Pymble Ladies' College

Student Number

2023
TRIAL HSC EXAMINATION

Personal Development, Health and Physical Education

General Instructions
- Reading time – 5 minutes
- Working time – 3 hours
- Write using black or blue pen
- Use the pink multiple-choice answer sheet provided
- Write your Student Number at the top of this page and every booklet used

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 Pages 17 - 18

40 marks
- Attempt TWO questions from Questions 29-33
- Answer the questions in a SEPARATE writing booklet
- Allow about 1 hour and 10 minutes for this section

This paper MUST NOT be removed from the examination room

2023 TRIAL HIGHER SCHOOL CERTIFICATE EXAMINATION

Personal Development, Health and Physical Education

Section 1

Part A – 20 marks
Attempt Questions 1-20
Allow about 40 minutes for this part

Use the multiple-choice answer sheet provided for Questions 1-20

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 have changed your mind and have crossed out what you consider to be the correct answer, then indicate this by writing the word *correct* and drawing an arrow as follows:

correct ↙

A ⊗ B ⊗ C ○ D ○

1. Ancillary cover in private health insurance can assist with which of the following costs?

   A) General practitioner fees.
   B) Prescription and other medications.
   C) Physiotherapy, dental services, and optometry.
   D) Treatment as a private patient in either a public or private hospital.

2. A golfer imagines her swing and the trajectory of the ball before getting ready to play. This is an example of:

   A) Concentration.
   B) Relaxation.
   C) Visualisation.
   D) Goal Setting.

3. Australia spends a large amount of money on health care each year. Where is the majority of this money spent?

   A) Curative services.
   B) Early intervention programs.
   C) Mental Health facilities.
   D) Health promotion campaigns.

4. An athlete at the cognitive stage of skill acquisition will typically

   A) Utilise temporal patterning.
   B) Perform skills automatically.
   C) Understand the subroutines.
   D) Often be unable to recognise errors.

5. Which of the following is an example of a health promotion strategy which addresses the social justice principle of diversity?

   A) Local councils designing and providing free outdoor exercise facilities.
   B) Introducing legislation restricting the use of mobile phones for young drivers.
   C) Providing health information in different languages at a community health centre.
   D) Reducing the cost of prescription medication for socioeconomically disadvantaged Australians.

6. An individual is required to perform a discrete, closed and self-paced skill. Which one of the following would meet this description?

   A) Running 800m.
   B) Batting in softball.
   C) Throwing a discus.
   D) Returning a tennis serve.

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

   A) Greater confidence in complementary and alternative medicine resulting in increased use.
   B) Greater restrictions on complementary and alternative practitioners resulting in decreased use.
   C) Tighter control on complementary and alternative practitioners making services harder to access.
   D) Greater recognition of complementary and alternative medicine within traditional medical practices resulting in decreased use.

8. How can strategic development best make a difference between winning and losing?

   A) Allows post game analysis to be used.
   B) Emphasises own strengths and targets oppositions weaknesses.
   C) Skills developed in training can be used in game situations.
   D) Develops set plays that can be rehearsed before games.

9. The Ottawa Charter for Health promotion states the need to 'reorient health services'. The reorientation of health services is illustrated by

   A) Pharmacists providing advice on preventative medicine to their customers.
   B) Establishing smoke emission laws and penalties.
   C) Forming self-help groups for people who have suffered a heart attack.
   D) Working with the local council in the building of a community bicycle track.

10. A hockey coach wants to determine the most valid and reliable method for selecting a player to be the penalty shot taker for the team from 4 players in the squad.

    Which would be the most effective method?

    A) Giving 10 shots on goal without a goalkeeper.
    B) Giving 10 shots on goal with a goalkeeper.
    C) Getting each player to complete the Illinois Agility Run, the Beep Test and Ruler Drop Reaction Test.
    D) Giving 5 shots to 2 of the players with a defender present and 10 shots to the other 2 players without a defender.

11. How do Medicare and the Pharmaceutical Benefit Scheme support the principles of social justice?

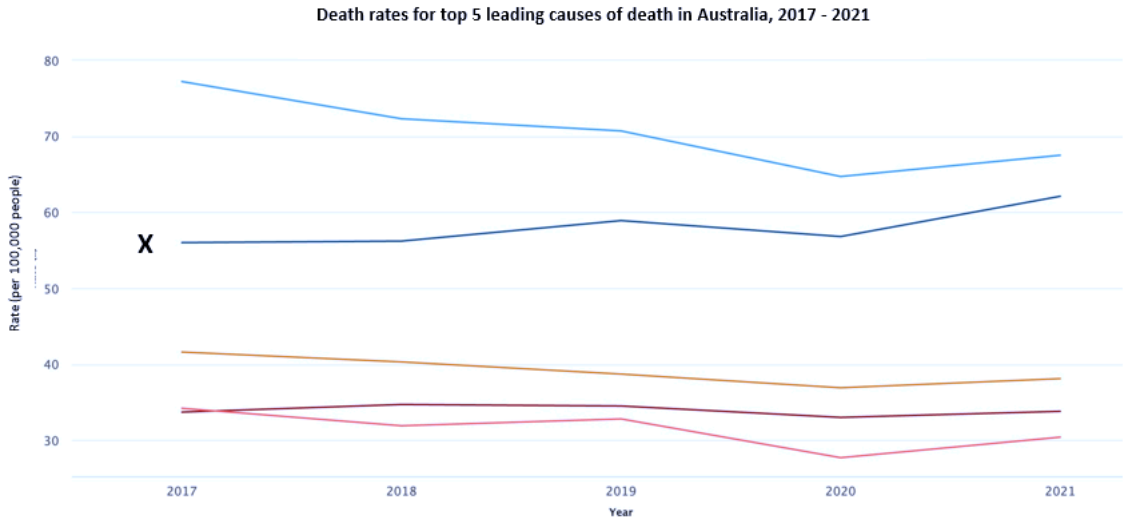
A) They are funded by the Australian government to supply health care services.
B) They provide resources only to those most in need of health services and treatment.
C) They empower individuals and communities to be involved in planning and decision making to achieve good health.
D) They allocate resources according to the needs of the population in order to promote equality of health outcomes.

12. Why would a sports coach change the learning environment from *massed* to *distributed* practice?

A) The task is simple but needs to be broken down into sub-routines.
B) The task is difficult but needs continued practice to ensure success.
C) The task is proving difficult and fatigue is causing the athlete to make errors.
D) The task is simple and needs to be practised in its entirety to ensure success.

13. The graph below shows the leading causes of death in Australia between 2017 –2021.

What is the cause of death identified at the line labeled X?



A) Coronary heart disease
B) Cerebrovascular Disease
C) Dementia
D) Chronic Lower Respiratory Disease

14. Which of the following are neural strategies that aid in the recovery of the athlete?

A) Hydrotherapy, contrast water therapy, massage.
B) Passive recovery, hydration, cool down.
C) Cryotherapy, compression garments, cold water immersion.
D) Relaxation, sleep, hydration.

15. Which of the following are socio-economic determinants of health experienced by First Nations People?

A) Increased remoteness, loss of self-empowerment and high unemployment.
B) Household overcrowding, higher smoking rates and poor diet.
C) Higher unemployment, poor employment prospects and a significantly lower average income than non-Indigenous people.
D) Higher rates of alcohol related illness, diabetes and chronic cardiovascular disease.

16. 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

17. Read the following extract,

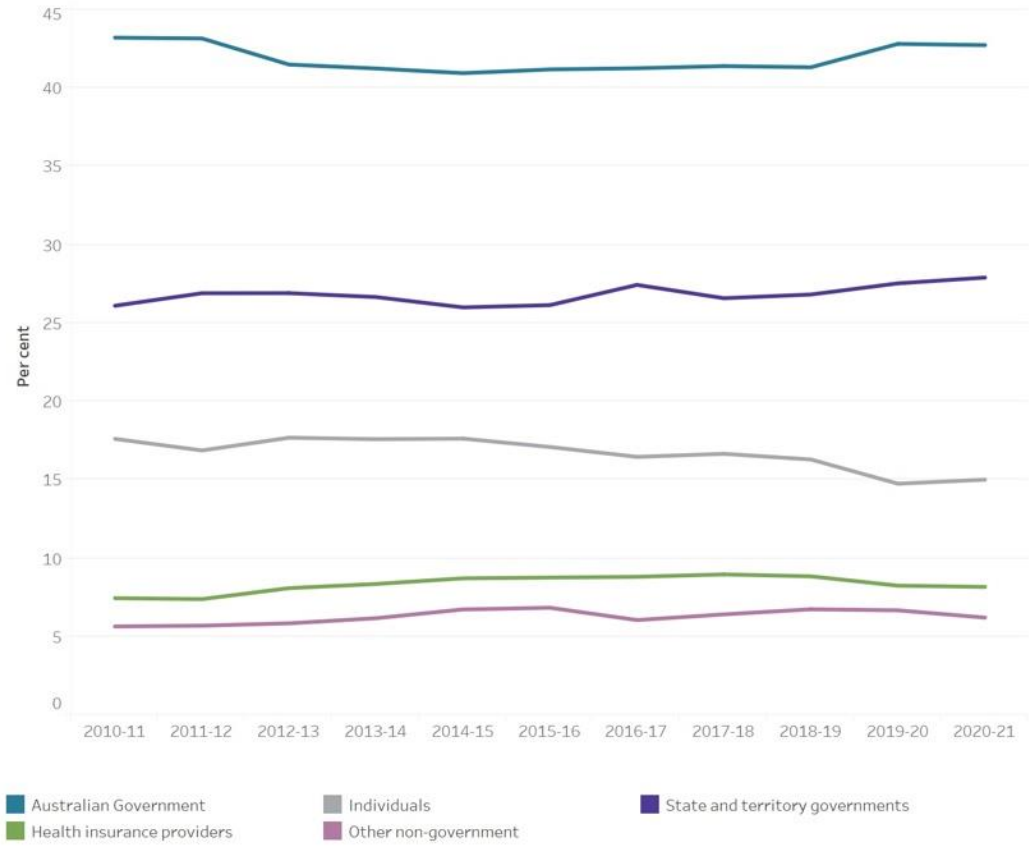
Billie, an elite athlete is about to make their final attempt in the high jump. They feel excited and eager, but they are becoming increasingly nervous. Billie is unable to fully focus on the task and now they are having difficulty concentrating on their well-practised mental rehearsal routine.

Which of the following correctly identifies what Billie is experiencing?

A) Stress, leading to state anxiety and resulting in over arousal.
B) Heightened extrinsic motivation, leading to stress and under arousal.
C) Negative emotion, leading to trait anxiety which is intensified by spectator pressure.
D) Inadequate mental rehearsal, causing lack of focus and leading to optimal arousal.

18. The graph below shows public hospital expenditure by source of funds.

Public Hospital Expenditure by Source of Funds



Note: Other non-government refers to spending on health goods and services by injury compensation insurers and other sources of private income.
Source: AIHW Health Expenditure Database (Table 10).

Which of the following statements is best supported by the data provided?

A) Health expenditure by the Australian government has remained the same over time.
B) Individuals contribute the most to Australia's health expenditure.
C) Individuals and health insurers contribute more to public hospitals than State and Territory governments.
D) State and federal governments have consistently contributed the highest proportion of funding for public hospitals.

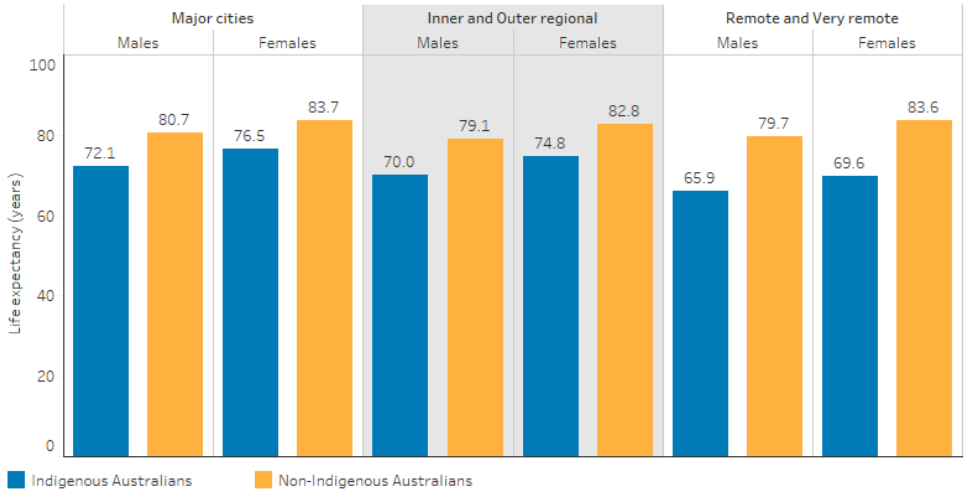
19. An athlete was required to complete five vertical jumps in 10 seconds. The results are shown in the table.

Attempt	1	2	3	4	5
Height jumped (cm)	70	70	66	64	60

These results are consistent with which of the following statements?

A) The athlete's ATP/PC stores have been depleted and there is insufficient recovery time between attempts.
B) The athlete's glycogen stores have been used up after the second jump, and fatigue has set in.
C) The athlete's level of aerobic endurance is low, and this has resulted in oxygen debt.
D) The athlete's work at maximum effort has caused lactic acid build-up, and this has reduced performance.

20. Observe the chart below comparing the life expectancy of Indigenous and non-Indigenous Australians.



Which of the following is true?

A) In remote and very remote areas, Indigenous males have a higher life expectancy when compared to Indigenous Females.
B) The biggest life expectancy gap between Indigenous and non-Indigenous males is in major cities.
C) Both indigenous and non -Indigenous Australians living in remote areas have lower life expectancy than those living in major cities.
D) The life expectancy of Indigenous Australians who live in major cities is less than those who live in remote and very remote area.

End of Section I - Part A

Student Number

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 paper is available.

If you use this space, clearly indicate which question you are answering.
Write your Student Number at the top of this page.

Please turn over

Question 21 **(3 marks)**

Outline two (2) risk factors for cardiovascular disease.

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Question 22 **(3 marks)**

Outline how you can ensure the validity and reliability of a test.

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Question 23 **(4 marks)**

Compare the health status of males and females in Australia.

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Question 24 **(4 marks)**

Describe how two principles of training can be applied to an aerobic training program.

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Question 25 **(5 marks)**

Discuss the impact of emerging new treatments and technologies on health care in Australia.

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Question 26 **(6 marks)**

Explain how the characteristics of the learner can influence skill acquisition.

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Question 27 **(8 marks)**

Assess the impact of an increasing population living with chronic disease and disability on the health care system and services.

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Question 28 **(7 marks)**

Argue the use of supplementation by an athlete for improved performance.

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End of Section

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 books are available.

In your answers, you 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) (i) Outline the current patterns of morbidity and mortality for young people in Australia. **3**

(ii) Explain the influence of family and peers on the health status of young people. **5**

(b) Analyse the factors which may adversely affect the health of young people. **12**

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

(a) (i) Outline how the meanings of amateur and professional sport have changed from 19th century England and colonial Australia to the current time. **3**

(ii) Explain the consequences for spectators and participants now that sport is big business. **5**

(b) Analyse how the media has impacted upon the construction of the meanings of femininity and masculinity in sport? **12**

Question 31 – Sports Medicine (20 marks)

Sally rolls her ankle and sprains it landing because of her poor landing technique.

(a) (i) Outline how you would classify Sally's injury. **3**

(ii) Explain the role taping could play in the prevention and treatment of Sally's injury. **5**

(b) Analyse how climatic conditions affect the safe participation of athletes in sport. **12**

Question 32 – Improving Performance (20 marks)

(a) (i) Outline the performance and fitness needs of elite for athletes. **3**

(ii) Explain how as access to technology in sport created unfair competition? **5**

(b) Analyse the benefits and limitations of drug testing **12**

Question 33 - Equity and Health (20 marks)

(a) (i) Outline the nature of the mediating process when working to improve the health of a specific group. **3**

(ii) Explain how encouraging economic and cultural change address inequities? **5**

(b) Analyse how an increase in health funding can improve the health status of all Australians? **12**

End of paper