



Personal Development, Health and Physical Education

General Instructions

- Reading time – 5 minutes
- Working time – 3 hours
- Write using black or blue pen
- Use the multiple-choice answer sheet provided
- Write your Centre Number and Student Number at the top of this page, page 12 and the multiple-choice answer sheet

Total marks – 100

Section I

Pages 3-20

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 21-26
- Allow about 1 hour and 10 minutes for this part

Section II

Pages 21-22

40 marks

- Attempt TWO question from Questions 27-31
- Answer the questions in a SEPARATE writing booklet
- Allow about 1 hour and 10 minutes for this section

Disclaimer

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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.

- 1** Which of the following represents an accurate statement about health status in Australia?
- (A) Females have higher rates of lung cancer than males
 - (B) Males have a higher life expectancy than females
 - (C) Socio-economic status has a significant impact on health status
 - (D) Infant mortality is increasing in metropolitan areas of Australia
- 2** What are the current mortality and prevalence trends for cancer?
- (A) Mortality decreasing; prevalence decreasing
 - (B) Mortality decreasing; prevalence relatively unchanged
 - (C) Mortality increasing; prevalence decreasing
 - (D) Mortality increasing; prevalence increasing
- 3** Which of the following is considered most important when identifying Australia's priority health issues?
- (A) The potential for prevention and early intervention
 - (B) The impact of the health issue on overseas-born people
 - (C) The ability of the government to evaluate the health issue using epidemiology
 - (D) The cost of the Medicare safety net
- 4** Why does the Australian Government provide financial incentives to encourage greater membership of private health insurance funds?
- (A) It allows access to the Pharmaceutical Benefits Scheme (PBS)
 - (B) It increases the health literacy of people in rural and remote areas of Australia
 - (C) It provides people with a greater range of health services for free
 - (D) It decreases the national financial burden placed on Medicare

5 Which of the following is an example of 'reorienting health services'?

- (A) A doctor informing a patient about the risks of cardiovascular surgery
- (B) A media campaign designed to decrease skin cancer
- (C) The allocation of proportionally greater health resources to elderly people
- (D) Students lobbying local council to provide better recreation facilities in their local area

6 Examine the data given in the table below:

Cost of medical treatment	Visits to Doctors	Age of Australian population	Population of Australia
Increasing	Increasing	Increasing	Increasing

What does the data in the above table represent?

- (A) The main reasons why Australia cannot significantly increase national spending on preventative health care
- (B) The main reasons why there is a decreasing burden on Medicare and the pharmaceutical Benefits Scheme (PBS)
- (C) The main reasons for the different life expectancy rates of males and females
- (D) The main reasons why curative services are being reduced in Australia

7 Why is it important to use the principles of social justice as a way of promoting health?

- (A) It acknowledges that individuals have the capacity to make informed decisions
- (B) It provides the best opportunity to improve the health of all Australians
- (C) It decreases the burden on Australia's Medicare system
- (D) It can be measured more successfully using epidemiological data

- 8 Examine the data given below which compares the causes of death rates of indigenous Australians to non-indigenous Australians:

Causes of death in Aboriginals and Torres Strait Islander Population	
6.6 times more likely to die from:	X
Nearly twice as likely to die from:	Cardiovascular Disease
1.2 times as likely to die from:	Cancer
More than twice as likely to die from:	Respiratory disease

What is the preventable cause of death, represented by 'X' in the table above?

- (A) Suicide
 - (B) Transport injuries
 - (C) Colorectal cancer
 - (D) Diabetes
- 9 Which of the following statements best reflects the impact of Australia's ageing population?
- (A) The availability of carers and volunteers for the elderly has decreased
 - (B) Funding for public hospitals in Australia has decreased
 - (C) The health disadvantage of this group has decreased
 - (D) The pressure on the Australian health system has decreased

10 Examine the data below:

- Increased occupational injury rates
- Reduced access to health care services and personnel
- Higher driving risks
- Higher rates of suicide

Which of the following groups experience the health inequities described above?

- (A) The elderly
- (B) People with disabilities
- (C) People who live in rural and remote areas
- (D) Males

11 Which of the following is an example of proprio-neuromuscular facilitation (PNF) stretching?

- (A) Moving the shoulder joint through its full range of motion in a way that mimics competition demands
- (B) Holding a weight steady with the bicep muscle, without lengthening or shortening the muscle
- (C) A static stretch of the hamstring muscle, followed by an isometric contraction, followed by a further static stretch
- (D) Using elastic resistance bands to hold a stretch position for 10-30 seconds, followed by an increased stretch

- 12** An elite rower sets herself the following short-term goals to improve her motivation:

- Complete 7 aerobic training sessions this week
- Follow nutritional plan set by coaches
- Compete successfully at Olympic trials on Sunday

What type of motivation is the athlete using?

- (A) Negative and extrinsic motivation
 - (B) Positive and extrinsic motivation
 - (C) Negative and intrinsic motivation
 - (D) Positive and intrinsic motivation
- 13** Which of the following statements describe athletic benefits of cryotherapy?
- (A) It promotes vasoconstriction and decreases lactic acid pooling
 - (B) It improves the elasticity of the muscle and enhances functioning of the immune system
 - (C) It increases blood flow to the muscle and decreases recovery time
 - (D) It decreases an athlete's heart rate when used in competition

- 14 When selecting a cricket side, a coach designs the following rating scale to assist with the analysis of a forward defensive cricket stroke. Each player in the team is to be assessed twice.

Forward Defensive Technique	Rating / 5
Bat and pad together	
Correct hand position	
Correct head position	
Consistency	

What is the coach attempting to do by using the rating scale as part of his selection process?

- (A) Increase validity, subjectivity and objectivity
 - (B) Decrease reliability and subjectivity; increase validity
 - (C) Increase validity and subjectivity; decrease reliability
 - (D) Increase validity and objectivity; decrease subjectivity
- 15 Which of the following strategies are appropriate for an elite marathon runner during a 7 day taper period before competition?
- (A) Increase carbohydrate levels, decrease intensity of training workload
 - (B) Increase carbohydrate levels, increase volume of training workload
 - (C) Maintain carbohydrate levels, decrease volume of training workload
 - (D) Maintain carbohydrate levels, increase intensity of workload
- 16 Which statement below represents a CORRECT characteristic of an energy system?
- (A) The lactic acid system can only use carbohydrate as an energy source for ATP production
 - (B) Depletion of glycogen stores is the major factor that causes the ATP/PC system to fatigue
 - (C) The aerobic energy system is the dominant energy system in the 400 metre run
 - (D) After a maximal sprint effort, the ATP/PC system is fully recovered after approximately 30 seconds

- 17 During his last two events, an endurance runner experiences fatigue and a decrease in performance.

Which of the following supplements may improve the performance of the athlete?

- (A) Creatine
- (B) Iron
- (C) Calcium
- (D) Vitamin D

- 18 A training session has the following characteristics:

- Mostly distributed practice
- Mostly part practice
- High levels of external feedback
- Closed environment

Which of the following athletes would be best suited to the training session outlined above?

- (A) A runner using the fartlek method of training
- (B) A golfer at the cognitive stage of skill acquisition
- (C) A surfer at the associative stage of skill acquisition
- (D) A tennis player at the autonomous stage of skill acquisition

19 Which of the following best describes the value of subjective measurement of performance?

- (A) It is based on prescribed judging criteria
- (B) It can include analysis of strategic and tactical performance
- (C) It uses statistics to measure several different aspects of performance
- (D) It excludes objective measures which are based only on opinion

20 An elite diver adjusts her legs in mid-air to correct a mistake. Which of the following types of feedback has the diver used?

- (A) Knowledge of results
- (B) External feedback
- (C) Knowledge of performance
- (D) Delayed feedback

Part B – 40 marks

Attempt Questions 21-26

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 (8 marks)

Marks

- (a) Outline THREE reasons for the decreasing mortality rate of cardiovascular disease in the Australian population.

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Question 21 continues on the next page

Question 21 (continued)

Marks

- (b) Describe factors that have contributed to the growth of complementary and alternative health care approaches in Australia.

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End of Question 21

Question 22 (12 marks)

Marks

- (a) Discuss the impact of emerging new treatments and technologies on health care in Australia.

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Question 22 continues on the next page

Question 22 (continued)	Marks
(b) Demonstrate how TWO action areas of the Ottawa Charter could be used to address either lung cancer or skin cancer.	7

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Question 23 (3 marks)**Marks**

Identify ONE advantage of each type of resistance training shown in the table below.

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TYPE OF RESISTANCE TRAINING	ADVANTAGE
Isotonic	
Isometric	
Isokinetic	

Question 24 (4 marks)

Outline how hereditary factors can limit the performance of an athlete.

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Question 25 (5 marks)

Marks

Explain the physiological adaptations that occur in response to long-term aerobic training.

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End of Question 25

Question 26 (8 marks)

Marks

Justify the use of supplementation to improve athletic performance.

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This image shows a full page of white paper with horizontal dotted lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

40 marks

Attempt TWO questions from Questions 27-31

Allow about 1 hour and 10 minutes for this section

Answer the question in a SEPARATE writing booklet.

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 27 – The Health of Young People

Marks

- | | | |
|-----|--|-----------|
| (a) | Discuss how violence can affect the health status of a young person. | 8 |
| (b) | Analyse the developmental aspects that impact on the health of young people. | 12 |

Question 28 – Sport and Physical Activity in Australian Society

- | | | |
|-----|--|-----------|
| (a) | Discuss the barriers that existed in the nineteenth century that limited women's participation in sport. | 8 |
| (b) | Analyse the economic and social consequences of hosting a major sporting event. | 12 |

Question 29 – Sports Medicine**Marks**

- | | | |
|-----|--|-----------|
| (a) | Discuss how the TOTAPS procedure is used to assess a soft tissue injury. | 8 |
| (b) | Analyse the role of physical preparation in the prevention of sports injury. | 12 |

Question 30 – Improving Performance

- | | | |
|-----|--|-----------|
| (a) | Discuss the characteristics of an over-trained athlete. | 8 |
| (b) | Analyse the benefits and limitations of drug testing in sport. | 12 |

Question 31 – Equity and Health

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|-----|---|-----------|
| (a) | Discuss the health status of Australia's geographically remote populations. | 8 |
| (b) | Analyse the factors that create health inequities in Australia. | 12 |

Mapping Grid and Answers

Exam Section	Question	Marks	Syllabus/Course Outcomes	Content	Targeted Performance Bands	Answer
Section I: Part A: Multiple Choice	1	1	H2, H3	Group experiencing inequities	2-3	C
	2	1	H2, H3	Preventable chronic disease	3-4	B
	3	1	H1, H3, H15	Priority health issues	3-4	A
	4	1	H5, H14, H15	Health care	3-4	D
	5	1	H4, H14	Ottawa Charter	3-4	C
	6	1	H5	Health care	5-6	A
	7	1	H1, H14	Priority health issues	4-5	B
	8	1	H2, H3	Group experiencing inequities	4-5	D
	9	1	H2, H5, H15	Growing and ageing population	3-4	A
	10	1	H3	Group experiencing inequities	2-3	C
	11	1	H7, H8	Types of training	3-4	C
	12	1	H8, H11	Motivation	2-3	D
	13	1	H7, H11, H17	Recovery strategies	4-5	A
	14	1	H9, H10, H16	Assessment of skill	3-4	D
	15	1	H8, H17	Nutritional considerations	4-5	C
	16	1	H7	Energy systems	4-5	A
	17	1	H8, H17	Supplementation	3-4	B
	18	1	H8, H9	Skill acquisition	5-6	B
	19	1	H9, H16	Assessment of skill	4-5	B
	20	1	H9, H16	Learning environment	2-3	C
Section I: Part B: Extended Response	21a	3	H2	Preventable chronic disease	3-4	
	21b	5	H14, H15	Complementary and alternative health care	4-5	
	22a	5	H15, H16	Health care	4-5	
	22b	7	H4, H5, H14	Ottawa Charter	5-6	
	23	3	H8	Types of training	2-3	
	24	4	H7, H9	Characteristics of the learner	3-4	
	25	5	H7, H8	Physiological adaptations	4-5	
	26	8	H8, H11, H17	Supplementation	5-6	

Exam Section	Question	Marks	Syllabus/Course Outcomes	Content	Targeted Performance Bands	Answer
Section II:	27a	8	H2, H15	Determinants of health	2-5	
	27b	12	H2, H3, H6	Developmental aspects	4-6	
	28a	8	H12	Beginnings of modern sport	2-5	
	28b	12	H12	Sport as a commodity	4-6	
	29a	8	H8, H13, H17	Assessment of injuries	2-5	
	29b	12	H8, H13, H17	Physical preparation	4-6	
	30a	8	H8, H16	Overtraining	2-5	
	30b	12	H8, H16, H17	Use of drugs	4-6	
Section II:	31a	8	H2, H3, H15	Populations experiencing inequities	2-5	
Section II:	31b	12	H3, H5, H15	Factors creating health inequities	4-6	

Section I**Part A – 20 marks****Questions 1-20** (1 mark each)

Question	Correct Response	Outcomes Assessed	Targeted Performance Bands
1	C	H2, H3	2-3
2	B	H2, H3	3-4
3	A	H1, H3, H15	3-4
4	D	H5, H14, H15	3-4
5	C	H4, H14	3-4
6	A	H5	5-6
7	B	H1, H14	4-5
8	D	H2, H3	4-5
9	A	H2, H5, H15	3-4
10	C	H3	2-3
11	C	H7, H8	3-4
12	D	H8, H11	2-3
13	A	H7, H11, H17	4-5
14	D	H9, H10, H16	3-4
15	C	H8, H17	4-5
16	A	H7	4-5
17	B	H8, H17	3-4
18	B	H8, H9	5-6
19	B	H9, H16	4-5
20	C	H9, H16	2-3

Section I
Part B – 40 marks

Question 21 (8 marks)

21(a) Outline THREE reasons for the decreasing mortality rate of cardiovascular disease in the Australian population. (3 marks)

Outcomes Assessed: H2

Targeted Performance Bands: 3-4

Criteria	Marks
• Outlines three reasons for decreasing mortality rate of cardiovascular disease	3
• Lists some reasons for decreasing mortality rate of cardiovascular disease	2
• Provides some relevant information about CVD	1

Sample answer

Reasons may include:

- improved medical care
- decreased rates of smoking
- more regular GP visits
- better education of risk factors (improved health literacy)
- impact of health promotion strategies (e.g. no smoking in pubs and clubs)

For a candidate to *outline* reasons, they are required to sketch in general terms or indicate the main features of epidemiology.

21(b) Describe the factors that have contributed to the growth of complementary and alternative health care approaches in Australia. (5 marks)

Outcomes Assessed: H14, H15

Targeted Performance Bands: 4-5

Criteria	Marks
<ul style="list-style-type: none">Clearly describes the factors that have contributed to the growth of complementary and alternative health care approachesDemonstrates a sound knowledge of complementary health careIllustrates answer with relevant examples	4-5
<ul style="list-style-type: none">Outlines the factors that have contributed to the growth of complementary and alternative health care approachesDemonstrates a basic knowledge of the growth of complementary health careMay use relevant examples	2-3
<ul style="list-style-type: none">Provides some detail about types of complementary and alternative health care approaches	1

Sample answer

Factors may include:

- approval by World Health Organisation (WHO)
- greater acceptance of alternative therapies by traditional medicine
- inclusion of alternative therapies under private health insurance schemes
- reaction against intrusive nature of some traditional medicine approaches
- impact of multicultural nature of Australian population
- greater acknowledgement of preventative medicine approaches

For a candidate to *describe* they must provide characteristics or features of factors that have contributed to the growth of complementary and alternative health care approaches.

Question 22 (12 marks)

22(a) Discuss the impact of emerging new treatments and technologies on health care in Australia. (5 marks)

Outcomes Assessed: *H15, H16*

Targeted Performance Bands: *4-5*

Criteria	Marks
<ul style="list-style-type: none">• Discusses in sufficient depth the impact of emerging new treatments and technologies on health care• Demonstrates a thorough knowledge of the impact on health care• Provides relevant examples	4-5
<ul style="list-style-type: none">• Outlines the impact of emerging new treatments and technologies on health care• Demonstrates a sound knowledge of the impact on health care• Provides examples	2-3
<ul style="list-style-type: none">• Provides some detail about types of emerging new treatments and technologies	1

Sample answer

Answers may include:

- less invasive procedures, more preventative focus
- less cost to the individual
- greater chance of recovery
- greater ageing population and associated costs (e.g. Medicare and PBS burden)
- more expensive medical costs to community
- greater cost of medical research

For a candidate to *discuss*, they must identify issues and provide points for and/or against.

22(b) Demonstrate how TWO action areas of the Ottawa Charter could be used to address either lung cancer or skin cancer. (7 marks)

Outcomes Assessed: H4, H5, H14

Targeted Performance Bands: 5-6

Criteria	Marks
<ul style="list-style-type: none">Clearly shows by example how TWO action areas of the Ottawa Charter can address either lung cancer or skin cancerDemonstrates a thorough knowledge of the action areas of the Ottawa CharterIllustrates answers with relevant examples	6-7
<ul style="list-style-type: none">Describes how action areas of the Ottawa Charter can address either lung cancer or skin cancer ORMakes links between action areas of the Ottawa Charter and either lung cancer or skin cancerDemonstrates a sound knowledge of the action areas of the Ottawa CharterIllustrates answers with relevant examples	3-5
<ul style="list-style-type: none">Outlines TWO action areas of the Ottawa OROutlines some information on either lung cancer or skin cancer	1-2

Sample answer

Answers may include:

e.g. Two action areas that address lung cancer

Creating supportive environments:

- promotion of health dangers and restrictions on ability to smoke in public places maintains a culture against public acceptance of smoking
- increased availability of solutions creates supportive environment e.g. nicotine patches, help groups
- initiatives such as return to work and training programs decreases the boredom, depression and other sociocultural factors associated with increased rates of tobacco use

Building healthy public policy:

- high levels of taxation on tobacco decreases access
- regulation of packaging, marketing decreases the desirability of cigarettes
- legislation banning smoking in most public places
- mandatory PDHPE in schools increases health literacy

For candidate to *critically analyse*, they must identify components and the relationship between them; draw out and relate implications.

Question 23 (3 marks)

Identify ONE advantage of each type of resistance training shown in the table below.

Outcomes Assessed: H8

Targeted Performance Bands: 2-3

Criteria	Marks
• Identifies one advantage of each of the three resistance training methods	3
• Identifies one advantage of two of the resistance training methods	2
• Identifies one advantage of one of the resistance training methods OR • Provides some information related to the types of training	1

Sample answer

Answers may include advantages such as:

- Isotonic: cheap, good for variety, overload and rehabilitation, few injuries
- Isometric: develop overload easily, move through entire ROM, can mimic competition demands more easily, can manipulate sets easily (e.g. superset, pyramid)
- Isokinetic: maximal tension through entire ROM, maximal muscle fatigue leads to greatest overload, constant speed of contraction increases safety, isolates muscle groups more effectively and safely

For a candidate to *identify*, they are required to recognise and name one advantage of each type of resistance training.

Question 24 (4 marks)

Outline how heredity factors can limit the performance of an athlete.

Outcomes Assessed: H7, H9

Targeted Performance Bands: 3-4

Criteria	Marks
• Sketches in general terms how heredity factors can limit the performance of an athlete • Illustrates answers with relevant examples	4
• Identifies how some heredity factors can limit the performance of an athlete OR • Identifies some heredity factors that are related to athletic performance • Uses examples	2-3
• Provides some relevant information regarding heredity and performance	1

Sample answer

Answers may include how the following hereditary factors limit performance:

- gender (e.g. females decreased blood volume limits aerobic performance)
- somatotype (small body types are not suitable for some team sport positions e.g. rugby prop)
- muscle fibre composition (people with low numbers of slow twitch muscle fibres are disadvantaged in endurance events)
- information-processing capacity (people who find it difficult to process defensive or attacking structures in open environments are disadvantaged in some team sports)

- race (some races have higher bone density which limits their buoyancy in swimming)
- age (aged have decreased muscle mass which limits their ability to compete in some anaerobic events)

For a candidate to *outline*, they are required to sketch in general terms or indicate the main features of how hereditary factors limit performance.

Question 25 (5 marks)

Explain the physiological adaptations that occur in response to long-term aerobic training.

Outcomes Assessed: H7, H8

Targeted Performance Bands: 4-5

Criteria	Marks
<ul style="list-style-type: none"> Clearly explains physiological adaptations that occur in response to long-term aerobic training Demonstrates understanding by use of correct terminology Uses relevant examples 	4-5
<ul style="list-style-type: none"> Outlines physiological adaptations that occur in response to long-term aerobic training Illustrates answers with relevant examples 	2-3
<ul style="list-style-type: none"> Identifies some relevant information about physiological adaptations that occur in response to long-term aerobic training 	1

Sample answer

Answers may include the following physiological adaptations:

- decreased resting heart rate
- increased stroke volume and cardiac output
- increased oxygen uptake
- increased haemoglobin levels
- increased hypertrophy
- increased slow twitch muscle fibres

For a candidate to *explain*, they must relate cause and effect, make the relationship between things evident, provide why and/or how.

Question 26 (8 marks)

Justify the use of supplementation to improve athletic performance.

Outcomes Assessed: H8, H11, H17

Targeted Performance Bands: 5-6

Criteria	Marks
<ul style="list-style-type: none">• Provides detailed argument for the use of supplementation to improve performance• Illustrates answers with relevant examples	7-8
<ul style="list-style-type: none">• Describes how the use of supplementation can improve performance• Uses relevant examples	5-6
<ul style="list-style-type: none">• Outlines how the use of supplementation can improve performance	3-4
<ul style="list-style-type: none">• Provides some relevant information about supplementation	1-2

Sample answer

Answers may include the following:

Vitamins may improve the performance of athletes because they assist enzymes that catalyse the breakdown of carbohydrates, protein and fats. Water soluble vitamins and vitamins that have high anti-oxidant value (e.g. vitamin E) may be of significant value to physically stressed athletes or athletes that travel regularly and find it difficult to maintain a healthy diet. Minerals such as potassium and sodium are critical for proper cell function and play a role in the efficient removal of lactic acid from the muscle cell. Iron assists in oxygen carrying capacity and calcium levels affect bone density.

Protein supplementation improves performance when intake is inadequate because protein is essential for the growth and repair of muscle; caffeine increases arousal and decreases the athletes rating of perceived exertion. Research suggests that caffeine supplementation allows greater 'glycogen sparing' in endurance events. Creatine supplementation can enhance the efficiency of the ATP-PC energy system by decreasing the resynthesis time of the system.

For a candidate to *justify*, they are required to support an argument or conclusion.

Section II

Question 27 – The Health of Young People (20 marks)

27 (a) Discuss how violence can affect the health status of a young person. (8 marks)

Outcomes Assessed: H2, H15

Targeted Performance Bands: 2-5

Criteria	Marks
<ul style="list-style-type: none">• Discusses how violence can affect the health status of a young person• Presents ideas in a logical and cohesive manner• Illustrates answers with relevant examples	7-8
<ul style="list-style-type: none">• Describes how violence can affect the health status of a young person• Presents ideas clearly• Uses relevant examples	5-6
<ul style="list-style-type: none">• Outlines how violence can change the health status of a young person	3-4
<ul style="list-style-type: none">• Identifies some relevant factors that can affect the health of young people	1-2

Sample answer

Answers may include the impact of the following:

- bullying (e.g. change in resilience, self-esteem, socialisation, self-harm, absenteeism, physical injury)
- sexual assault (e.g. shame, guilt, decreased self-worth, dysfunctional sexual and social relationships)
- sexual harassment (decreased power in relationships, fear, social isolation)
- homophobic vilification (e.g. insecurity, isolation, depression)
- domestic abuse (e.g. depression, difficulty forming healthy relationships, physical injury)

For a candidate to *discuss*, they must identify issues and provide points for and/or against.

27 (b) Analyse the developmental aspects that impact on the health of young people.
(12 marks)

Outcomes Assessed: H2, H3, H6

Targeted Performance Bands: 4-6

Criteria	Marks
<ul style="list-style-type: none">Analyses a broad range of developmental aspects that impact on the health of young peoplePresents ideas in a logical and cohesive mannerIllustrates answers with relevant examples	11-12
<ul style="list-style-type: none">Analyses some developmental aspects that impact on the health of young people ORDescribes a broad range of developmental aspects that impact on the health of young peoplePresents ideas in a logical and cohesive mannerIllustrates answers with relevant examples	8-10
<ul style="list-style-type: none">Describes some developmental aspects that impact on the health of young peoplePresents ideas clearlyUses examples	5-7
<ul style="list-style-type: none">Outlines some developmental aspects that impact on the health of young people	3-4
<ul style="list-style-type: none">Identifies some relevant information about developmental aspects that impact on the health of young people	1-2

Sample answer

Answers may include the impact of the following developmental aspects, with examples:

- revising roles in relationships
- clarifying self-identity and self-worth
- developing self-sufficiency and autonomy
- establishing education, training and employment pathways
- establishing personal support structures
- determining behavioural boundaries

To *analyse*, candidates must identify components and the relationship between them; draw out and relate implications.

Question 28 – Sport and Physical Activity in Australian Society (20 marks)

28 (a) Discuss the barriers that existed in the nineteenth century that limited women's participation in sport. (8 marks)

Outcomes Assessed: H12

Targeted Performance Bands: 2-5

Criteria	Marks
<ul style="list-style-type: none">• Discusses a broad range of barriers that existed in the nineteenth century that limited women's participation in sport• Presents ideas in a logical and cohesive manner• Illustrates answers with relevant examples	7-8
<ul style="list-style-type: none">• Describes barriers that existed in the nineteenth century that limited women's participation in sport• Presents ideas clearly• Uses relevant examples	5-6
<ul style="list-style-type: none">• Outlines barriers that existed in the nineteenth century that limited women's participation in sport	3-4
<ul style="list-style-type: none">• Provides some relevant information about the barriers that existed in the nineteenth century that limited women's participation in sport	1-2

Sample answer

Answers may include:

- Sport in 19th century viewed as 'manly', associated with physical toughness and resilience. Sport often violent, sports clubs frequently formed as an extension of male work domains. In many sports, women were banned from club membership or allowed to participate by invitation only. Social stigma associated with vigorous sport, medical profession advised against vigorous sport of women, restrictive clothing limited movement, 19th century media's negative reporting of women's participation in most sports, encouragement of myths surrounding biological inadequacies and moral values.

For a candidate to *discuss*, they must identify issues and provide points for and/or against.

28(b) Analyse the economic and social consequences of hosting a major sporting event.
(12 marks)

Outcomes Assessed: H12

Targeted Performance Bands: 4-6

Criteria	Marks
<ul style="list-style-type: none">Analyses a broad range of economic and social consequences associated with hosting a major sporting eventPresents ideas in a logical and cohesive mannerIllustrates answers with relevant examples	11-12
<ul style="list-style-type: none">Analyses some economic and social consequences associated with hosting a major sporting event ORDescribes a broad range of economic and social consequences associated with hosting a major sporting eventPresents ideas in a logical and cohesive mannerIllustrates answers with relevant examples	8-10
<ul style="list-style-type: none">Describes some economic and social consequences associated with hosting a major sporting eventPresents ideas clearlyUses examples	5-7
<ul style="list-style-type: none">Outlines some economic and social consequences associated with hosting a major sporting event	3-4
<ul style="list-style-type: none">Identifies some relevant details about the economic and social consequences associated with hosting a major sporting event	1-2

Sample answer

Answers may include the following:

- positive economic outcomes including increased tourism and increased international exposure
- significant sponsorship and television rights funding for governments, sporting bodies and participants
- construction of stadiums, media and other facilities that are used for generations
- significant cost of bid costs and facility development, impact on taxation and redirection of infrastructure development
- increased exposure, opportunity and pressure on local athletes
- athletes increasingly seen as a commodity in business environment
- improved social environment / national pride re: achievement

To *analyse*, candidates must identify components and the relationship between them; draw out and relate implications.

Question 29 – Sports Medicine (20 marks)

29 (a) Discuss how the TOTAPS procedure is used to assess a soft tissue injury. (8 marks)

Outcomes Assessed: H8, H13, H17

Targeted Performance Bands: 2-5

Criteria	Marks
<ul style="list-style-type: none">• Discusses how the TOTAPS procedure is used to assess a soft tissue injury• Demonstrates a thorough knowledge of the injury assessment procedures• Provides ideas in a logical and cohesive manner• Illustrates answers with relevant examples	7-8
<ul style="list-style-type: none">• Describes how the TOTAPS procedure is used to assess a soft tissue injury• Presents ideas clearly• Uses relevant examples	5-6
<ul style="list-style-type: none">• Outlines how the TOTAPS procedure is used to assess a soft tissue injury	3-4
<ul style="list-style-type: none">• Identifies some relevant information related to the TOTAPS procedure	1-2

Sample answer

Answers may include how the following may be used to assess a soft tissue injury:

- talk (e.g. do you have pins and needles?)
- observe (e.g. compare injury to other limb)
- touch (e.g. test for temperature change, obvious deformity)
- active movement (e.g. analyse ROM, pain level)
- passive movement (e.g. move through entire ROM)
- skills test (e.g. change of direction to test agility)

TOTAPS is a progressive assessment procedure: i.e., stop at stage where pain is present.

For a candidate to *discuss*, they must identify issues and provide points for and/or against.

29(b) Analyse the role of physical preparation in the prevention of sports injury. (12 marks)

Outcomes Assessed: H8, H13, H17

Targeted Performance Bands: 4-6

Criteria	Marks
<ul style="list-style-type: none">Analyses a broad range of physical preparation strategies that can prevent sports injuryPresents ideas in a logical and cohesive mannerIllustrates answers with relevant examples	11-12
<ul style="list-style-type: none">Analyses some physical preparation strategies that can prevent sports injury ORDescribes a broad range of physical preparation strategies that can prevent sports injuryPresents ideas in a logical and cohesive mannerUses relevant examples	8-10
<ul style="list-style-type: none">Describes some physical preparation strategies that can prevent sports injuryProvides ideas in a clear and logical wayUses examples	5-7
<ul style="list-style-type: none">Outlines some physical preparation strategies that can prevent sports injury	3-4
<ul style="list-style-type: none">Identifies some relevant information about physical preparation strategies that can prevent sports injury	1-2

Sample answer

Answers may include the following:

Analysis of the impact of:

- pre-screening (e.g. can identify contra-indicated activities for people with high blood pressure, such as upper body weights)
- skills and technique (e.g. can prevent injuries associated with poor technique such as tennis elbow)
- physical fitness (e.g. neck strengthening program can reduce the chance of neck injury in rugby prop)
- warm-up, stretching and cool-down (e.g. warm-up can increase the elasticity of the hamstring, reducing injury in a sprinter)

To *analyse*, candidates must identify components and the relationship between them; draw out and relate implications.

Question 30 – Improving Performance (20 marks)

30(a) Discuss the characteristics of an over-trained athlete. (8 marks)

Outcomes Assessed: H8, H16

Targeted Performance Bands: 2-5

Criteria	Marks
<ul style="list-style-type: none">• Discusses the characteristics of an over-trained athlete• Presents ideas in a logical and cohesive manner• Illustrates answers with relevant examples	7-8
<ul style="list-style-type: none">• Describes characteristics of an over-trained athlete• Presents ideas in a logical and cohesive manner• Uses relevant examples	5-6
<ul style="list-style-type: none">• Outlines some characteristics of an over-trained athlete	3-4
<ul style="list-style-type: none">• Identifies some relevant information about the characteristics of an over-trained athlete	1-2

Sample answer

Answers may include the following:

- characteristics may be physiological and/or psychological in nature
- physiological symptoms include poor performance, loss of strength, injury, increased resting heart rate, weight loss, head colds, increased recovery times, chronic fatigue, decreased ability to remove lactic acid
- psychological symptoms include lack of motivation, insomnia, feelings of exhaustion, increased emotion, social isolation, aggression

For a candidate to *discuss*, they must identify issues and provide points for and/or against.

30(b) Analyse the benefits and limitations of drug testing in sport. (12 marks)

Outcomes Assessed: H8, H16, H17

Targeted Performance Bands: 4-6

Criteria	Marks
<ul style="list-style-type: none">Analyses a broad range of benefits and limitations of drug testing in sportPresents ideas in a logical and cohesive mannerIllustrates answers with relevant examples	11-12
<ul style="list-style-type: none">Analyses some benefits and limitations of drug testing in sport ORDiscusses a broad range of benefits and limitations of drug testing in sportPresents ideas in a logical and cohesive mannerUses relevant examples	8-10
<ul style="list-style-type: none">Discusses some benefits and limitations of drug testing in sportPresents ideas clearlyUses examples	5-7
<ul style="list-style-type: none">Outlines some benefits and limitations of drug testing in sport	3-4
<ul style="list-style-type: none">Identifies some relevant information about drug testing in sport	1-2

Sample answer

Answers may be the following:

- benefits: drugs allow athletes to improve beyond their natural ability and must be stopped, drugs give cheating athletes an unfair advantage, drug testing stops drugs undermining the credibility and purity of competition, drug testing stops drugs destroying the long-term health of athletes, drug testing provides a disincentive for athletes who are considering drug use.

- limitations: historically, drug testing has been unsuccessful, testing invades the privacy and decreases the flexibility of athlete's lives, authorities should not have access to private lives, testing cannot keep up with the development of new drugs, genetic doping may never be testable.

To *analyse*, candidates must identify components and the relationship between them; draw out and relate implications.

31(a) Discuss the health status of Australia's geographically remote populations. (8 marks)

Outcomes Assessed: H2, H3, H15

Targeted Performance Bands: 2-5

Criteria	Marks
<ul style="list-style-type: none">• Discusses the health status of Australia's geographically remote populations• Presents ideas in a logical and cohesive manner• Illustrates answers with relevant examples	7-8
<ul style="list-style-type: none">• Describes some aspects of the health status of Australia's geographically remote populations• Presents ideas in a logical and cohesive manner• Uses relevant examples	5-6
<ul style="list-style-type: none">• Outlines some aspects of the health status of Australia's geographically remote populations	3-4
<ul style="list-style-type: none">• Identifies some relevant information about the health status of Australia's geographically remote populations	1-2

Sample answer

Answers may include the following factors:

- Australia's geographically remote populations have poorer health status than that of the general Australian populations. They have lower education levels, income, employment levels, access to health care, health literacy, access to high quality food, socio-economic status, life expectancy. They have higher rates of suicide, work related injury, driving risks, smoking related illnesses, obesity, alcohol abuse, kidney and liver disease.

For a candidate to *discuss*, they must identify issues and provide points for and/or against.

31(b) Analyse the factors that create health inequities in Australia. (12 marks)

Outcomes Assessed: H3, H5, H15

Targeted Performance Bands: 4-6

Criteria	Marks
<ul style="list-style-type: none">Analyses a broad range of factors that create health inequities in AustraliaPresents ideas in a logical and cohesive mannerIllustrates answers with relevant examples	11-12
<ul style="list-style-type: none">Analyses some factors that create health inequities in Australia ORDiscusses a broad range of factors that create health inequities in AustraliaPresents ideas in a logical and cohesive mannerUses relevant examples	8-10
<ul style="list-style-type: none">Discusses some factors that create health inequities in AustraliaPresents ideas clearlyUses examples	5-7
<ul style="list-style-type: none">Outlines some factors that create health inequities in AustraliaProvides ideas in a clear and logical way	3-4
<ul style="list-style-type: none">Identifies some relevant information about health inequities in Australia	1-2

Sample answer

Answers may include analysis of the following factors:

- daily living conditions (e.g. some indigenous Australians live in conditions that promote communicable diseases, unhealthy lifestyle behaviours)
- quality of early years of life (e.g. inability to access health care and decreased health literacy can lead to poor health in young people living in remote locations)
- poor transport reduces ability to access health services for some people living in low socio-economic circumstances
- lack of employment and education opportunities lead to increased social isolation, depression, poorer health status
- social abilities (e.g. people with mental illnesses are over-represented as homeless Australians)
- government priorities (e.g. lack of affordable housing in urban areas of Australia creates inequities for people of low socio-economic status)
- poor health literacy (e.g. overseas-born Australian can have literacy problems which lead to lack of understanding and knowledge of available health services such as Medicare and the PBS)

To *analyse*, candidates must identify components and the relationship between them; draw out and relate implications.