



# Samoa School Certificate

## HEALTH and PHYSICAL EDUCATION

### 2019

### QUESTION and ANSWER BOOKLET

Time allowed: 3 Hours & 10 minutes

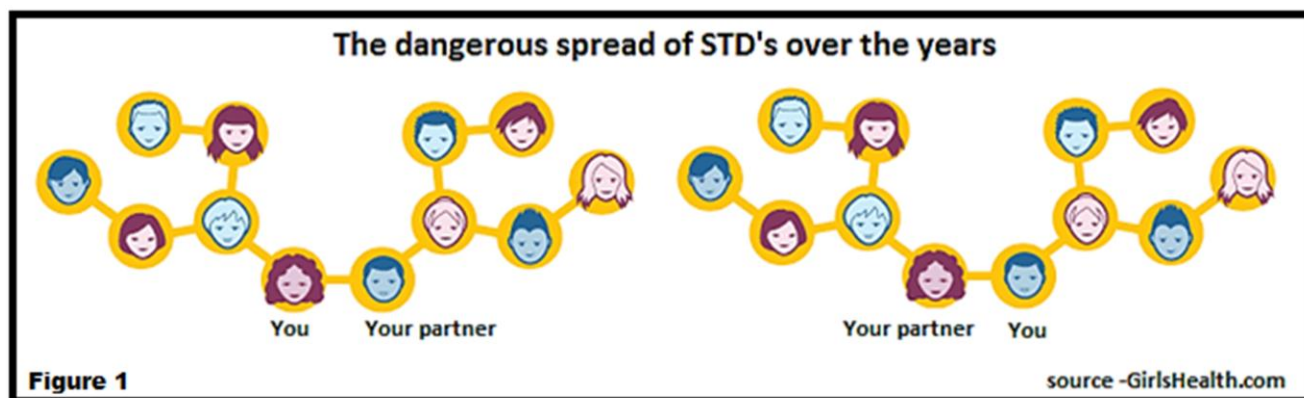
#### INSTRUCTIONS

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 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, 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
<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	14	36	20
<b>STRAND 4:</b>	ACTIVE COMMUNITY HEALTH	19	36	20
<b>TOTAL</b>			<b>180</b>	<b>100</b>

Check that this booklet contains pages 2-23 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. Analyse the spread of STDs over the years.

---

---

---

---

---

---

---

SL 3

2. Define the term human reproduction.

---

---

---

SL 1

3. Name a part of the female reproductive organ.

---

SL 1

4. Name a part of the male reproductive organ.

---

SL 1



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

---

---

---

---

---

---

---

SL 3

10. Describe how people feel when they live away from home.

---

---

---

---

SL 2

11. List TWO communities or organisations that can build people’s self-esteem.

---

---

---

---

SL 2



12. Define self-esteem.

---



---



---

SL 1

13. Define the term church denomination.

---



---



---

SL 1

14. List TWO types of Christian denomination in Samoa.

---



---



---



---

SL 2

15. Christianity is the main religion in Samoa (*Samoa Bureau of Statistics 2018*). Name ONE other religion found in Samoa.

\_\_\_\_\_

SL 1

16. List ONE Right of a child stated in the convention on the Rights of the Child.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SL 1

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

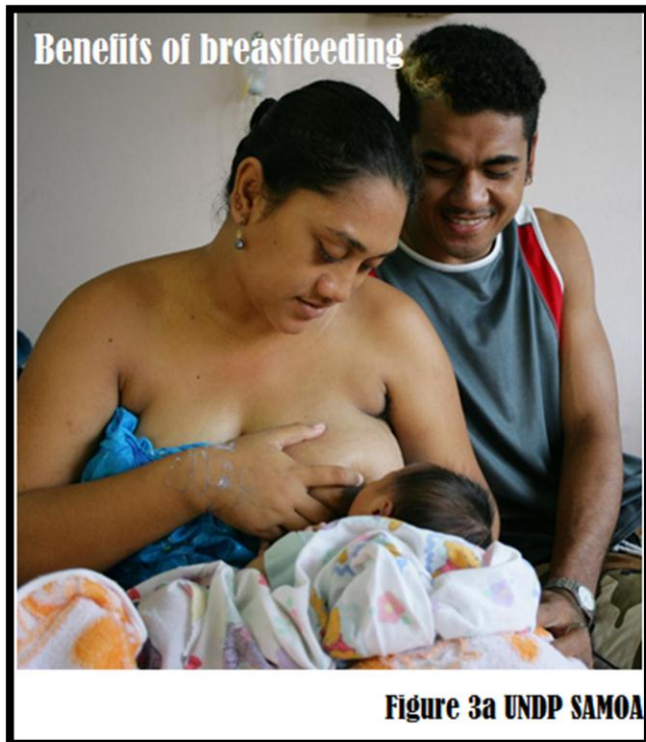
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SL 4



18. List the advantages of breastfeeding.

---

---

---

---

---

---

---

---

---

---

---

SL 3

Use the photographs below to answer Number 19 – 24.



Figure 4

Adarraahmoon2010.com

19. Name a popular recreational activity in Samoa.

---

---

SL 1

20. List basic rules of a recreational activity.

---

---

---

---

SL 2

21. Using the above picture (Figure 4), name the *sporting activity*.

---

---

SL 1

22. Using the picture (Figure 4), name the *recreational activity*.

---

---

SL 1



**23.** Describe a sports activity.

---

---

---

---

SL 2

**24.** Recommend ways to improve participation in sporting or recreational activity.

---

---

---

---

---

---

---

---

---

SL 3

## Physical activity and mental health

### Community sport and recreation



*#Our whole community wins*

**Figure 5**

source-sgsnz@yahoo.co.nz

25. With reference to Figure 5; discuss the mental aspects of recreational activities.

SL 4

## Fitness and hobbies in Samoa



Figure 6

source-mele2006.com

26. Identify a fitness principle.

---



---



---

SL 1

27. Define the term *Recreational Activity*.

---



---



---

SL 1

28. Compare the recreational and sporting activities as shown in the picture (Figure 6).

---



---



---



---

SL 2

29. Define the term sports science.

---

---

SL 1

30. Explain the importance of the circuit training program.

---

---

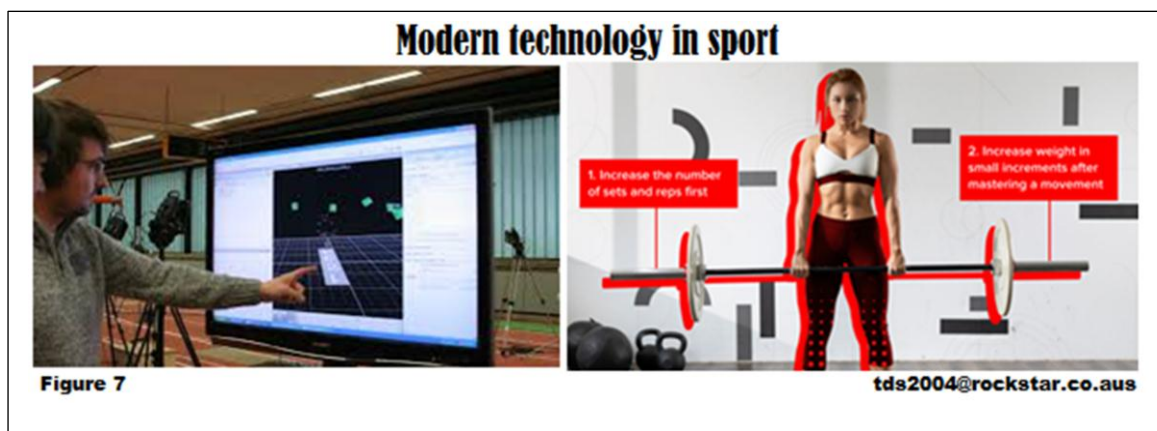
---

---

---

---

SL 3



31. Name a modern technology used in sports.

---

---

SL 1

- 32.** Apply the fitness principle of overload to design a circuit training program for individuals.

---

---

---

---

---

---

---

---

---

<b>SL 3</b>

- 33.** Discuss the disadvantages of modern technology for sports.

---

---

---

---

---

---

---

---

---

---

---

<b>SL 4</b>



34. Define the term *Social message*.

SL 1

35. Outline what is meant by the term **stereotype** in Figure 8.

SL 1

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

---

---

---

SL 1

**37.** Identify aspects that determine the financial situation of a family.

---

---

---

---

---

SL 2

**38.** Explain why a father is responsible for the health and well-being of a family.

---

---

---

---

---

---

---

---

---

---

SL 3

39. Define the term *sanitation systems*.

SL 1



40. In Figure 8 above, describe the disadvantages of keeping pigs in enclosed areas.

SL 2



## Samoa's Matai system



figure 9

source-MESC

41. Define the term *Matai System*.

---

---

---

SL 1

42. Explain how the *Matai System* encourages family responsible behaviour.

---

---

---

---

---

---

---

---

---

---

SL 3

43. Discuss ways of assisting each other to live in peace within a family.

SL 4

---

---

---

---

---

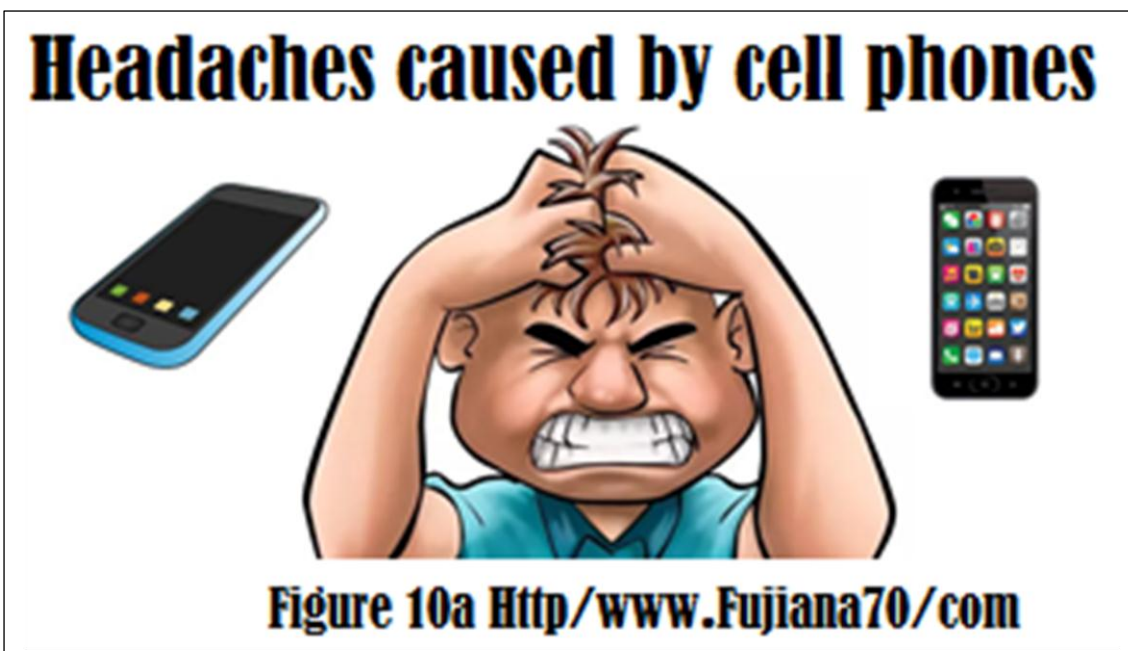
---

---

---

---

---



44. State a problem that arises with the use of telephones and cell phones.

SL 1

---

---

---

Use these pictures in Figure 11 to answer Number 45 – 48.

**AID IN SAMOA**



**Figure 11**



**Source MESC**

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

---



---

**SL 1**

**46.** Name a project in your village funded by foreign Aid.

---

**SL 1**

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

---



---



---



---



---



---

**SL 2**

**48.** Contrast the benefits and negative aspects of foreign aid projects.

---

---

---

---

---

---

---

---

---

---

SL 3

**49.** Name an organization or a group that endorses *recycling*.

---

---

SL 1

**50.** Describe any method of recycling in your village, church and/or family.

---

---

---

---

---

SL 2

## Fresh fruits in Samoa



Figure 12



Source-MESC

51. Discuss the significance of community activities in improving health and fitness.

---

---

---

---

---

---

---

---

SL 4

52. Name ONE of the four food types.

---

SL 1

53. Explain the impacts of using local fruits, vegetables and herbs on your health.

---

---

---

---

---

---

---

---

SL 3

54. Identify types of community activities done in the villages.

---

---

---

SL 1



55. Identify a health issue in the media.

---

---

SL 1

STUDENT EDUCATION NUMBER									

## HEALTH and PHYSICAL EDUCATION

2019

(For Scorers only)

CURRICULUM STRANDS	Weighting	Scores	Chief Scorer
<b>STRAND 1:</b> ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	30		
<b>STRAND 2:</b> ACTIVE HUMAN MOVEMENT	30		
<b>STRAND 3:</b> RESPONSE TO TEXTS	20		
<b>STRAND 4:</b> ACTIVE COMMUNITY HEALTH	20		
<b>TOTAL</b>	<b>100</b>		