

STUDENT ENROLMENT NUMBER				



## Samoa School Certificate

# HEALTH AND PHYSICAL EDUCATION 2015

# **QUESTION and ANSWER BOOKLET**

Time Allowed: 3 Hours & 10 Minutes

#### **INSTRUCTIONS**

- 1. You have 10 minutes to read **before** you start writing.
- 2. Write your **Student Education Number** (SEN) in the space provided on the top right hand corner of this page.
- 3. Answer ALL QUESTIONS. Write your answers in the spaces provided in this booklet.
- 4. If you need more space for answers, ask the Supervisor for extra paper. Write your SEN on all extra sheets used and clearly number the questions. Attach the extra sheets at the appropriate places in this booklet.

STRANDS	Page Number	Time (Minutes)	Weighting
STRAND 1:ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	2	54	30
STRAND 2:ACTIVE HUMAN MOVEMENT		54	30
STRAND 3:ACTIVE FAMILY HEALTH		36	20
STRAND 4:ACTIVE COMMUNITY HEALTH		36	20
TOTAL		180	100

Check that this booklet contains pages 2-XX in the correct order and that none of these pages is blank.

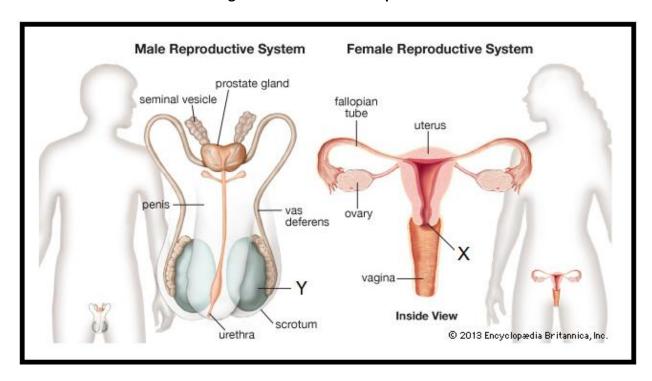
YOU MUST HAND THIS BOOKLET TO THE SUPERVISORAT THE END OF THE EXAMINATION.

### STRAND ONE: ACTIVE PERSONAL HEALTH AND RELATIONSHIPS WEIGHTING 30

1.	Define the term religion.		
		Skill Le	evel 1
		1	
		0	
		NR	
2.	Name a type of religion practiced in Samoa.		
		Skill Le	evel 1
		1	
		0	
		NR	
3.	Name a church denomination in Samoa.		
		Skill Le	wol 1
		1	evel i
		0	
		NR	
4.	Explain why people of one denomination need to show respect to other denominations.		
		Skill L	I 2
			evers
		2	
		1	
		0	
		NR	
		INIX	

5.	Describe the role of community organizations that helps building		
	peoples self esteem.		
		Skill Le	ovel 2
		2	3 V G1 Z
		1	
		0	
		NR	
6.	Explain the importance of having a good self esteem.		
	<del></del>		
		Skill Le	evel 3
		3	
		2	
		1	
		0	
		NR	

#### Use the diagram below to answer questions 7 to 10.



7.	Define the term human reproduction.	
		Skill Level 1
		1
		0 NR
		INIX
8.	Name the part lebeled V of the male reproductive eveters	
ο.	Name the part labeled <b>X</b> of the male reproductive system.	
		Skill Level 1
		1
		0
		NR

9.	Name the part labeled <b>Y</b> of female reproductive system.		
		Skill Le	wal 4
		1	ever
		0	
		NR	
10.	Describe the function of the part labeled <b>X</b> of the male reproductive system.		
		Skill L	evel 2
		2	
		1	
		0	
		NR	
			I
11.	Discuss the choices or issues young people need to consider before they enter into relationships that may lead them to have a baby. Use		
	examples.		
		Skill L	evel 4
		4	
		3	
		2	
		1	
		0	
		NR	

		•	
12.	Explain the importance of having a good self esteem.		
		Skill Le	evel 3
		2	
		1	
		0	
		NR	
	<del></del>		
13.	Explain the importance of breast feeding to new born babies.		
. • .			
		Skill Le	evel 3
		3	
		2	
		0	
		NR	

1.1	Define the term Covivally Transmitted Infections (CTIs)		
14.	Define the term Sexually Transmitted Infections (STIs).	Skill Le	aval 1
		1	-
		0	
		NR	
15.	Define the term HIV.		
		Skill L	evel 1
		1	
		0	
		NR	
16.	Give an example of STIs that are common in Samoa.		
		Skill Lo	evel 1
		0	
		NR	

17.	Discuss preventative measures available for protection from sexually transmitted diseases. Use examples.	
		Skill Level 4
		4
		3
		2
		1
		0 NB
		NR

#### STRAND 2: ACTIVE HUMAN MOVEMENT

#### **WEIGHTING 30**

Use the photographs below to answer questions 1-7.



From the photographs A and B above:

1.	Identify the sporting activity.		
		Skill L	evel 1
		1	
		0	
		NR	

_	I dentify the manuscript and particle.		
2.	Identify the recreational activity.		
		Skill L	evel 1
		1	
		0	
		NR	
			I
2	Define the term Chart		
3.	Define the term <i>Sport</i> .		
		Skill L	evel 1
		1	 
		0	
		NR	
4.	Define the term Recreational Activity.		
		Skill L	evel 1
		1	
		0	
		NR	
5.	Describe an economic benefit of participating in a sporting activity.		
		Skill L	evel 2
		2	
		1	
		0	
		NR	
i e		I	

6.	Explain the health benefits of recreational activities.	3 2 1 0 NR	evel 3
7			
7.	Name one principle of fitness.	Skill Lo	evel 1
8.	Name a modern technology used in sports.	Skill Lo	evel 1

9.	Describe how the modern technology used have promoted sports.	Skill Level 2  2 1 0 NR
10.	Name a sport related injury.  Explain the importance of circuit training to an athlete.	Skill Level 1 1 0 NR
		Skill Level 3  3 2 1 0 NR

12.	Define the term Sport Science.		
		Skill Level 1	
		1	
		0	
		NR	

## Use the photographs below to help answer questions 14 to 16.





1.	Explain the importance of Sport Science to movement.	Skill Level 3  3 2 1 0 NR
_		
2.	State the importance of visual aids (video sessions) in relation to	
	development of sports.	Skill Level 1
		1
		0
		NR
	· <del></del>	
2	Discuss the adventages of modern technology (modic) in anorth	
3.	Discuss the advantages of modern technology (media) in sports.	
		Skill Level 4
		4
		3
		2
		1
		0 NB
		NR
	<del></del>	

4.	Describe the role of First Aid in sports.	Skill Level 2 2 1 0 NR

## STRAND 3: ACTIVE FAMILY HEALTH WEIGHTING 20

1.	Name an agency that is easily accessible for families to meet health	
	needs in Samoa.	Skill Level 1
		1
		0
		NR
2.	Describe a role to the communities of the health agency you named	
	in question	Skill Level 2
	•	2
		1
		0
		NR
3.	Define the term Social-Economic Status.	
		Skill Level 1
		1
		0
		NR
1	Name a factor that determines the financial situation of a family	
4.	Name a factor that determines the financial situation of a family.	
		Skill Level 1
		1
		0 ND
		NR

5.	Explain how the social-economic environment may affect the well being of a family.	Skill Level 3  3 2 1 0 NR
6.	Discuss the assistance put in place by the Samoan culture to assist families in low social-economic situations in the community.	Skill Level 4 4 3 2

		1 0 NR	
7.	Define the term Suicide.	Skill Lo	evel 1
8.	What do you understand by the Matai System.	Skill Le 1 0 NR	evel 1
9.	Explain how the Matai system encourages family safety.	Skill Lo 3 2 1 0 NR	evel 3

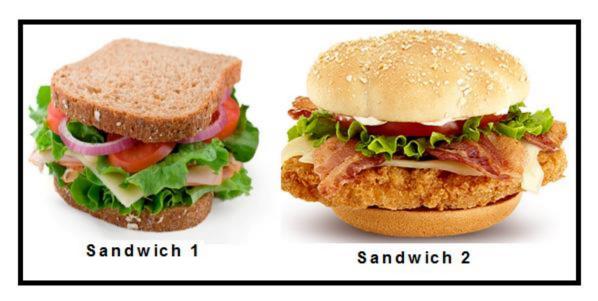
10.	State one benefit of keeping pigs in enclosed areas.	Skill Level 1  1 0 NR
11.	Describe the role of Matais in the village in enforcing the idea of keeping pigs in enclosed areas.	Skill Level 2 2 1 0 NR

#### STARND 4: ACTIVE COMMUNITY HEALTH

#### **WEIGHTING 20**

The pictures below are some of the TV1 broadcasting advertisements that promotes healthy meals that are been screened weekly.

Use these advertisements to answer questions 1 to 4.



1.	Identify the healthy sandwich.	
		Skill Level 1
		1
		0
		NR
2.	Identify the unhealthy sandwich.	
		Skill Level 1
		1
		0
		NR
3.	Describe the role of media in promoting health.	

		Skill Level 2  2 1 0 NR
4.	Explain why the advertisement you chose in question 1 promote health.	
		Skill Level 3  3 2 1 0 NR
5.	Name a non-governmental organization that promotes health in the communities.	Skill Level 1

		1 0 NR	
6.	Describe the release from governmental organizations in promoting		
0.	Describe the roles of non-governmental organizations in promoting health in the villages.	Skill L	evel 2
		1 0	
		NR	
7.	Discuss the importance of NGO roles in promoting health in the villages		
		Skill L	evel 4
		3 2	
		1 0	
		NR	

8.	Name a project in your village funded through foreign aid.	Skill Level 1 1 0 NR	
9.	Explain the impact of aid funded heath projects in the villages. Give examples to support your answer.	Skill Level 3 3 2 1 0 NR	

10.	Name a law from the Acts and Ordinance 1959 on Nuisances.	Skill Level 1  1 0 NR
11.	Define the term recycle.	Skill Level 1  1 0 NR

STUDENT EDUCATION NUMBER									

# **HEALTH AND PHYSICAL EDUCATION**

# 2015

# (For Markers only)

STRANDS	Weighting	Marks	Check Marker
STRAND 1:ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	30		
STRAND 2:ACTIVE HUMAN MOVEMENT	30		
STRAND 3:ACTIVE FAMILY HEALTH	20		
STRAND 4:ACTIVE COMMUNITY HEALTH	20		
TOTAL	100		