

STUDENT EDUCATION NUMBER

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GOVERNMENT OF SAMOA
MINISTRY OF EDUCATION, SPORTS AND CULTURE

Samoa School Certificate

HEALTH AND PHYSICAL EDUCATION

2017

QUESTION and ANSWER BOOKLET

Time allowed: 3 Hours & 10 minutes

INSTRUCTIONS

1. You have 10 minutes to read **before** you start the exam.
2. Write your **Student Education Number (SEN)** in the space provided on the top left 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, 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.

CURRICULUM STRANDS		Page	Time (min)	Weighting
STRAND 1:	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	2	40	22
STRAND 2:	ACTIVE HUMAN MOVEMENT	6	40	22
STRAND 3:	ACTIVE FAMILY HEALTH	11	50	28
STRAND 4:	ACTIVE COMMUNITY HEALTH	15	50	28
TOTAL			180	100

Check that this booklet contains pages 2-20 in the correct order and that none of these pages are blank.
HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION

1. State TWO actions that can build up a young person's self esteem.

(i) _____

SL 1

(ii) _____

SL 1

2. State TWO actions that can lower a young person's self-esteem.

(i) _____

SL 1

(ii) _____

SL 1

3. Explain TWO ways the church can assist a young person in developing confidence and a sense of who they are.

SL 2

4. Name ONE Sexually Transmitted Infection (STI) that is common in Samoa.

SL 1

5. State TWO ways that STI's can be spread from one person to another.

SL 2

6. Compare and contrast the choice for sexually active young people between using or not using contraception.

SL 3

7. Evaluate the choices a young man and a young woman should consider before entering into a relationship that may lead to parenthood (having a baby).

SL 4

8. Pio is a Year 12 Science student in Apia. He just moved from Savai'i where he had many friends. His new friends seem to like drinking beer and smoking. They have asked him to go out partying with them where they say, it is easy to find someone to have sex with.

Explain THREE questions Pio needs to ask himself in order to determine if his life will remain safe, healthy and balanced.

SL 3

Use Chart 1 and Chart 2 to answer Question 9(a) – (c).

Chart 1 YEAR 12 FITNESS TEST RESULTS

NAME	Sit up	Push ups	Sit and Reach	Beep test
Mere	10	5	4	11
Alofa	4	20	10	8
Sina	12	12	14	15
Elisapeta	11	11	9	9

Chart 2 Fitness Test Scores

	Sit up	Push ups	Sit and Reach	Beep test
Poor	>10	>10	>10cm	>8
Average	10	10	10cm	8
Above Average	11-15	11-15	11-14cm	9-11
Excellent	16+	16+	15+	12+

9.

(a) Who had the best cardiovascular fitness?

SL 1

(b) Which student demonstrated a poor flexibility test?

SL 1

(c) Which fitness test measure muscular endurance?

SL 1



10. Name the sporting activity in the picture provided.

SL 1



Picture 1



Picture 2



Picture 3



Picture 4

11. Of the FOUR pictures provided, identify which ONE is a recreational activity.

SL 1

12. Label the name of the sport or activity in each picture.

(a) Picture 1 _____

SL 1

(b) Picture 3 _____

SL 1

13. The students at your school are asked to attend new activities such as zumba, soccer, cricket and swimming.

Recommend ways to increase participation in these new activities.

SL 3

Semi has been doing a circuit program for the past 4 weeks. Review the circuit program in Illustration B. He is ready for a new program.

ILLUSTRATION B

Semi's Circuit Program

2 minute	Jogging around the field
2 minute	Active stretching
5 minutes	high knee
20 repetitions	push ups
5 minutes	walking lunges
40 repetitions	sit ups
20 minutes	continuous jogging
5 sets	Hill sprints
2 minute	walking

14. Apply the principle of overload and rewrite the new circuit program for Semi.

SL 3

15. Describe TWO careers that a HPE student can work in.

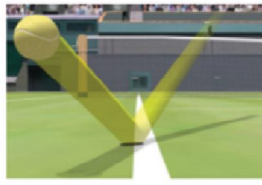
SL 2

Tavita is a student who knows that participating in a fitness plan provides many benefits.

Technology A



Technology B



Technology C



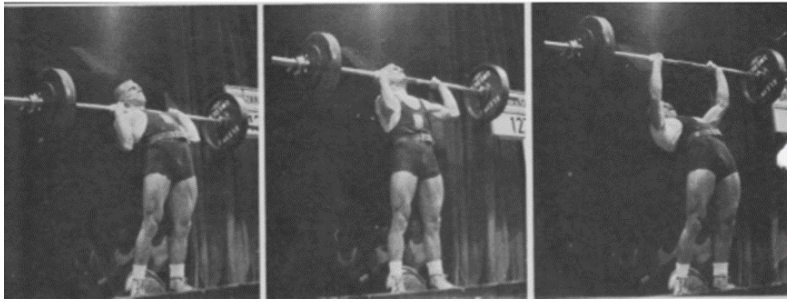
Technology D



16. Explain the mental, social and physical benefits that Tavita may gain by participating in regular fitness. Provide specific examples of how each benefit will impact Tavita's life.

SL 4

ILLUSTRATION 5 Sequence of a sports movement



17. Study Illustration 5; discuss how each movement of the lift can be improved upon so the athlete is more successful at the end of the lift.

SL 4

18. List TWO roles that a sports leader must perform when he is not playing the game.

SL 2

Resource A



19. Define the term *stereotyped*.

SL 1

20. Looking at **Resource A**, state how this person would be stereotyped.

SL 1

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

SL 1

22. Identify an aspect that determines the financial situation of a family.

SL 1

23. Explain how the social economic environment may affect the well being of a family.

SL 3

24. Define the term *information technology*.

SL 1

25. State TWO problems that can occur with the use of cell phones.

(i) _____

(ii) _____

SL 2

26. Describe how the use of a smart phone and internet can assist the health of families.

SL 2

27. List TWO websites that are available to assist with youth issues.

(i) _____

(ii) _____

SL 2

28. Social media has been used in Samoa by school children to threaten other students.

Reflect critically and explain how this is harmful to all the families involved.

Discuss ways to help each other be supportive and loving to one another.

SL 4

29. State ONE role of a *matai* (Samoa chief) in a family.

SL 1

30. Identify THREE family problems which the Matai can assist in solving.

(i) _____

SL 1

(ii) _____

SL 1

(iii) _____

SL 1

31. Explain how the matai system encourages family safety.

SL 3

32. Mika lives in the village and many pigs, chickens and dogs are in the garden. The toilet is not working properly and there has been flooding on his land lately.

Explain the effects of this poor sanitation on the health of his family and the community.

SL 3

33. Name an organization in Samoa that promotes good health in communities.

SL 1

34. Name ONE healthy activity which is carried out by the organisation you named in Number 33.

SL 1

35. Name an advertisement on TV or Radio that has impacted on health and fitness.

SL 1

36. Explain the health and economic impacts on a family when they choose to use local fruits and vegetables.

SL 3

37. Name an international organization that provides funds to promote health in Samoa.

SL 1

38. According to the health Ordinance 1959, Part III Nuisances states: *“where any offensive trade is so carried on as to be dangerous to health or unnecessarily offensive”*.

Describe TWO functions of the Women’s Committee to improve family health and fitness status.

SL 2

39. List ONE food that could be considered an *‘offensive trade dangerous to health’*.

SL 1

40. Identify where this food is sold and advertised in Samoa.

SL 1

41. Create a plan on how the government can stop the sale of this harmful food.

SL 4

42. Define the term *Recycle*.

SL 1

43. Name TWO materials that can be recycled.

(i)

(ii)

SL 2

44. List TWO agencies involved in recycling in Samoa.

SL 2

45. Explain the economic and health benefits of a village recycling activity.

SL 3

46. Identify any activity performed by the village communities that promotes healthy eating and good hygiene.

SL 1

47. Name ONE healthy way that you can lose weight.

SL 1

48. Explain the importance of village inspections in promoting good health in the village.

SL 3

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2017

(For Scorers only)

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