affect the health of young people.	**5**
(b)		Evaluate actions that have been implemented to support young people who are most at risk of ONE major health issue.	**12**

Question 29 – Sport and Physical Activity in Australian Society (20 marks)

(a)	(i)	Why does the media use metaphors in its coverage of sport?	**3**
	(ii)	Explain the media's role in the emergence of extreme sports.	**5**
(b)		Assess the various consequences of a sporting organisation running itself as a business, where sport is the commodity.	**12**

Please turn over

Question 30 – Sports Medicine (20 marks)

(a) (i) Describe ONE way an athlete may use acclimatisation to prepare for competition in a specific climatic condition. **3**

(ii) Explain the role taping plays in the prevention and treatment of injury. **5**

(b) To what extent do the specific needs of children and young athletes have to be considered for them to participate safely in sport? **12**

Question 31 – Improving Performance (20 marks)

(a) (i) Describe the dangers of using performance enhancing drugs. **3**

(ii) Explain the benefits and limitations of drug testing. **5**

(b) Evaluate the effectiveness of processes used to identify and manage an overtrained athlete. **12**

Question 32 – Equity in Health (20 marks)

(a) (i) Why are cultural relevance and appropriateness characteristics of an effective health promotion strategy? **3**

(ii) Explain how enabling, mediating and advocating can be used to gain sustainable improvements in the health status of disadvantaged groups. **5**

(b) Analyse the media's role in influencing social attitudes and public policy in relation to TWO population groups experiencing health inequities. **12**

End of paper