



STUDENT EDUCATION NUMBER									

Samoa National Junior Secondary Certificate

HEALTH and PHYSICAL EDUCATION 2022

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	2-7	54	30
STRAND 2	ACTIVE HUMAN MOVEMENT	8-12	46	26
STRAND 3	ACTIVE FAMILY HEALTH	13-16	40	22
STRAND 4	ACTIVE COMMUNITY HEALTH	17-20	40	22
TOTAL			180	100

Check that this booklet contains pages 2-21 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. What does the term **Interpersonal** mean?

- A. Communication with animals.
- B. Communication between people.
- C. Talking to oneself.
- D. Talking to no one in particular.

SL 1

2. Which of the following is **NOT** Sexual Abuse?

- A. Unwanted sexual activity.
- B. No consent given.
- C. Consensual sexual relations.
- D. Using force on another to have sex.

SL 1

3. A good friend is someone who:

- A. you can trust with your secrets.
- B. is friendly because you bring lunch.
- C. only comes around when they need something.
- D. is always taking but never giving.

SL 1

4. Which of these is an aspect of sexuality?

- A. Awareness of duties of a man in the village.
- B. Awareness of duties of a woman in the village.
- C. Awareness of one's relationship as the Matai's son.
- D. Awareness of feelings towards others as a man or a woman.

SL 1

5. Which of these describes a responsible behaviour?
- A. Tone went to the shop and stopped to play with his friends.
 - B. Tili lied although he knew he broke mother's favourite cup.
 - C. Tavita did what the teacher asked him to do straight away.
 - D. Toma copied Sina's essay and didn't tell her.

SL 1



6. Explain **THREE** issues that young people struggle with when they are faced with school exams.

SL 3

7. Name **TWO** food items you will leave out if you are on a healthy diet plan.

SL 2

8. Explain **THREE** important reasons for having good friends in times of difficulty.

SL 3

9. What **TWO** things can YOU do to protect yourself from being sexually abused?

Lined area for writing the answer to question 9.

SL 2

10. Explain the importance of understanding the aspects of sexuality.

Lined area for writing the answer to question 10.

SL 3

11. Name **TWO** of the six essential nutrients that the body needs for healthy living.

SL 2

12. Discuss specific activities you will incorporate in a fitness program to achieve your personal physical fitness goal.

SL 4

Use the following resources to answer Questions 13 – 14.



13. Give **TWO** impacts of alcohol, drugs and smoking on teenagers.

SL 2

14. Discuss strategies that help protect teenagers from risk or danger.

SL 4

For Questions 15 – 18, choose and write the LETTER of the correct answer in the box provided.

15. These are regular physical activities usually done at home **EXCEPT**:

- A. scraping the taro and grating the coconut for fa'alifu.
- B. undergoing a fitness test battery.
- C. playing volley ball in the village team.
- D. sweeping up the leaves from under the talie tree.

SL 1

16. Which of the following are Resistance exercises?

- A. Jumping jacks and stretching.
- B. Running and walking.
- C. Siva Samoa and hula.
- D. Weight lifting and push-ups.

SL 1

17. Which is **NOT** a current drug issue in Samoan sports?

- A. Use of Panadol for pain relief.
- B. Use of illegal drugs like marijuana.
- C. Use of alcohol.
- D. Use of caffeine in energy drinks.

SL 1

18. Growth spurts are periods of time when children experience:

- A. quickening of their heart rate during sports.
- B. quick physical growth in height and weight.
- C. quickening interests in nature studies.
- D. quick learning interests in music.

SL 1

19. Explain the importance of regular physical activity to your health.

SL 3

20. Name the muscles involved when the arm moves upwards and downwards.

SL 2

21. State **TWO** principles of fitness training.

SL 2

22. Give **TWO** functions of blood in your body's circulatory system.

SL 2

23. Explain why recovery is important in training.

SL 3

24. Explain the possible impact of trainings on **males and females** during puberty.

SL 3

25. Explain the possible impact of long-term stress to your overall health.

SL 3

For Questions 27 – 29, choose and write the LETTER of the correct answer in the box provided.

27. What does the term family relationships **NOT** refer to?

- A. Relationships with close and extended family members.
- B. Relationships between two or more people who live together.
- C. Relationships with people who are not family.
- D. Family who are related by birth, marriage or adoption.

SL 1

28. All of these relate to the term Gender **EXCEPT**:

- A. the state of being male or female.
- B. male or female by social or cultural differences not biological.
- C. characteristics believed to be norms, roles and attributes of men or women in society.
- D. classed as male or female biologically and physiologically.

SL 1

29. Which of these modern changes has the greatest impact on teenage lives?

- A. Internet.
- B. Mobile telephones.
- C. Tik tok.
- D. Computers.

SL 1

30. Explain why communication is important for good parent and child relationships.

SL 3

31. Describe ways you use to show your respect for God, others and self.

SL 2

32. How can students contribute to the well-being of **special needs** students? Give **TWO** ways.

SL 2

33. Describe any **TWO** mental health issues affecting teenagers.

SL 2

34. Explain the effects of **chemical sprays** on the environment.

SL 3

35. Discuss the effects of poverty on families.

SL 4

For Questions 37 to 38, choose and write the LETTER of the correct answer in the boxes provided.

37. Which of these Village Projects promote good health and fitness?

- A. Ice cake for school lunches.
- B. Water tanks for inland families.
- C. Cake stalls for fundraising.
- D. Bingo on Saturday afternoon.

SL 1

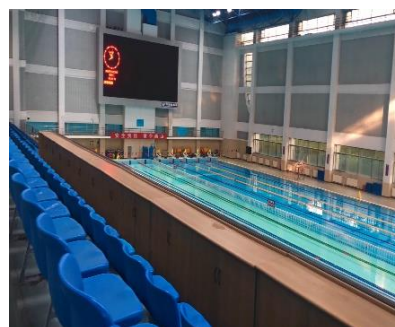
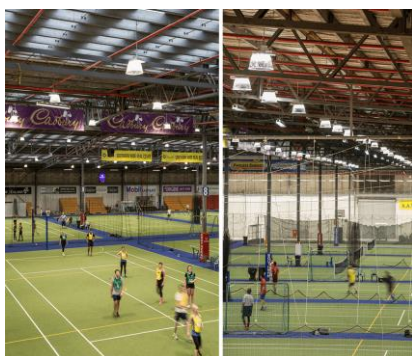
38. All of these are volunteer community services that Family members can join **EXCEPT**:

- A. Komiti o le Aoga (Village school Committee)
- B. Asiasiga ma'umaga (Plantation inspection)
- C. Fono o le Nu'u (Village Council Meeting)
- D. Komiti Tumama (Women's Committee)

SL 1

39. Describe **TWO** ways the hobbies and activities you are involved in promote health and fitness.

SL 2



40. Discuss how the availability of a Sporting or an Exercise Facility in the community can be beneficial to a person's overall physical, mental and spiritual health and well-being.

SL 4

41. Discuss **gender** issues that may discriminate against women participating in sports in Samoa.

SL 4

42. Explain practices or activities your family has established to maintain their health and fitness.

SL 3

43. List **TWO** cultural activities that have a positive impact on health and fitness.

SL 2

44. Give **TWO** contributions of agricultural production to health and fitness.

SL 2

45. Explain the effects of migration on the health of people in Samoa.
Use the COVID-19 situation in Samoa for the basis of your answers.

SL 3

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2022

(For Scorers only)

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