



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

## Samoa School Certificate

# HEALTH and PHYSICAL EDUCATION 2021

## 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 paper to write your answers, ask the Supervisor. 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		Pages	Time (min)	Weighting
STRAND 1	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	2	36	22
STRAND 2	ACTIVE HUMAN MOVEMENT	8	36	22
STRAND 3	ACTIVE FAMILY HEALTH	13	54	28
STRAND 4	ACTIVE COMMUNITY HEALTH	21	54	28
TOTAL			180	100

Check that this booklet contains pages 2-29 in the correct order and that none of these pages are blank.

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

For Questions 1 to 5, choose and write the LETTER of the correct answer in the box provided.



1. The uniting of male and female sex cells in humans is a basic feature of:

- A. reproduction.
- B. respiration.
- C. propagation.
- D. prototyping.

SL 1

2. Which of the following is a preventative measure for protection against STD's?

- A. Training
- B. Abstinence
- C. Counselling
- D. Eating healthy foods

SL 1

3. Which of the following is a **female** reproductive organ?

- A. Uterus
- B. Kidneys
- C. Liver
- D. Pancreas

SL 1

4. Which of the following is a **male** reproductive organ?

- A. Femur  
B. Fibula  
C. Incisor  
D. Scrotum

7

SL 1
------

5. Which of the following is an example of a Sexually Transmitted Disease?

- A. Chlamydia
- B. Carcinoma
- C. Cystic fibrosis
- D. Conjunctivitis

7

SL 1
------

6. Alofa hopes to graduate and be successful as she prepares for her first year of tertiary education. **Explain** the importance of Alofa having a good self-esteem in order to achieve this goal.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

SL 3
------

7. The Samoa Seasonal Workers Program (SWP) has ensured that many Samoans are temporarily moving overseas to gain employment. **Describe** how people feel when they live away from home.

---

---

---

---

---

---

---

---

---

---

SL 2

8. **List** TWO ways in which a community can build the self-esteem of its members.

---

---

---

---

---

---

---

---

---

---

SL 2

9. **Explain** why members of one church denomination need to show respect to those of a different denomination.

10. Siaki and Tiana are recent graduates who have returned from overseas and are in a relationship. They are contemplating the issues that may arise if they have a baby before marriage. Discuss the impact of having a baby before marriage and the issues related to it.

11. The Ministry of Health (MoH) has been carrying out concerted efforts to encourage mothers to breastfeed their babies in the first two years of their lives. **Explain** the importance of breastfeeding for **the child**.

SSC | HPE

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

For Questions 12 – 14, choose and write the LETTER of the correct answer in the box provided.



12. The **term** that best describes the studies of how the human body works from cellular to full body exercise, promoting sport and physical activity is:

A. Biology  
B. Anatomy  
C. Psychology  
D. Sports Science

SL 1

13. Which of the following is considered a sporting activity?

A. Prayer  
B. Reading  
C. Volleyball  
D. Meditation

SL 1

14. Which of the following can be classified as a recreational activity?

A. Doing extra hours at work.  
B. Taking an extra hour at lunch break.  
C. Going camping or fishing during the weekend.  
D. Surfing the internet for new ideas to improve the workplace.

SL 1



- Discuss** how his personality would be an advantage to his new role.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SL 4

- [illegible]

SL 2

- 
- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

SL 3

- Describe** to Mr and Mrs Martina **one benefit** of participating in a recreation activity.

[illegible]

SL 2

19. **List** any TWO basic rules from ONE sport that you have studied during the course of the year.

---

---

---

---

---

---

---

---

---

---

SL 2

20. Knowing about and playing sports is beneficial in many different career paths. Explain how knowing about and playing sports can benefit a doctor in his or her career path.



---

---

---

---

---

---

---

---

---

---

SL 3

21. Explain the importance of using technology as visual aids in athletics or rugby.

**OUR BRAINS LOVE VISUALS**

**PHOTOGRAPHS**

- CONTEXTUALIZE YOUR CONTENT
- MAKE CONTENT EASY TO UNDERSTAND
- ADD A WOW FACTOR

**ILLUSTRATIONS**

- TO EXPLAIN PARTS OF AN OBJECT
- TO REPRESENT COMPLEX RELATIONSHIPS AND HIDDEN PATTERNS

**VISUAL MAPS**

- EXPLAIN COMPLEX RELATIONSHIPS
- REVEAL HIDDEN PATTERNS
- ASSOCIATE UNRELATED CONCEPTS

**SCREEN CAPTURES**

- SHOWS ACTUAL EXAMPLES
- BETTER EXPLAIN HOW TO USE SOFTWARE

---

---

---

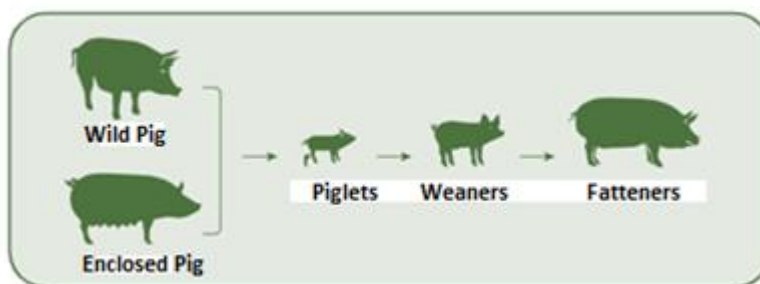
---

---

---



22. Pigs that are reared for their meat (or pork) are either kept in an enclosed pig pen or they run free in the wild.



**Describe** a benefit of keeping pigs enclosed in pig pens.

---

---

---

---

---

---

---

---

SL 2

23. *Soalaupule* refers to the “traditional Samoan way” of making a decision which is inclusive of the village elders. This process simply means that “*everyone who ought to be consulted in this tribunal is consulted but the decision is based on the consensus of all.*”.

**Discuss** a way in which Samoans can live in peace without the need for interference of the court of law and/or arbitration.



<b>SL 4</b>

24. Mobile telephones are not cheap to purchase and maintain.



**Explain** the impact of telephones on a family's financial state.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery designed for writing.

<b>SL 3</b>

**For Questions 25 to 27, choose and write the letter of the correct answer in the box provided.**

25. The use of computers to store, retrieve, transmit, and manipulate data or information is known as:

- A. Information technology.
- B. Computer technology.
- C. Data technology.
- D. Telecommunications technology.

SL 1

26. Cellular telephone companies promote heavily discounted services beginning after midnight. Which of the following is a potential problem at work for individuals who continually use these services?

- A. Energetic – too much knowledge gained.
- B. Excited – from all the talking.
- C. Lethargic – feeling tired and fatigued.
- D. Productive – from sharing knowledge from the internet.

SL 1

27. Identify the NGO from the following acronyms that allows for families to meet in Samoa.

- A. SAME
- B. SBEC
- C. SACEP
- D. SUNGO

SL 1

28. Jackie and her family were involved in a car accident. Jackie fractured her wrist, and her two year-old child broke his leg. List **TWO departments** of the National Hospital that will deal with the injuries sustained by Jackie and her child.

---



---



---



---

SL 2



29. **List TWO** websites that deal exclusively with youth issues in Samoa.

---

---

---

---

SL 2

30. **Explain** how advertisements can promote health.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

SL 3



32. Fresh water is a most precious commodity for our communities. In many instances, people do not seem to care about the importance of clean fresh water. **Evaluate** the risk that the freshwater system in your village or town faces now.

[illegible]

SL 4

33. *“O le ala i le pule o le Tautua*-The path to authority is servant hood.”  
**Describe** ONE leadership skill that can promote positive changes in the family unit.



---

---

---

---

---

---

---

---

---

---

SL 2

For Questions 34 to 36, choose and write the correct answer in the boxes provided.

Aid in Samoa



34. Which group of words is **NOT** associated with “recycling”?

- A. Reuse, waste and rubbish.
- B. Landfill, composting and energy.
- C. Incineration, trash and reprocess.
- D. Endanger, harm and waste.

SL 1

35. From the following list, identify a health-related issue that has been highlighted lately in the media.

- A. Samoa switches to Digital television.
- B. Malua canteen bans the selling of tobacco.
- C. Joseph Parker is once again a top ten ranked fighter.
- D. The Head of State orders new elections for Samoa.

SL 1

36. From the following list, identify a food group.

- A. Fruits and vegetables.
- B. Junk food.
- C. Starchy food.
- D. Proteins.

SL 1

- [illegible]

SL 2

- [illegible]

SL 3

39. A senior foreign diplomat has asked you to describe the appropriate channels of communication when implementing their proposed education programme in your village. **Outline** your advice as to the appropriate channels of communication that they should take when dealing with your village.




---

---

---

---

---

---

---

---

---

---

SL 2

- Discuss** the significance of ONE community activity carried out in your community in improving health and fitness.



--	--



41. Many stakeholders for Businesses in Samoa are promoting healthy living for their employees and families using advertisements.



**Explain** how the information in the advertisement above promotes healthy living.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

SL 3

42. **Explain** how regular eating of local fruits, vegetables and herbs can impact a person's health positively.

---

---

---

---

---

---

---



SL 3

---

---

---

---

---

---

---

---

---

---

---

43. **List** any TWO healthy foods from the following list given below:

Donuts, Pizza, Apples, Hamburgers, Tomatoes, Yogurt,  
Spinach, Ice Cream, Sweet Potatoes, French Fries

---

---

---

---

---

SL 2

---

- The diagram illustrates the flow of support and resources to the South Queensland Academy (SQA). At the top, a blue box labeled "TVET Church Programs" is connected by a blue arrow to a white box labeled "Economic empowerment of Pacific Women". This box is further connected by a blue arrow to a white box labeled "Australian Aid". A red box labeled "QUALITY EDUCATION" is connected by a red arrow to the "Australian Aid" box. Finally, a red arrow points from the "QUALITY EDUCATION" box to the "SQA" logo, which is a red house icon with the text "SQA" and "SOUTH QUEENSLAND ACADEMY" below it.

[illegible]

--

- 
- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



STUDENT EDUCATION NUMBER									

## HEALTH and PHYSICAL EDUCATION

**2021**

*(For Scorers only)*

STRANDS		Weighting	Scores	Check Scorer	AED Check
<b>STRAND 1</b>	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	22			
<b>STRAND 2</b>	ACTIVE HUMAN MOVEMENT	22			
<b>STRAND 3</b>	ACTIVE FAMILY HEALTH	28			
<b>STRAND 4</b>	ACTIVE COMMUNITY HEALTH	28			
<b>TOTAL</b>		<b>100</b>			