

STUDENT EDUCATION NUMBER

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Sāmoa School Certificate

HEALTH AND PHYSICAL EDUCATION 2016

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
1. ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	2	54	30
2. ACTIVE HUMAN MOVEMENT	8	54	30
3. ACTIVE FAMILY HEALTH	14	36	20
4. ACTIVE COMMUNITY HEALTH	18	36	20
TOTAL		180	100

CHECK! This booklet contains pages 2-21 in the right order.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION

STRAND 1

Active Personal Health and Relationships

Weighting 30

1. Define the term *church denomination*.

Skill Level 1

2. List TWO (2) church denominations in Samoa.

Skill Level 2

3. Name a type of religion practiced in Samoa.

Skill Level 1

4. Explain why people need to be tolerant of other people's choice of religion.

Skill Level 3

5. Describe how people may feel when they live away from home.

Skill Level 2

6. Explain the role of communities or organisation that can help build a person's self-esteem.

Skill Level 3

Use the general poster below to answer Number 7 to 10.



Source <https://www.lifejackets.com>

7. Define the term *sexually transmitted diseases (STD)*.

Skill Level 1

8. Define *HIV-AIDS*.

Skill Level 1

9. Give an example of one STD that is common in Samoa.

Skill Level 1

10. Name a preventative measure for protection of STD's.

Skill Level 1

11. Describe the consequences of the actions and decisions of people regarding sexual activity.

Skill Level 2

12. What is self esteem?

Skill Level 1

13. Analyse the spread of STDs over the years.

Skill Level 3

14. Define the term *human reproduction*

Skill Level 1

15. Name ONE part of the female reproductive organ.

Skill Level 1

16. Name ONE part of the male reproductive organ.

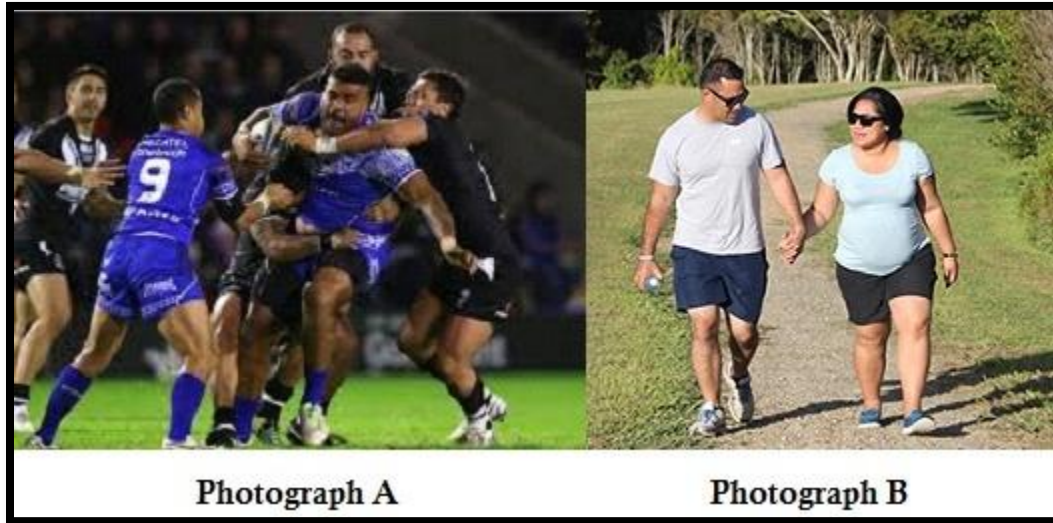
Skill Level 1

17. State ONE child's right as stated in the convention on the *Rights of the Child*.

Skill Level 1

18. Discuss the choices or issues that young people have to consider before entering into a relationship that may lead them to having a baby.

Skill Level 4



From the photographs A and B above answer Number 1-3.

1. Identify the sporting activity

Skill Level 1

2. Identify the recreational activity.

Skill Level 1

3. Compare the recreational and sporting activities in both photographs.

Skill Level 2

4. Define the term *Physical Activity*.

Skill Level 1

5. Define the term *Recreational Activity*.

Skill Level 1

6. Explain the importance of physical activity.

Skill Level 3

7. Name ONE benefit of fitness.

Skill Level 1

8. Identify a popular recreational activity in Samoa.

Skill Level 1

9. List TWO basic rules of a recreational activity.

Skill Level 2

10. Name a possible barrier to recreational activity.

Skill Level 1

11. Recommend ways to improve participation in sporting or recreational activity.

Skill Level 3

12. Discuss the mental aspects of the recreational activity

Skill Level 4

Use the photographs below to help answer Number 13 to 16.



13. Explain the importance of visual aids in relation to sports.

Skill Level 3

14. Describe the fitness principle of overload.

Skill Level 2

15. Discuss the disadvantages of modern technology for sports.

Skill Level 4

STRAND 3

Active Family Health

Weighting 20

1. Define the term *social-economic status*.

Skill Level 1

2. Identity TWO aspects that determine the financial situation of a family.

Skill Level 2

3. Define the term *social message*.

Skill Level 1

4. Outline what is meant by the term *stereotype*.

Skill Level 1

5. Specify a problem that can be encountered by a family in a community due to their social economic status.

Skill Level 3

6. Discuss ways of helping each other to live in peace within a family.

Skill Level 4

7. Define the term *incest*.

Skill Level 1

8. What do you understand about the *Matai system*?

Skill Level 1

9. Explain how the Matai system encourages responsible family behaviour.

Skill Level 3

10. Define the term *sanitation systems*.

Skill Level 1

11. Describe the benefits of keeping pigs in enclosed areas.

Skill Level 2

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 Number 1 to 4.



1. Outline a plan that your *Sui o le Nuu* (village mayor), may use to improve community resources in your village.

Skill Level 1

2. Name ONE project for your village that could be funded by foreign aid.

Skill Level 1

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3. List TWO programs or projects carried out in the villages that have been funded through foreign aid.

Skill Level 2

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4. Contrast the benefits and negative aspects of foreign aid projects.

Skill Level 3

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5. Name an organisation or group that promotes *recycling*.

Skill Level 1

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6. Describe ONE form of recycling in your village and/or family.

Skill Level 2

7. Discuss the importance of community activities in improving health and fitness.

Skill Level 4

8. Name ONE of the four food types.

Skill Level 1

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9. Explain the impact of using local fruits, vegetables and herbs on the economic status of people.

Skill Level 3

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10. Name a law from the Acts and Ordinance 1959 on Nuisances.

Skill Level 1

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11. Name ONE advertisement on TV or Radio that promotes health and fitness.

Skill Level 1

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