



Samoa School Certificate

HEALTH and PHYSICAL EDUCATION

2018

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	38	21
STRAND 2:	ACTIVE HUMAN MOVEMENT	5	42	23
STRAND 3:	ACTIVE FAMILY HEALTH	8	50	28
STRAND 4:	ACTIVE COMMUNITY HEALTH	12	50	28
TOTAL			180	100

Check that this booklet contains pages 2-17 in the correct order and that none of these pages are blank.

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

Use the paragraph below to help you answer Number 1-2.

Christianity in Samoa

The Samoan population was generally open to Christian teachings and readily adopted the religion as it was introduced by colonial missionaries. Additionally, villages, including remote ones, took initiative to build churches for worship. Since then, churches continue to be seen around the islands. In contemporary Samoa, each village contains at least one church. This reflects the central role of Christianity in the lives and communities of most Samoans. Indeed, Christianity continues to be spiritually followed and a major point of social unity.

Source: <https://culturalatlas.sbs.com.au/samoan.../religion>

1. Define the term *Christianity*.

SL 1

2. Name a Christian church denomination in Samoa.

SL 1

3. Describe how communities can contribute to building of self-esteem amongst young adults.

SL 1

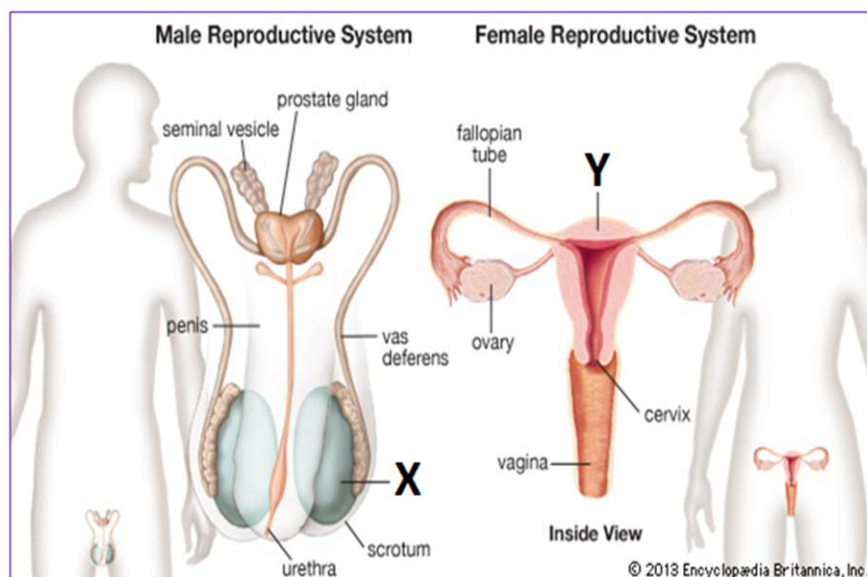
4. Explain the importance of having a good self-esteem.

SL 3

5. Define the term *human reproduction*.

SL 1

Use the diagram below to answer Number 6 and 7.



6. Name the part labeled **X** of the male reproductive system.

SL 1

7. Name the part labeled **Y** of the female reproductive system.

SL 1

8. Discuss the choices or issues young people have to consider before they enter into relationships that may lead to having a baby. Use examples.

SL 4

9. Explain the importance of breast feeding to new born babies.

SL 3

10. Define the term *Sexually Transmitted Infections (STIs)*.

SL 1

11. Define the term *HIV*.

SL 1

12. Give an example of STIs that are common in Samoa.

SL 1

13. Describe ways a person can use to protect himself/herself from sexually transmitted diseases.

SL 2

Use the photographs below to answer Humber 14 and 15.



PHOTOGRAPH A



PHOTOGRAPH B

14. Which of the photographs is a sporting activity?

SL 1

15. Which of the photographs is a recreational activity?

SL 1

16. Define the term *Sport*.

SL 1

17. Define the term *Recreational Activity*.

SL 1

18. Describe the benefits of participating in a sporting activity.

SL 2

19. Explain the importance of a recreational activity.

SL 3

20. Name a sport related injury.

SL 1

21. Explain the role of a team captain, during a game.

SL 3

22. Define the term *Sport Science*.

SL 1

23. Name ONE principle of fitness.

SL 1

24. Name a modern technology used in sports.

SL 1

Use the photographs below to help answer Number 25 and 26.



25. Explain the importance of visual aids (video sessions) in relation to sports.

SL 3

26. Discuss the advantages and disadvantages of media in sports.

SL 4

Use the photographs below to help you answer Number 27 to 29.



27. Name an agency that is easily accessible for families to meet health needs in Samoa.

SL 1

28. Describe a role of the health agency you mentioned in Number 27 to the communities.

SL 2

29. Describe how we can support the reduction of diabetes amongst our people.

SL 2

Use the photographs below to help answer Number 30 – 33.



Photographs A



Photographs B

30. Define the term *Social-Economic Status*.

SL 1

31. Identify an aspect that determines the financial situation of the family in Photographs B.

SL 1

32. Explain how the social-economic environment may affect the well being of the family in Photographs A.

SL 3

33. Discuss what assistance is put in place in the village communities to help families in low **social-economic** situations in the community.

SL 4

34. Define the term *suicide*.

SL 1

35. Define the term *Matai System*.

SL 1

36. Explain how the *Matai System* encourages family safety.

SL 1

37. State ONE benefit of keeping pigs in enclosed areas.

SL 1

38. Describe the role of *Matai(s)* in the village to enforce this idea of keeping pigs in enclosed areas.

SL 1

Use the multimedia webpage below to help you answer Number 39 and 40.



39. Describe the role of social media in promoting health.

SL 2

40. Social media has been used in Samoa school children to threaten other students. Think critically on the recent events and explain how this is harmful to all the families involved and discuss ways to help each other be supportive and loving to one another.

SL 2

STRAND 4:

ACTIVE COMMUNITY HEALTH

Weighting 28

The pictures below are some of the social media broadcasting advertisements that are been screened weekly. Use these advertisements to answer Number 41 – 44.



Advertisement 1



Advertisement 2

41. Identify the advertisement that promotes health.

SL 1

42. Identify the advertisement that does not promote health.

SL 1

43. Describe the role of advertisement you chose in Number 41, in promoting health.

SL 2

44. Explain why the advertisement you chose in Number 41 promotes health.

SL 3

45. Name an organization that promotes health to the communities.

SL 1

46. Describe the roles of that organization in promoting health in the villages.

SL 2

47. Discuss the importance of non-government organizations roles in promoting health in the village.

SL 4

48. Name ONE village programmes that help promote health in the community.

SL 1

49. Explain the importance of these programmes to the village or community.

SL 3

50. Name a project in your village funded through foreign aid.

SL 1

51. Name a law from the Acts and Ordinance 1959 on Health.

SL 1

Use the diagram below to help you answer Number 52 to 54.



52. Define the term *recycle*.

SL 1

SL 1

53. Name ONE organization or group that promotes recycling in Samoa.

SL 1

SL 1

54. Describe a form of recycling in your village or family.

SL 2

SL 2

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

SL 4

STUDENT EDUCATION NUMBER									

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(For Scorers only)

CURRICULUM STRANDS	Weighting	Scores	Chief Scorer
STRAND 1: ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	21		
STRAND 2: ACTIVE HUMAN MOVEMENT	23		
STRAND 3: RESPONSE TO TEXTS	28		
STRAND 4: ACTIVE COMMUNITY HEALTH	28		
TOTAL	100		