



B O A R D O F S T U D I E S
NEW SOUTH WALES

2010 HSC

Personal Development, Health and Physical Education

Sample Answers

This document contains ‘sample answers’, or, in the case of some questions, ‘answers could include’. These are developed by the examination committee for two purposes. The committee does this:

- (a) as part of the development of the examination paper to ensure the questions will effectively assess students’ knowledge and skills, and
- (b) in order to provide some advice to the Supervisor of Marking about the nature and scope of the responses expected of students.

The ‘sample answers’ or similar advice are not intended to be exemplary or even complete answers or responses. As they are part of the examination committee’s ‘working document’, they may contain typographical errors, omissions, or only some of the possible correct answers.

Section I, Part B

Question 21 (a)

Answers could include:

- Employment
- Education
- Income
- SES
- Access
- Location

Question 21 (b)

Answers could include:

- Individuals – improve ATSI people’s knowledge, accepting diversity, positive health choices, participating in ATSI community initiatives, volunteering
- Communities – advocate for change, involve community members in ATSI initiatives, awareness strategies, lobbying Govt, education programs for ATSI
- Government – funding ATSI programs, increasing doctors in ATSI communities, more services for ATSI people, increasing access to services
- Working in partnerships

Question 22 (a)

Answers could include:

Developing personal skills, creating supportive environments, strengthening community action, reorienting health services and building healthy public policy.

The Ottawa Charter provides a framework for improving health promotion based on five action areas.

Question 22 (b)

Answers could include:

Benefits could include:

- Improvements for the individual – improved health status, increased life expectancy, empowerment
- Financial benefits – reduced health costs
- Community benefits – reduced mortality rates, improved detection rates

Question 23

Sample answer/Answers could include:

- Resting heart rate
- Oxygen uptake and lung capacity
- Haemoglobin level
- Stroke volume and cardiac output
- Effect on fast/slow twitch muscles and cardiac output
- Muscle hypertrophy

Question 24

Answers could include:

- Creatine monohydrate (original form)
- High in animal products, eg protein
- Excreted when body stores fill
- Enhances ATP-PC energy efficiency
- Suits anaerobic sports – not suited to endurance sports
- Works on obvious deficit
- Muscle hypertrophy + strength training
- Improves recovery + strength training
- Improves recovery (ATP resynthesis) – does not extend performance
- Perceived benefits only
- Unknown health risks – muscle cramps/renal disease/weight gain

Question 25

Answers could include:

- Cognitive – forms concepts and many errors
- Associate – some errors and skill refinement
- Associative – automatic, focus on application to game or event

Question 26

Answers could include:

- Strategies:
 - Concentration/attention skills (focusing)
 - Mental rehearsal/visualisation/imagery
 - Relaxation techniques
 - Goal-setting

Answers are NOT limited to these.

Section II

Question 27 (a) (i)

Answers could include:

- Mental health
- Alcohol consumption, eg driving, violence, spiking
- Violence
- Road safety
- Body image
- Sexual health
- Other relevant/emerging health issues, eg cyber-bullying, drink spiking, gambling, party crashers

Question 27 (a) (ii)

Answers could include:

- Education, eg TV ads, health promotion
- Alcohol-free days
- Designated driver
- Eat before you drink
- Use standard drink guide
- Seek help, support services
- Counselling
- Websites
- Developing skills, eg coping skills
- Skills, eg connectedness, support networks, health literacy, accessing health services

Question 27 (b)

Answers could include:

- Issues include mental health, alcohol consumption, violence, road safety, body image, sexual health, other relevant/emerging health issues, eg cyber-bullying, drink spiking, gambling, party crashers
- Social action
- Legislation and public policy
- Health promotion initiatives

Question 28 (a) (i)***Answers could include:***

- European heritage from 19th century
- Manliness/patriotism and character
- Traditional roles of men/women
- Barriers women had to overcome to participate, eg damage to reproductive organs, infertility

Question 28 (a) (ii)***Answers could include:***

- Deconstruction of gender – what is encouraged by society and family (sex role socialisation)
- Relationship needs to be made linking gender between differences in sports chosen e.g. Dance/netball (females)
- Consider reasons why sports associated with each gender, eg football-tough/aggressive=masculine
- Female participation rates (historically from nothing to almost equitable numbers)
- PE lessons/co-ed classes – impact on girls participation
- Positive role modeling for girls – impact on participation

Question 28 (b)***Answers could include:***

- Links to establishing national identity through sports achievement
- Government funding, eg establishment of AIS/Australian Sports Commission (importance of sport)
- Politics and sport, eg used for political purposes such as boycotts, PM attending sporting events (importance of sport)
- Olympic/Commonwealth Games (opening/closing ceremonies used to showcase national identity), playing of anthems (national pride)
- Pride in national achievement
- Concepts of ‘punching above our weight’, ‘the under dog’, eg America’s Cup victory, Olympic Games achievements, World Cup Soccer

Question 29 (a) (i)***Answers could include:***

- Anaemia/low oxygen/low haemoglobin resulting in lethargy/fatigue
- Eating disorders/poor diet leading to health risks
- Osteoporosis/higher injury, eg falls and breaks

Question 29 (a) (ii)***Answers could include:***

- Asthma
 - Ensure adequate, gradual warm up
 - Use medication before exercise
 - Recognise environmental factors
 - Ensure adequate water available
 - Know athlete's limits – provide opportunities for rest
 - Personal asthma management plan
 - Swimming is encouraged
- Diabetes
 - Be aware of individual's condition
 - Monitor blood glucose levels
 - Take food breaks before, during and after physical activity
 - Have glucose available (lollies/drinks)
 - Monitor throughout training sessions
- Epilepsy
 - Awareness of individuals/medications
 - Avoid collision/water sports
 - Ensure athlete's safety during seizure – seek medical attention if > 5 min

Question 29 (b)***Answers could include:***

- Injury prevention and reduction
- Modified rules, matching opponents, protective equipment
- Improves standards, eg grounds and facilities
- Improved knowledge and qualifications

Question 30 (a) (i)***Answers could include:***

- Benefits, eg even playing field, safety of athlete, randomly performed
- Limitations, eg masking agents, new drugs developed, high cost, prescription medication, testing procedures/privacy

Question 30 (a) (ii)***Answers could include:***

- Inequity of athletes
- Ideal of natural ability
- Cost
- Contravenes the ethics of most sports
- Effects on health
- Role modeling of sports stars
- Illegal in society
- Consequences for non-using athletes
- Access/availability/equity of drugs

Question 30 (b)***Answers could include:***

- Amount and intensity of training
 - Intensity, volume, frequency
 - Rest/recovery – variety
 - Periodisation
 - Monitor training loads – individual needs, evaluation
- Physiological considerations
 - Lethargy, fatigue
 - Injury – overuse, stress fractures, tendonitis
 - Reduction in strength
- Psychological considerations
 - Motivation
 - Anxiety
 - Relaxation, variety

Question 31 (a) (i)***Answers could include:***

- Living conditions
- Access to services
- Socioeconomic factors, education, occupation
- Government policies
- Quality of early years of life
- Social attributes, discrimination etc

Question 31 (a) (ii)***Answers could include:***

- Train more health professionals
- Education-based community health services
- Research and policies
- Provide infrastructure
- Funding for health
- Funding for specific populations
- Funding to improve limited health resources

Question 31 (b)***Answers could include:***

- Target groups
- Cultural relevance
- Focus skills, education and prevention
- Supporting whole populations
- Intersectorial collaboration