



Samoa School Certificate

HEALTH and PHYSICAL EDUCATION

2020

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
STRAND 1:	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	2	40	22
STRAND 2:	ACTIVE HUMAN MOVEMENT	7	40	22
STRAND 3:	ACTIVE FAMILY HEALTH	12	50	28
STRAND 4:	ACTIVE COMMUNITY HEALTH	18	50	28
TOTAL			180	100

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.



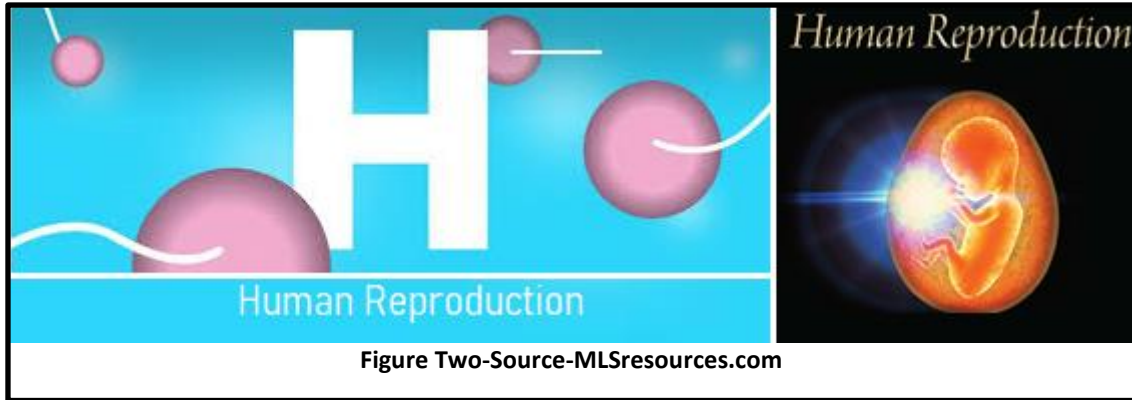
Figure 1

1. Discuss the importance of breastfeeding to new born babies.

SL 3

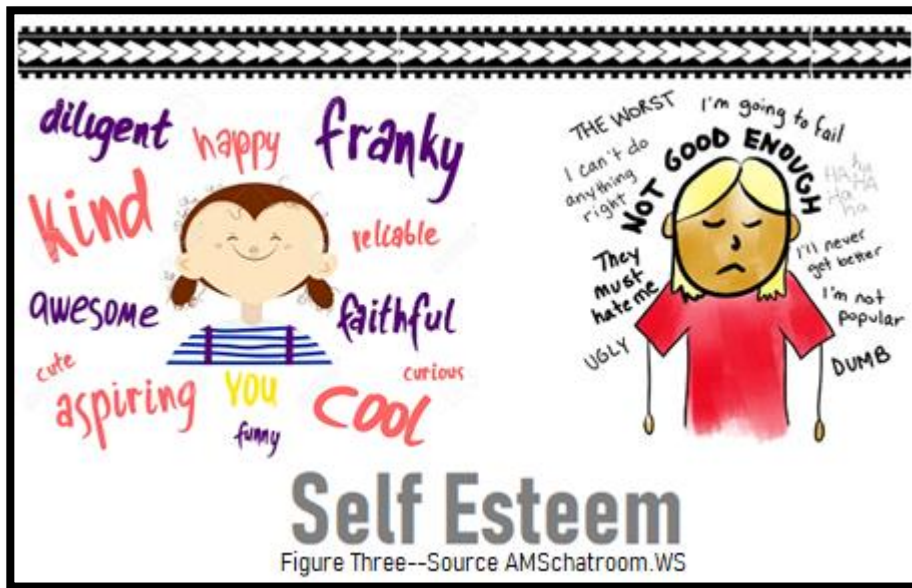
2. Name a part of the female reproductive organs.

SL 1



3. Define **Human Reproduction**.

SL 1



4. Define **self-esteem**.

SL 1

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

SL 2

6. Explain why ALL people need to respect other denominations.

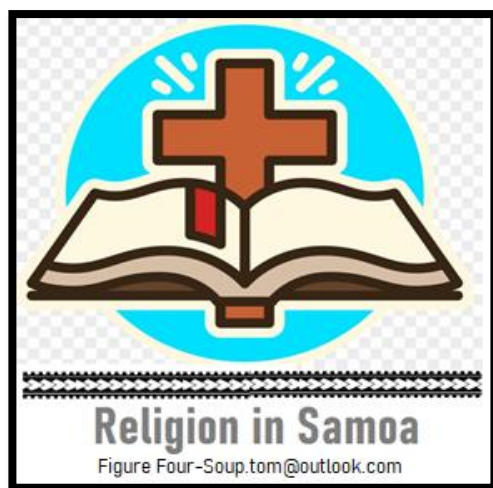
SL 3

7. List TWO communities or organizations that can build peoples' self-esteem.

SL 2

8. Define **religion**.

SL 1



9. State ONE Right of a child stated in the Convention on the rights of the Child.

SL 1



10. Discuss how rights to education can encourage the development of Samoan teenagers. (Please cite relevant examples).

SL 4

[illegible]

- 11. Explain how the UN Convention for the Rights of the Child can support Samoan families in realizing a better future.**

[illegible]

SL 3

Use the photographs below to answer Questions 12 – 14.



12. The above depicts Samoans enjoying sports. Define **sport**.

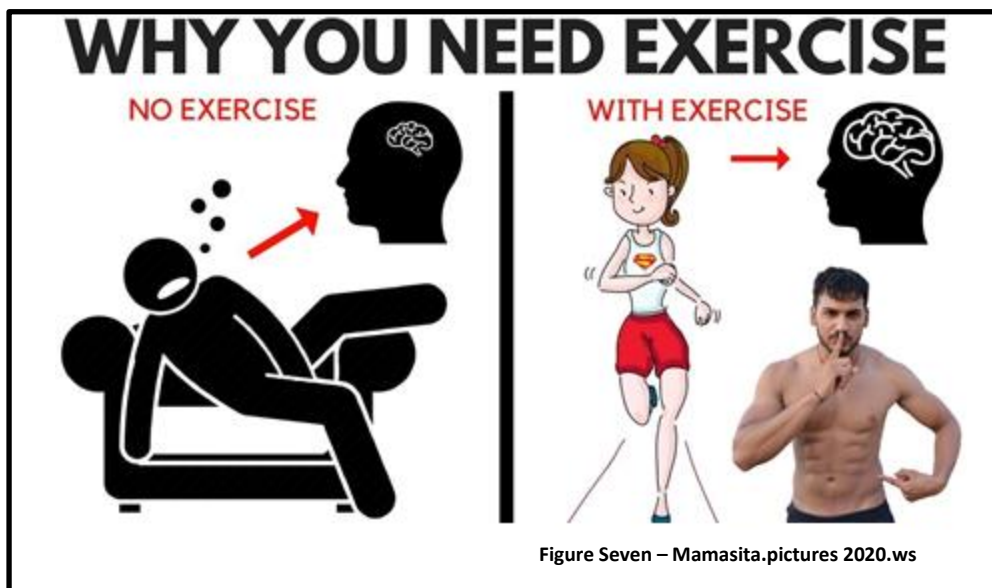
SL 1

13. Describe a weakness in the development of a selected sport in Samoa.

SL 2

14. List basic rules of a sporting activity.

SL 2



15. Explain a basic skill from a sport activity that you have studied.

SL 3

16. Discuss the physical, social and mental aspects of a recreational activity.

SL 4

17. Describe the fitness principle of **overload**.

SL 2



18. Name a modern technology device used in sports.

SL 1

19. Explain the relevance of sports science to bodily movement.

SL 3

Use the photographs below to help answer Questions 20 – 21.

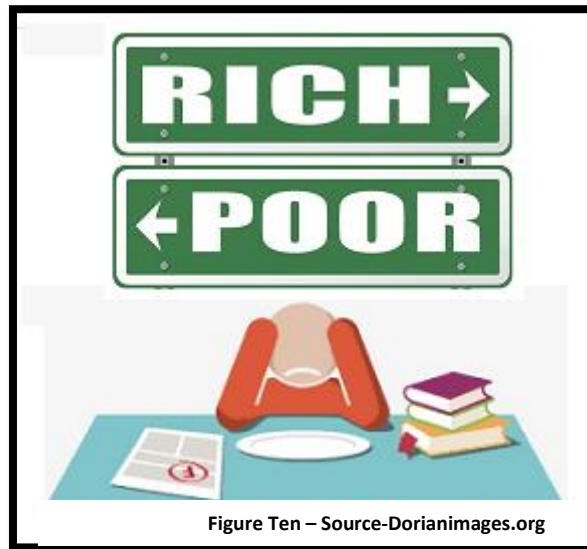


20. Name a sport related injury.

SL 1

21. Explain the role of First Aid in sports.

SL 3



22. Define **Social-economic status**.

SL 1

23. Discuss ways of helping family members to live peacefully with each other.

SL 4

24. Identify TWO behaviours common to youth who are being sexually abused.

SL 2

25. Define **domestic violence**.

SL 1

26. Compare services (in terms of facilities and resources) provided by the rural hospitals and the National hospital in Moto'otua.

SL 3



27. List the different departments in the Ministry of Health in Samoa.

SL 2

28. List TWO ways in which Samoa's health system is helping to reduce diabetes.

	SL 2

29. Define Information Technology.

	SL 1

30. Define how using mobile phones can impact families financially.

[illegible]



31. Discuss the disadvantages of information technology and gives examples.

[illegible]

SL 4

32. List TWO websites that provide advice on youth issues.

SL 2

33. Explain how the social-economic environment may affect the development of children in the family.

SL 3

Use these advertisements to answer Questions 34 – 38.



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

SL 1

35. Describe a health issue that has affected Samoa.

SL 2

36. Discuss 1-2 laws that promotes health and fitness. Give examples to support.

SL 3

--

37. List TWO local health foods that are found in the village.

SL 2

--

38. Evaluate the important role played by NGO's in promoting health in the villages.

SL 4

--

Promoting a life style in the media



Figure Fourteen – SourceSmoothcriminal.com

39. From the above, identify the advertisement that **does not** promote health.

SL 1

40. Explain how village laws can help people achieve good health and fitness.

SL 3

41. Name an advertisement that has impacted positively on health and fitness.

SL 1

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

SL 2

43. Identify community assets and resources used in the villages.

SL 4

44. Identify ONE law from the Act and Ordinance 1959 on **Infectious Diseases**.

SL 2



45. Explain the importance of recycling in our communities as promoted by organisations such as SRWMA.

SL 3

STUDENT EDUCATION NUMBER									

HEALTH and PHYSICAL EDUCATION

2020

(For Scorers only)

CURRICULUM STRANDS	Weighting	Scores	Chief Scorer	Double Entry (AED)
STRAND 1: ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	22			
STRAND 2: ACTIVE HUMAN MOVEMENT	22			
STRAND 3: ACTIVE FAMILY HEALTH	28			
STRAND 4: ACTIVE COMMUNITY HEALTH	28			
TOTAL	100			