



STUDENT EDUCATION NUMBER									

Samoa School 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	2-6	36	22
STRAND 2	ACTIVE HUMAN MOVEMENT	7-10	36	22
STRAND 3	ACTIVE FAMILY HEALTH	11-16	54	28
STRAND 4	ACTIVE COMMUNITY HEALTH	17-22	54	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.



1. Name a part of the male reproductive organs.

SL 1

2. Name a preventative measure for protection of STDs.

SL 1

For Questions 3 and 5, choose and write the LETTER of the correct answer in the box provided.

3. From the following list, give an example of a STDs that is common in Samoa.

- A. Tuberculosis.
- B. Hypertension.
- C. Chlamydia.
- D. Pneumonia.
- E. Obesity.

SL 1

4. Define the term human reproduction.

SL 1

5. Christianity has as its central tenant the belief in:

- A. Old Testament.
- B. Church.
- C. Jesus Christ.
- D. War.
- E. Healing.

SL 1

6. Describe the notion of rights within the context of peers, family, church and community.

SL 3

7. From the following list – identify **TWO** things a teenager needs in order to live a balanced and healthy lifestyle.

- (i) Alcohol.
- (ii) Exercise.
- (iii) Opportunity to education.
- (iv) Drugs.
- (v) Nutritious diet.
- (vi) The internet.
- (vii) an ATM card.
- (viii) A car.

SL 2



8. As Samoa evolves and embraces new ideologies, describe the rights enjoyed by teenagers of Samoa.

SL 2



9. Samoa is a country founded on God and there are many Christian denominations. Ignorance about other people's faith beliefs can cause arguments and poor relationships amongst family, and community members.

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

SL 3

15. Give an advantage of using Visual aids (TV-video) in sports training.

SL 1

16. Sports differ in the demands it makes on its participants. From your experience, list any types of training programmes suitable for the development of your selected sport.

SL 2

17. From your research and experience, recommend ways to improve participation in sporting or recreational activity.

SL 3

18. List **TWO** basic rules of a sporting activity that you have studied over the last year.

SL 2

19. *“The outdoors, the beautiful environment, both in fresh and salt water. And the thing that concerns me is the amount of kids that stand on street corners, or go into pinball parlours, and call it recreation.” (Rex Hunt)*

Describe the social aspects of recreational activity mentioned by Rex Hunt above.

SL 2

20. A sport is not about the physical but more so the mental. Explain the importance of the study of sports in a named career path.

SL 3

Active family health



22. Describe some socio-economic problems that can AFFECT the health and well-being of the individual.

SL 2

23. Discuss what assistance is put in place in the Samoan culture to assist families in low social-economic situations in the community.

SL 3

25. Define the term sanitation system.

SL 1

26. Name an infrastructure system concerned with developing a healthy physical environment for families.

SL 1

27. From the following, list the elements of domestic violence.

- A. New
- B. Home
- C. Classroom
- D. Peace
- E. Ferocity
- F. Abuse
- G. Goodness
- H. Familiar

SL 2

28. State the benefits of the community from keeping pigs in enclosed areas.

SL 1



29. From your observation in your own village, describe the situation of the water supply in a village.

SL 2

Aid in Samoa



34. Define the term *recycle*.

SL 1

35. Name **ONE** village inspired and led initiative that promotes health in community.

SL 1

36. List **TWO** advertisements found in the media that promote health and fitness.

SL 2

40. The “Matai” and the “Mafutaga Tina” organize programmes (e.g. Aerobics, rubbish collecting, gardening competitions etc...) in the village which promote health and general wellness. Discuss the significance of community activities in improving health and fitness.

SL 4



41. Explain the importance for future generations of recycling in our communities.

SL 3

44. List community led initiatives or projects carried out in the villages that have been funded through foreign aid.

SL 2



44. Evaluate the message of the above cartoon. Does foreign aid really improve collective community resources?

SL 4

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(For Scorers only)

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TOTAL		100			