



MARKER CODE			

STUDENT EDUCATION NUMBER									



# Samoa School Leaving 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
<b>STRAND 1:</b> ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	2	54	30
<b>STRAND 2:</b> ACTIVE HUMAN MOVEMENT	8	54	30
<b>STRAND 3:</b> ACTIVE FAMILY HEALTH	13	36	20
<b>STRAND 4:</b> ACTIVE COMMUNITY HEALTH	17	36	20
<b>TOTAL</b>		<b>180</b>	<b>100</b>

Check that this booklet contains pages 2-21 in the correct order and that none of these pages is blank.

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

**STRAND 1 ACTIVE PERSONAL HEALTH AND RELATIONSHIPS Weight 30**

Circle the letter of the **best answer**.

1. Which of the following students is most likely to lose weight safely?

	<b>Name</b>	<b>Daily intake (Calorie)</b>	<b>Daily Expenditure (Calorie)</b>
A.	Tina	3,000 cal	3,000 cal
B.	Sia	3,000 cal	2,000 cal
C.	Ioana	2,000 cal	2,800 cal
D.	Ana	1,000 cal	4,000 cal

<b>Skill level 1</b>	
1	
0	
NR	

2. What forms of food comprise the right balance of nutrition?

- A. Carbohydrates, proteins, fats, minerals, vitamins, and water
- B. Fat, water, multivitamin, vegetables
- C. Fruit and vegetables only
- D. Water, meat, sugar

<b>Skill level 1</b>	
1	
0	
NR	

3. Goals can often fail because

- A. short and long term goals were causing confusion.
- B. the goals were very clear and achievable.
- C. training logs and diaries were used.
- D. the SMART method was not applied.

<b>Skill level 1</b>	
1	
0	
NR	

4. When designing a training program, it is important to use the FITT principle.

What does the acronym F.I.T.T. stand for?

- A. Frequency, interval, time, touch
- B. Frequency, intensity, time, type
- C. Fellowship, interaction, time, take
- D. Frequency, intensity, totality, type

Skill level 1	
1	
0	
NR	

5. What percentage of a person's maximum heart rate, is needed to get the most benefits from aerobic exercise (eg; walking, jogging and swimming)?

- A. 25-40%
- B. 40-66%
- C. 70-85%
- D. 85-100%

Skill level 1	
1	
0	
NR	

**Write your answers in the spaces provided.**

6. Describe the function of iron in the body.

---

---

---

---

Skill level 2	
2	
1	
0	
NR	

7. An increased demand for iron in females can be due to menstruation or pregnancy.

Insufficient iron in the diet over a period of time can lead to:

---

Skill level 1	
1	
0	
NR	

8. State ONE negative effect of cell phones on students.

---

---

Skill level 1	
1	
0	
NR	

9. Explain how students can use their cell phones to encourage them to be more physically active.

---

---

---

---

---

---

---

---

---

---

Skill level 3	
3	
2	
1	
0	
NR	

10. Lupe eats a lot of chips and fried food every day. Discuss the benefits that Lupe will get if she changes her diet to include more fruits and vegetables.

---

---

---

---

---

---

---

---

---

---

Skill level 4	
4	
3	
2	
1	
0	
NR	

11. Sam has been told by his doctor that he has high blood pressure. High blood pressure can occur when the diet is not balanced and healthy. Sam's doctor told him to avoid certain foods.

a. Name ONE food item that Sam needs to remove from his diet:

---

Skill level 1	
1	
0	
NR	

b. Explain why Sam needs to eliminate this food.

---

---

---

---

---

---

---

---

---

---

Skill level 3	
3	
2	
1	
0	
NR	

12. The Decision-Making Model is effective when you are faced with a situation that requires major decisions. For example, a driver of a car makes good decisions when approaching busy road intersection or the driver will put his health and life at risk. You have to approach making life decisions the same way.

**Read the following scenario and complete the guiding questions:**

Sina is in Year 13. She is a good student and has had no problems doing her schoolwork. Sina now has a boyfriend who is interested in having sex with her. She is unsure of what to do as she really likes the boy.

- a. State ONE possible question Sina should ask herself.

---

---

Skill level 1	
1	
0	
NR	

- b. Explain ONE possible outcome on Sina's health if she chooses to have sex with her boyfriend.

---

---

---

---

---

---

Skill level 3	
3	
2	
1	
0	
NR	

13. Emotions are like the weather. You cannot predict the emotion you may have. Some emotions occur quickly and other emotions stay with you for a long time. Some emotions are positive, but many are negative. It is how we manage our negative emotions that contribute to good mental health.

**Read the following scenario and answer the questions:**

Pasi is graduating from Secondary School. He is excited as he is moving to Auckland to enrol in UNITEC for a coaching certificate. He has only lived in Savaii and has never been away from his parents before. He knows living in Auckland will be very different.

- a. List TWO skills that Pasi needs in order to move to Auckland successfully.

---



---

Skill level 2	
2	
1	
0	
NR	

- b. Pasi has been in school in Auckland for one month. He misses his parents, his girlfriend and he misses Samoa. He is struggling at school because he is homesick.

Discuss what Pasi can do to overcome his sad and negative mental health state.

---



---



---



---



---



---



---



---

Skill level 4	
4	
3	
2	
1	
0	
NR	

Circle the letter of the **best answer**.

1. Which of the following is **NOT** the correct form of striking a ball with a racquet?

- A. Stopping the racquet at the point of contact with the ball
- B. Rotating the body forward as the racquet strikes the ball
- C. Taking a step forward with the leg opposite to the striking arm
- D. Putting weight on the back foot then shifting weight to the front foot as the ball is struck

Skill level 1	
1	
0	
NR	

2. According to the Greek legend, Milo lifted a newborn calf every day until it reached total maturation as a cow.

What two principles of modern muscle strength and endurance conditioning did Milo follow?

- A. Variable resistance and overload
- B. Frequency and progression
- C. Progression and overload
- D. Intensity and retention

Skill level 1	
1	
0	
NR	

3. Which of the following is the **best** example of a target game?

- A. Netball
- B. Basketball
- C. Badminton
- D. Lawn bowls

Skill level 1	
1	
0	
NR	



4. Which application of technology will best help a wrestler learn a new takedown technique?

- A. Calling an international coach to explain the technique
- B. Viewing video recordings of his own wrestling performances
- C. Reading about proper procedure and technique on the internet
- D. Exchanging email and text messages with other wrestlers on their learning experiences of this new technique

Skill level 1	
1	
0	
NR	

5. Using the picture below, what muscle is being stretched?

- A. Hamstring
- B. Quadricep
- C. Abdominals
- D. Latisimusdorsi



Skill level 1	
1	
0	
NR	

6. One of your friends has cut his arm and is bleeding severely. How will you treat his injury?

- A. Put the injured limb in some cold water
- B. Apply direct pressure over the wound
- C. Give him an aspirin
- D. None of the above

Skill level 1	
1	
0	
NR	

7. Your brother accidentally places his hand on a hot stove top and burns himself? What's the best thing to do?

- A. Rub butter onto the burned area
- B. Immerse the hand in a bucket of iced water
- C. Cover with antiseptic cream and a cloth bandage
- D. Hold the hand under cold running water for up to 20 minutes

Skill level 1	
1	
0	
NR	

**Write your answers in the spaces provided.**

8. A student is asked to design an aerobic fitness plan.

List **TWO** criteria that must be achieved in order for the exercise to benefit the heart:

---



---



---

Skill level 2	
2	
1	
0	
NR	

9. a. Name the apparatus in the picture below:




---

Skill level 1	
1	
0	
NR	

b. Explain why the apparatus in the picture is important in determining overall Health.

---



---



---



---



---



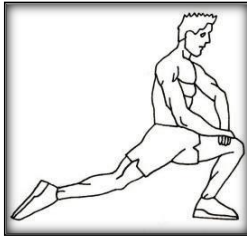
---



---

Skill level 3	
3	
2	
1	
0	
NR	

10. Name ONE muscle that the stretching exercise shown in the picture below is targeting.



\_\_\_\_\_

Skill level 1	
1	
0	
NR	

11. The Beep or Yoyo Test is conducted in HPE lessons at Secondary schools.

a. Describe how the test is conducted:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 2	
2	
1	
0	
NR	

b. Explain what the test is used for:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 3	
3	
2	
1	
0	
NR	

12. List **THREE** career opportunities for HPE students.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 2	
2	
1	
0	
NR	

13. Mata is a class captain for an all-girls school. She and her Year 13 class are going to Savaii for a class camp. This is the first time the school has allowed the girls to go away on a camp. Mata has been asked to organize the camp.

List **TWO** areas that must be planned before the camp takes place.

Skill level 2	
2	
1	
0	
NR	

14. Explain why leaders need to be good at planning:

Skill level 3	
3	
2	
1	
0	
NR	

15. Discuss the importance of learning motor skills development for an athlete.

Skill level 4	
4	
3	
2	
1	
0	
NR	

**STRAND 3**

**ACTIVE FAMILY HEALTH**

**Weighting 20**

Circle the letter of the **best answer**.

1. A Secondary School has had a series of sexual harassment incidents. The HPE teacher then assigned students to create posters that promote positive behaviours to prevent sexual harassment. This assignment is contributing to the schools' \_\_\_\_\_

- A. Healthy environment
- B. Healthy services
- C. Family and community involvement
- D. Counselling services

Skill level 1	
1	
0	
NR	

2. When a family member has a Non-communicable disease (NCD) such as Diabetes, there is a burden on both the individual who has diabetes but also the family.

- a. Define the term Diabetes.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 1	
1	
0	
NR	

- b. State TWO behaviours that must occur in order for diabetes to be well-managed.

i. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 1	
1	
0	
NR	

ii. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 1	
1	
0	
NR	

c. State TWO conditions that can occur to a person who does not control their diabetes:

i. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 1	
1	
0	
NR	

ii. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 1	
1	
0	
NR	

d. Explain how a family can be affected financially if someone in the family has diabetes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 3	
3	
2	
1	
0	
NR	

3. *“Teenage pregnancy on the rise in Samoa!”* This was the headline of the Samoa Observer last week. A strategic plan to reduce teen pregnancy in Samoa is now in effect.

Each of the following groups of people or organizations will have a strong perspective on this statement. (**Head of the family; The government; The Spiritual leader; and the School**)

Discuss the action from each group to ensure that a strategic community campaign addresses this issue entirely.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Skill level 4	
4	
3	
2	
1	
0	
NR	

4. Describe ONE common gender issue in a Samoan family setting.

---

---

---

---

---

---

Skill level 2	
2	
1	
0	
NR	

5. Describe ONE negative impact to a family when members try to keep up with appearances and to match with others in the village.

	<b>Skill level 2</b>	
	2	
	1	
	0	
	NR	

6. Moli likes to go to Apia after school to study in the library which is near the market. Her parents worry for her safety.

Explain the safety measures that Moli should take to remain safe when going into town:

	<b>Skill level 3</b>	
	3	
	2	
	1	
	0	
	NR	



Circle the letter of the **best answer**.

1. The primary means of preventing diabetes and having optimal energy as a young adult is to keep \_\_\_\_\_

- A. Cholesterol levels low.
- B. Blood sugar levels stable.
- C. Salt levels low.
- D. Blood pressure stable.

Skill level 1	
1	
0	
NR	

2. Name **TWO** foods grown in Samoa that have health and economic benefits to the population.

\_\_\_\_\_

Skill level 1	
1	
0	
NR	

3. Not everyone in the village is physically active. Give **ONE** reason why some people are not engaged in physical activity.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skill level 3	
3	
2	
1	
0	
NR	

4. Identify **TWO** factors in the community that can influence people's eating habits.

	<b>Skill level 1</b>	
	1	
	0	
	NR	

5. Your secondary school is taking part in a village clean up. During the clean up, a group of students discover that the back field of the school is being used as a rubbish dump.

- a. List **THREE** actions the students should do to remove the rubbish.

	<b>Skill level 2</b>	
	2	
	1	
	0	
	NR	

- b. Explain if these actions would have a positive impact on the village.

	<b>Skill level 3</b>	
	3	
	2	
	1	
	0	
	NR	

6. Define “**Health Auditing**”.

---

---

---

Skill level 1	
1	
0	
NR	

7. Name a media outlet that can be effectively used for a community health campaign.

---

Skill level 1	
1	
0	
NR	

8. Sport and tourism are being promoted in Samoa. This is when tourists and athletes come to Samoa to participate in sporting activities.

a. What was the most recent international event hosted in Samoa?

---

Skill level 1	
1	
0	
NR	

b. Describe why sport tourism is beneficial to Samoa.

---

---

---

---

Skill level 2	
2	
1	
0	
NR	

c. Evaluate the harmful consequence of sport tourism on the Fa'aSamoa.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Skill level 4	
4	
3	
2	
1	
0	
NR	

STUDENT EDUCATION NUMBER									

--	--	--	--	--	--	--	--	--	--

## HEALTH AND PHYSICAL EDUCATION

2015

(For Markers only)

STRANDS	Weighting	Marker	Check Marker	Final Weighting
<b>STRAND 1:</b> ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	30			
<b>STRAND 2:</b> ACTIVE HUMAN MOVEMENT	30			
<b>STRAND 3:</b> ACTIVE FAMILY HEALTH	20			
<b>STRAND 4:</b> ACTIVE COMMUNITY HEALTH	20			
<b>TOTAL</b>	<b>100</b>			