



Samoa Secondary Leaving 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.

STRANDS		Page	Time (min)	Weighting
STRAND 1:	ACTIVE PERSONAL HEALTH AND RELATIONSHIP	2	33	22
STRAND 2:	ACTIVE HUMAN MOVEMENT	6	73	22
STRAND 3:	ACTIVE FAMILY HEALTH	11	39	28
STRAND 4:	ACTIVE COMMUNITY HEALTH	17	35	28
TOTAL			180	100

Check that this booklet contains pages 2-22 in the correct order and that none of these pages is blank.

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

Read the scenario below and answer Numbers 1 – 3.

Mele Pohiva is an 18 year old girl from the village of Logologo and is now graduating from Queen Salote College. Mele's overall goal is to graduate from University so she wants to continue her studies at the Nukualofa National University however, her boyfriend Vunipola wants to marry her sometime this year.



<https://www.khanacademy.org/science/.../community.../a/interactions-in-communities>

1. In order for Mele to achieve her goal, identify one thing that she should NOT do.

SL 1

2. Describe some of the possible choices that Mele should choose in order to pursue a better future.

SL 2

3. Explain reasons why Mele should not choose to get married early.

SL 3

Read the scenario below and answer Numbers 4 – 7.

Becoming independent

Tina is 16 years old. She is going out with Sione, who is 18 years old. Sione has asked Tina to an 18th birthday party on Friday night at his friend's place. Sione says he has his mum's car for the night and he will pick her up at 8pm. Tina is excited about going to the party and asks her parents whether she can go. They are worried about her going in the car and say they will drop her off at the party themselves and pick her up at 10.30pm. Tina thinks her parents don't trust her, so she yells at them and they get into an argument. Her parents grounded her for her disrespectful attitude. Tina sneaks out of the house and goes to the party anyway.



4. Explain why young people and their parents have more conflicts during adolescence.

SL 3

5. State ONE reason why Tina's parents are worried.

SL 1

6. Do you think Tina made a good decision or a bad decision?

SL 1

7. Discuss strategies that Tina and her parents could have used to reach a better outcome.

SL 4

Read the scenario below and answer Numbers 8 – 11.

Tomasi is just 15 years old. He is an overweight person with a weight of 250kgs. He is struggling to concentrate in his studies as he falls asleep most of the time. Tomasi knew he is in trouble in controlling his weight, so he decides to take control of his diet and do simple exercises to help improve his health and personal fitness. Before Tomasi starts doing what he is thinking of, he needs to design a plan for him to follow in order to improve his health.

- 8.** State the purpose of Tomasi's plan.

SL 1

- 9.** Identify a nutritional requirement Tomasi needs to include in his healthy diet.

SL 1

- 10.** Identify one type of food that should NOT be included in Tomasi's healthy diet.

SL 1

- 11.** Name ONE organization that is responsible for the safety of our people in the community.

SL 1

- 12.** Imagine that while you are walking home after school, you see an adult collapse. As a first aider, what would you do first?

SL 1

13. List the type of people that you can approach for help when you are having health problems.

SL 2

STRAND 2:	ACTIVE HUMAN MOVEMENT	Weighting 22
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Use the table below to answer Numbers 14 – 18.

The University of Sydney Australia offers a Bachelor of Health, Sport and Physical Education programme and it is designed to prepare you for careers in the health and physical education field. It also prepares you for professional practice in sports education and related areas (i.e. sports coaching and health promotion). Below are the courses that you can take in order to graduate through this programme.

Health and Physical Education subjects consist of two major disciplines that are used to develop the four strands of the subject curriculum. These two disciplines are Health and Physical Education.

Course List (CL)

<i>COURSE CODE</i>	<i>COURSE TITLE</i>
EDUC2001	Youth, Sports & Physical Education
PUBH1102	Introduction to Public Health
NUTR1023	Nutrition Trough Diet & Exercise
PUBH1103	Health Systems & Policy
SPCG1000	Sports Coaching
NUTR2003	Understanding Health Behaviors
HEBL2008	Major Diseases & their Control
BIOL1630	Biomechanics in Physical Education
PHYL2730	Exercise Physiology in Sports
ENVH3009	Environmental Health
NEUR2530	Motor Skills Control & Learning
HPNP3019	Health Promotion & Practice
EXMD2362	Exercise Science & Programming

- 14.** List TWO courses that would be categorised under the Health discipline.

SL 2

- 15.** Identify ONE course that enables you to develop a coaching career.

SL 1

- 16.** Identify ONE course that would be categorised under the Physical Education discipline.

SL 1

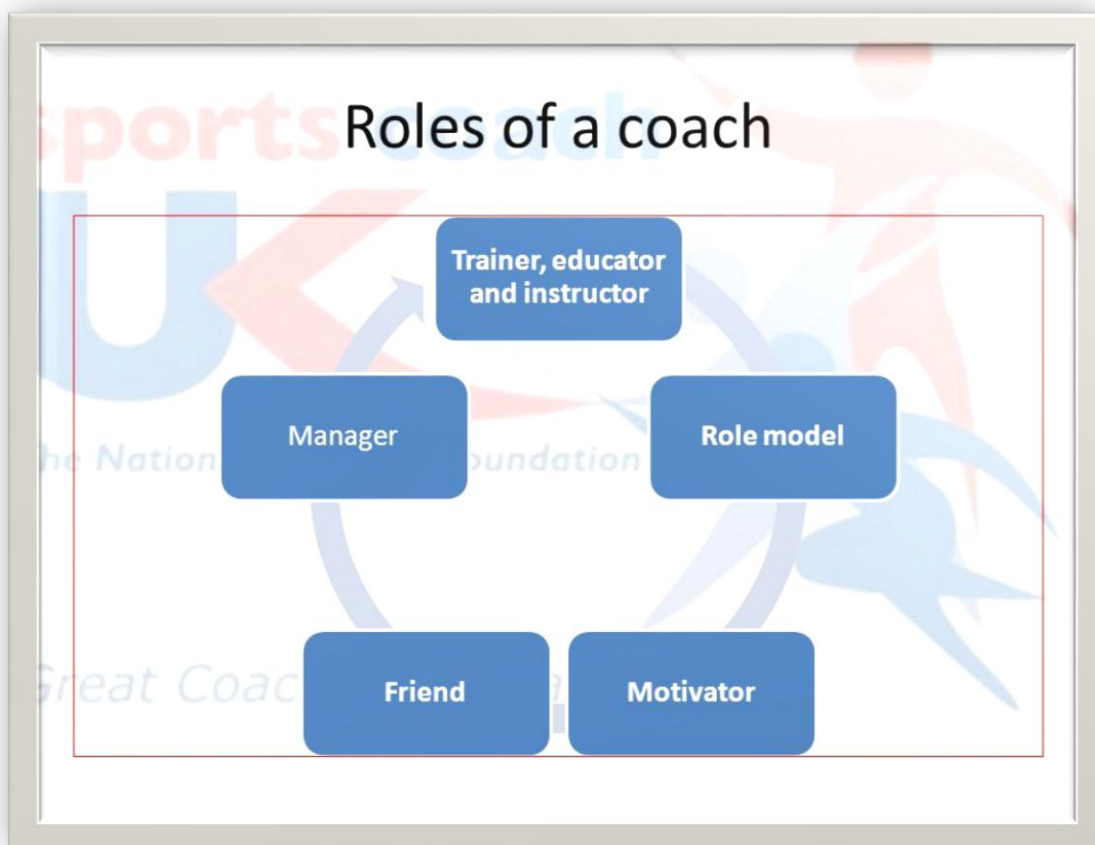
- 17.** State ONE health related job opportunity for the courses you mentioned in Number 14.

SL 1

- 18.** Having passed courses in Physical Education and Sports, list TWO job opportunities you could apply for.

SL 2

Study the diagram below and use it to answer Numbers 19 – 23.



<https://www.topendsports.com/coaching/role.htm>

19. State a characteristic of a good coach.

SL 1

20. What is the name of the coach, for the Manu Samoa Rugby 15 aside team?

SL 1

21. Explain the importance of having professional sport coaches for Samoa.

SL 3

22. Name the most popular sport that most Samoans take part in, at the international level.

SL 1

23. Discuss the importance of sports in Samoa's economic development.

SL 4

Use the photograph below to help answer Numbers 24 – 25.



<https://www.vu.edu.au/current-students/campus-life/sport.../represent-vu-in-sport>

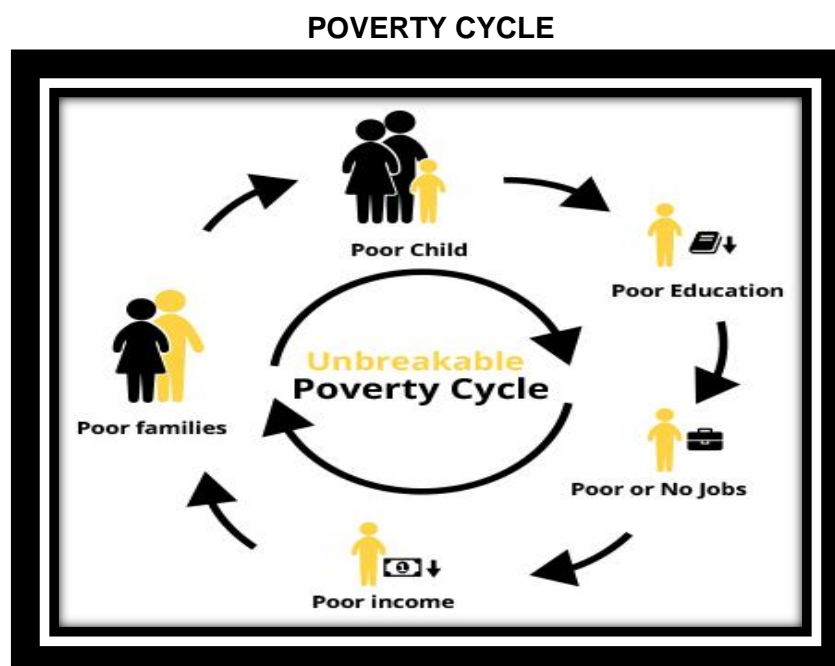
24. Identify a career path to which sports sciences and technology can lead.

SL 1

25. Discuss the importance of using a Sport Science approach (*using Video analysis, Catapults device, Ice bath and others*) in coaching Samoan athletes.

SL 4

Use the diagram below to answer Numbers 26 – 28.



www.businessdictionary.com/definition/poverty-cycle.html

26. Define the term poverty.

SL 1

27. Identify a non-communicable disease that poor people can get because of poverty.

SL 1

28. Explain the relationship between Non Communicable Diseases and poverty in Samoa.

SL 3

29. Identify the person responsible for the health and well-being of a Samoan family.

SL 1

Read the scenario below and answer Numbers 30 – 33.

Siaosi feels depressed most of the time. He feels he doesn't fit in at school, the other students bully him because he is overweight. Siaosi's parents work long hours so he rarely sees them. Last time he told a teacher that certain boys had been bullying him but the teacher didn't do anything to stop it. He doesn't know who to trust now.

30. Identify an interpersonal skill that you as a Year 13 student can use to show respect to Siaosi.

SL 1

31. Identify an interpersonal skill that you can use to show your sensitivity to Siaosi's problem.

SL 1

- 32.** Identify an interpersonal skill that you can use to show feelings of acceptance for Siaosi.

SL 1

- 33.** Describe how Siaosi's parents could overcome Siaosi's depression.

SL 2

- 34.** Explain issues of keeping up with appearances and lifestyles of other families in the village and church organizations.

SL 3

- 35.** Identify a strategy that family, parents, or adults can use to help teenagers avoid drinking alcohol and smoking drugs.

SL 1

- 36.** Explain the effectiveness of family strategies in trying to stop teenagers from drinking alcohol and smoking drugs.

SL 3

- 37.** List TWO health responsibilities carried out by a family matai.

SL 2

Use the pictures below to help you answer Numbers 38 – 39.

APIA PARK SPORTS COMPLEX



38. List TWO sporting activities conducted in this sporting complex.

SL 2

39. Describe the role of the Samoan government in trying to maintain high standards of the Apia Park sporting complex.

SL 2

- 40.** Do you think that 'sex education' should be taught in schools?
(Discuss reasons and provide examples)

SL 4

Creating circumstances that empower young people and communities to make positive decisions are crucial to improving health in communities. Working together for both individuals and community members is needed, to improve young people's health.

41. Name a health service provider available in your district.

SL 1

42. Describe the role of the health provider mentioned in Number 41 to the community.

SL 2

43. Not everyone in the village is physically active. Give ONE reason why some people are not engaged in physical activity.

SL 1

44. Identify a strategy that can promote good health and nutrition within your village.

SL 1

45. List the changes you have to make to be a health promoting citizen.

SL 2

46. Discuss the effects of promoting good health in your village.

SL 4

47. Define the term Campaign.

SL 1

48. Identify a person in your village that can be effective in promoting a health campaign for the village.

SL 1

You notice that the food sold at the School Canteen can be improved to make it healthier for the students.

49. List TWO ways or strategies that can help make the food in your school canteen healthier.

SL 2

50. Explain the importance of the strategies mentioned in Number 49 in improving the health of your school.

SL 3

Your secondary school is taking part in a village clean up. During the clean-up, a group of students discover that the back field of the school is being used as a rubbish dump.

51. List TWO actions the students should do to remove the rubbish.

SL 2

52. Explain if these actions would have a positive impact on the village.

SL 3

53. Name a media outlet that can be effectively used for a community health campaign.

SL 1

Sport and tourism are being promoted in Samoa. This is when tourists and athletes come to Samoa to participate in sporting activities.

54. Identify the most recent international sports event hosted in Samoa.

SL 1

55. Explain why sport tourism is beneficial to Samoa.

SL 3

STUDENT EDUCATION NUMBER									

HEALTH & PHYSICAL EDUCATION

2019

(For Markers only)

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TOTAL	100		