



Samoa Secondary Leaving 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.

| STRANDS | | Page | Time (min) | Weighting |
|------------------|---|------|------------|------------|
| STRAND 1: | ACTIVE PERSONAL HEALTH AND RELATIONSHIP | 2 | 33 | 22 |
| STRAND 2: | ACTIVE HUMAN MOVEMENT | 7 | 73 | 22 |
| STRAND 3: | ACTIVE FAMILY HEALTH | 13 | 39 | 28 |
| STRAND 4: | ACTIVE COMMUNITY HEALTH | 20 | 35 | 28 |
| TOTAL | | | 180 | 100 |

Check that this booklet contains pages 2-27 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.

PART A: MULTIPLE CHOICE

Write the letter of the choice of your **BEST** answer in the Answer box provided.

1. Teiula is about to go for an interview. He is generally a very shy and soft-spoken person. In the interview Teiula, needs to be:

A. hyperactive.
B. very vocal.
C. confident.
D. fearful.

SL 1

2. What behaviour should a young person display when with parents, members of the opposite sex, teachers and other people in the community?

A. Courage
B. Respect
C. Arrogance
D. Authority

SL 1

3. Much has been said on the media about how Samoans should improve their levels of fitness. What is **ONE** way for members in our community to keep **physically active**?

A. Stay at home.
B. Work in the office.
C. Organize choir competitions.
D. Engage in sporting activities.

SL 1

PART B: SHORT ANSWERS

4. Aleki wants to be a teacher when he grows up. In the space given below, write a plan for Aleki to achieve his goals for the future.



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| SL 2 |
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5. Fetu swims 1 kilometer of freestyle each morning in 60 minutes. Fetu's coach insists that from next week, he swims the 1 kilometer freestyle in 50 minutes. Describe how the strength of Fetu's swimming program will change.



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| SL 2 |
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6. List **TWO** effects of excessive alcohol and smoking on your body.

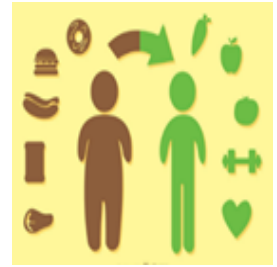


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PART C: LONG ANSWERS

Read the scenario below and answer Questions 7 – 9.

Mauga is a former model but is now struggling with her weight. She notices that her clothes are not fitting her, and she gets tired easily when she does small duties at home. At times she feels depressed and could not relate her problems to anyone. After much thought and self-reflection, she decides to change her lifestyle and eating habits to get back in shape, and in the form, she was once renowned for.



7. If you were Mauga, what nutrition and exercise program would you use in the first 3 months, and give a reason why you chose this program.

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| SL 3 |
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8. Explain the importance of having a nutrition and exercise program together at the same time for good health.

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9. Mental health is an integral and essential component of health and wellbeing. Explain why the traditional roles of people of your community are important for supporting people like Mauga, who are tackling health problems.

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10. Females play a very important role in the development of healthy families and communities. Discuss the **importance of educating females** for this role.

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PART A: MULTIPLE CHOICE

Place the choice of your **BEST** answer in the box provided.

11. What sport is being displayed in the diagram?

- A. Power lifting
- B. Weight lifting
- C. Weights movement
- D. Power movement



SL 1

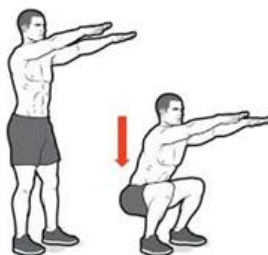
12. In which sport is the Samoa national team doing well internationally?

- A. Soccer
- B. Badminton
- C. Swimming
- D. Rugby

SL 1

13. Which motor skill is being practiced in the picture below?

- A. Power
- B. Co-ordination
- C. Technique
- D. Knowledge



SL 1

PART B: SHORT ANSWERS

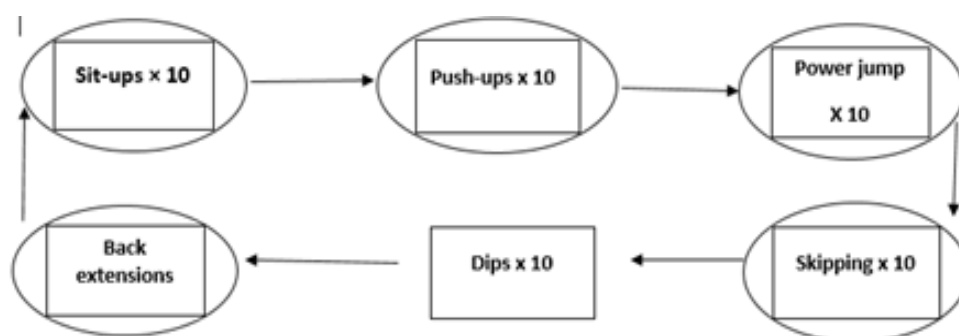
14. You are the coach of an 'Under 9' netball team. For most of the players in the team, this is their first year playing netball.

Describe a type of practice you would use with this team.



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15. Rangi performs the following form of circuit training for 6 weeks at 3 times per week. He plays rugby for the school team.



He wants to improve his fitness level. Describe what you would change in this training program to improve Rangi's fitness level.

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16. “Development of netball players in Samoa is very weak”.

Describe a weakness that our system of developing netball players has that contributes to the statement given above.

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| SL 2 |
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PART C: LONG ANSWERS

Read the scenario below and answer Questions 17 – 18.

Tamati is the Coach of the village 15's rugby team. During training he finds it tough to control the boys in the team. Many of the boys are related to him, so they are very playful during the training sessions. On game days, many boys in the starting lineup would come late, so the reserves end up playing in the first half. By the time substitutions are made, the opposing team has already piled up the points, so they end up losing the game.



17. Why is Tamati's coaching style not working well for the team?

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| SL 3 |
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- 18.** One feature of a good coach is '**communicating with players**'. Explain how Tamati can use good communication with the players to improve the team's performance.

[illegible]

19. You are required to organize a one-day athletics tournament and you wish to use various technology systems. Explain how and why you will use **technology systems** during the running of the tournament.

- 20.** Passing is one important skill in many sports. Name a sport in which passing is important and discuss why it is important that passing be mastered by all players before playing in a competition. Use examples.

[illegible]

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| SL 4 |
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PART A: MULTIPLE CHOICE

Place the choice of your BEST answer, in the box provided.

21. Identify from the options below one of the causes of poverty.

- A. Stress
- B. Alcohol
- C. Unemployment
- D. High Blood Pressure

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| SL 1 |
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22. Identify one non-communicable disease that children can get because of **poverty**.

- A. Measles
- B. Malnourishment
- C. Typhoid
- D. Influenza

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23. What is an important rule that must be observed when using an indoor gymnasium?

- A. Always wear proper footwear.
- B. Always wear long pants.
- C. Try to bring a water bottle.
- D. Always wear gloves.

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PART B: SHORT ANSWERS

24. List **TWO** responsibilities of a father towards the health and well-being of a family.



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25. Describe a choice that teenagers need to make to prevent teenage pregnancies.



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26. List **TWO** causes of suicide.



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| SL 2 |
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27. Describe **ONE** strategy that the Ministry of Health uses to try and combat NCDs.

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PART C: LONG ANSWERS

Read the scenario below and answer Questions 28 – 29.

Sefina is a teenage mother. Her father was a much-respected man in the community. She was destined to be a doctor, and was considered the pride of her family, until she got pregnant in her first year of medical studies. She lost her scholarship and her parents disowned her. *Sefina* struggled being a mum, because she did not have a job, and she had no idea what motherhood was all about. One day she read a post on Facebook of some of her friends saying nasty things about how she brought disrepute to her family for having a child out of wedlock. She felt **worthless** and wanted to share her feelings with someone, but there was no one. This was when she started feeling like committing suicide.

28. Explain why Sefina felt worthless.

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[illegible]

17|SSLC

32. Discuss the impact on the health of students of having indoor gymnasiums in secondary schools in Samoa. Use examples.

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| SL 4 |
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PART A: MULTIPLE CHOICE

Place the choice of your **BEST** answer in the box provided.

- 33.** Having good food and nutrition is important to the health of people in our communities. Identify ONE factor that is hindering the process of achieving good health in our community.

- A. More food is available.
- B. Eating processed foods more regularly.
- C. Classroom education on food and nutrition.
- D. More education on budgeting to buy food.

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| SL 1 |
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- 34.** Maintaining good fitness will lead to achieving good health. Identify a factor that is supporting good fitness amongst the people.

- A. Uncontrolled eating habits.
- B. Controlled diet and regular exercise.
- C. Unrelated physical fitness education program.
- D. Ignoring professional development.

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- 35.** What is ONE way we can promote good health?

- A. Encourage people to sleep 4 hours only in a day.
- B. Participate in a difficult training program.
- C. Encourage home gardening and eating fresh food.
- D. Provide more brochures focusing on daily intake.

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PART B: SHORT ANSWERS

Read the scenario below and answer Questions 36 – 39.

You are a young Samoan Chief. Your selection as a Matai has come with the support of your community because you have a heart to serve the people. You are also very well qualified, with a master’s degree in environmental science. Your background in studying the environment and its preservation can now come in handy because with your title as Chief, you now have the power to make decisions in the community to bring about good change.



- 36.** As a young chief, you are trying to promote good health in your village community. List **TWO** changes you will make to achieve this goal.

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- 37.** Pollution is a major factor that is affecting Samoa’s beaches and rivers. Describe one way, in which you as Chief can motivate the villagers to help tackle the pollution problem.

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| SL 2 |
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38. As a young chief, you were asked to give your first public address during a village meeting. Describe how **you** will **promote good health** to the people.

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39. As a young chief, describe how you will ensure that **all families work together** for a clean and healthy community.

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| SL 2 |
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PART C: LONG ANSWERS

Read the scenario below and answer Questions 40 – 42.

You have been given the tender to run the school's canteen. The Principal of the school changed the former tenants, because they were giving a lot of fried and oily food. They were also fond of serving menu's that contained canned food and noodles. The Principal also found out that they hardly washed their hands, the kitchen was very dirty and they did not dispose their rubbish well.



- 40.** As the new caterer in the school, you have been asked by the Principal to improve the food sold at the school canteen. Explain why it is important that the canteen sells nutritious food.

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- 41.** Explain why it is important for workers in your school canteen to practice good personal hygiene.

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| SL 3 |
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42. Relate the diet of a Samoan student to his or her success at school or in the community at large.

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| SL 3 |
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- 43.** *Despite all the education about health and fitness over the years, many members of our community still suffer from poor health, resulting in poor productivity and even early deaths.*

Discuss the above statement in relation to your own experiences, using examples.

| STUDENT EDUCATION NUMBER | | | | | | | | | |
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HEALTH & PHYSICAL EDUCATION

2020

(For Markers only)

| STRANDS | Weighting | Marks | Check Marker | Double Entry (AED) |
|---|------------|-------|--------------|--------------------|
| STRAND 1: ACTIVE PERSONAL HEALTH AND RELATIONSHIPS | 22 | | | |
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| TOTAL | 100 | | | |