



GOVERNMENT OF SAMOA
MINISTRY OF EDUCATION, SPORTS AND CULTURE

STUDENT EDUCATION NUMBER

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Samoa Secondary Leaving 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	2-8	36	22
STRAND 2	ACTIVE HUMAN MOVEMENT	9-14	36	22
STRAND 3	ACTIVE FAMILY HEALTH	15-21	54	28
STRAND 4	ACTIVE COMMUNITY HEALTH	22-28	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.

The illustrations below show different ways in which people relate to each other.



<https://newlandschoolng.com/building-positive-teacher-parent-relationship>
<https://www.greaterkashmir.com/todays-paper/transforming-student-teacher-relationship>
<https://www.wikihow.com/Be-Just-Friends-with-a-Member-of-the-Opposite-Sex>

1. List two (2) ways through which a student can relate well to parents or teachers.

SL 2

2. Describe ONE of the ways listed in (1) above in more detail.

SL 2

The picture below shows a group of adults relating to each other.



Source: <https://1specialplace.com/2018/04/11/social-skill-activities-for-adults>

3. List TWO (2) characteristics adults display that help them relate well with each other.

SL 2

Read the abstract below to answer Questions 4 and 5.

Planning **helps us see in advance those things that can help us achieve our goal, those things that can prevent us from achieving our goal and work out what to do about them.** Planning helps us to be accountable for what we do.

Source: <https://www.etu.org.za/toolbox/docs/building/webplan>

4. State a plan that you have about your education next year.

SL 1

5. Describe the role of a plan in an exercise program.

SL 2

Read the abstract below to answer Question 6.

People with healthy eating patterns live longer and are at lower risk of serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complication.

<https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.htm>



<https://yaleglobalhealthreview.com/2017/05/14/a-legacy-of-imperialism-health-disparities-in-the-pacific/>

6. Prepare a nutrition program to enhance personal fitness.

SL 2

Refer the abstract below to answer Question 7.

Self-harm is harming yourself on purpose. It is not a mental illness but it is often linked to mental distress.

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/>



<https://www.dallasbehavioral.com/node/2746>

7. Identify a condition that a student may face that will likely lead to self-harm.

SL 1

Read the abstract below and answer Question 8.

The United Nations Convention on the Rights of the Child is an important agreement by countries who have promised to protect children's rights. The Convention explains who children are, all their rights, and the responsibilities of governments. All the rights are connected, they are all equally important and they cannot be taken away from children.



<https://www.voicesofyouth.org/blog/same-human-rights-children>

Sources: <https://www.unicef.org/child-rights-convention/convention-text-childrens-version>

8. Name a step that can be taken by Samoan schools to ensure children's rights are respected.

SL 1

Refer to the abstract below to answer Question 9.

Advertising has **the power to create awareness, the power to set the agenda, the power to suggest and influence, the power to convey new information, and the power to persuade.**

<https://www.decisionanalyst.com/services/powerofadvertising/>



<http://blogs.chatham.edu/adsconsumerismandkids/>

9. Describe ONE negative impact TV commercials has on the development of a healthy mind and body.

SL 2

Read the abstract given to answer Question 10.

Freedom of education is **the right for parents to have their children educated in accordance with their religious and other views**, allowing groups to be able to educate children without being impeded by the nation state.

10. Explain why it is important for children to be educated in accordance with the religious views of their parents.

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SL 3

The illustration below tries to show a person resolving a conflict. Think about this to answer Question 11.



<https://studiousguy.com/conflict-theory-examples/>

11. A classmate wrote a rude comment about you in your notebook. Discuss the steps you can take to resolve the conflict.

[illegible]

SL 4

Use the resource below which shows a coaching session to answer Question 12.



<https://www.intrl.sport/news/100-people-access-education-programme-for-coaches-and-officials-in-samoa>

12. Describe the role of coaching in sports.

SL 2

Refer to the picture below to answer Question 13.



<https://www.redsports.sg/2015/08/11/netball-world-cup-singapore-samoa/>

13. Explain how the body coordination of the player in the red team enables her to block the goal shooter, shown in the picture above.

SL 3

14. Discuss the importance of having qualified coaches in coaching sports in Samoa.

SL 4

15. Discuss the importance of good motor skills development to an athlete.



Source: <https://www.istockphoto.com/search/2/image?phrase=athletics%20sprint>

SL 4

Study the extract below and use it to answer Question 16.

On a national level, sport is a catalyst for economic and social growth.

<https://fairgaze.com/generalnews/role-of-games-sports-in-national-development.html>



<https://borgenproject.org/tag/samoan-athletes/>

16. Discuss the importance of sports in Samoa's economic growth.

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SL 4

Refer to the pictures below to answer Questions 17 – 18.



<https://www.pinterest.com/pin/620582023643488494/>
<https://www.collegedekho.com/careers/sports-person-sports-manager>
<https://www.theguardian.com/sport/2017/nov/24/samoa-england-pacific-island-teams>

17. Name a recreational activity that you would pursue after your school years.

SL 1

18. Name a career path that a student with a sports science qualification can take.

SL 1

Refer to the two pictures below to answer Question 19.



<https://pacific.churchofjesuschrist.org/apia-samoa-central-stake-youth-camp>

19. Explain the importance of using outdoor education camps to nurture leadership roles.

SL 3

[illegible]

Read the abstract below to answer question 20.

When I was 15 my mum and dad separated. My mother moved to the country with my three younger siblings, and I, being a stubborn teen, insisted on staying behind with my father and older brother and his family. I started dating my first boyfriend who was new to our high school. We were really careless and stubborn. After a few months, I began to feel really odd. I was always being sent home from school for feeling sick. My brother's wife noticed how I was and advised me to take a home pregnancy test. Hesitantly I took a pregnancy test. There it was - I was pregnant! Later, at the doctor's surgery, my test results showed that I was 8 – 10 weeks pregnant. In the car on the way back home my brother rang our dad and told him. He didn't take the news well at all. He thought I was messing with him until my brother confirmed it.

<https://www.pregnancy.com.au/story-teenage-pregnancy/>

20. Describe ONE strategy that a student can use to help her make the right choices to avoid teenage pregnancy.

SL 2

21. A father has many roles to fulfill in order to take care of the well-being of his family. One of these roles is being an 'enforcer'. Explain how being an 'enforcer' helps in the well-being of a family.

SL 3

Read the extract below to answer Question 22.

An illustration showing eight people in various states of intoxication. In the top row, from left to right: a man in a brown shirt is vomiting into a green bottle; a woman in a pink shirt is kneeling over a blue toilet with a lit candle; a woman in a light green shirt is holding a green bottle; and a man in an orange shirt is drinking from a green bottle. In the bottom row, from left to right: a woman in a yellow shirt and red skirt is holding a green bottle; a man in an orange shirt is holding a green bottle; a man in a dark blue shirt is passed out at a table with a green bottle on the floor; and a woman in a red shirt is drinking from a green bottle.

22. Binge drinking has many side effects on the drinker's health. Explain how using the right strategies and choices can help a teenager avoid binge drinking.

SL 3

Use the abstract below to help you answer Questions 23 – 25.

Keeping up appearances and competing with others is a common issue in our Pacific islands especially in church, the village and extended family settings.



23. Describe ONE situation which you have come across in which some members of the community were trying to keep up with appearances and competing with others in the community.

SL 2

24. Describe a negative impact of keeping up appearances on a family's health.

SL 2

25. Describe ONE benefit of keeping up appearances and competing with other families.

SL 2

Use the pictures below to answer Question 26.



https://commons.wikimedia.org/wiki/File:Samoa_Familie.JPG

26. List TWO interpersonal skills that can be used at home to improve relationship between members.

SL 2

- [illegible]

SL 3

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-

SL 2

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- Discuss the benefit of providing land for sport and recreational facilities in each village in Samoa.



<https://www.samoaoobserver.ws/category/samoa/44570>

[illegible]

SL 4

Refer to the abstract below to answer Questions 31 – 33.

A healthy community is one in which all residents have access to a quality education, safe and healthy homes, adequate employment, transportation, physical activity, and nutrition, in addition to quality health care. Unhealthy communities lead to chronic disease, such as cancers, diabetes, and heart disease.

<https://www.unlv.edu/sites/default/files/24/Health-Community-January2012.pdf>



<https://www.elmhurst.edu/blog/what-is-community-health/>

31. State ONE way that your community uses to promote good health.

SL 1

32. There are many factors that hinder a community from achieving good community health. One factor is the lack of awareness. Use ONE other factor and explain how that factor hinders a community from achieving good health.

SL 3

33. Explain how family projects in the community can be used as a tool to promote a good nutrition program.

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SL 3

Refer to the caption below to help you answer Questions 34 – 42.

Campaigning in Samoa



<https://www.undp.org/pacific/news/integrated-approach-community-health-service-delivery-samoa>

34. Define the term 'mobilize' with regards to promoting a community wellness program.

SL 1

35. Define the term 'Campaign' with regards to promoting a community wellness program.

SL 1

36. Identify people in the community that you think could effectively participate in the campaign to promote a community wellness program.

SL 1

37. Identify the best media to be used for campaign in the village.

SL 1

38. Name a resource available in the community that can be used for promoting good health.

SL 1

39. Explain how you can mobilize community resources to promote good health in the community.

SL 3

40. Name ONE way to prevent children from watching violence related programs on TV.

SL 1

41. Discuss the impact that campaigns will have on the community members that comprise of families, individuals, youth groups and small social groups.

SL 4

42. Your community has decided to engage in healthy eating and exercise to ensure good health for all the members. Discuss the impact that this decision will have on the lifestyle of community members.

SL 4

Read the abstract below to help you answer Question 43.

Sports tourism refers to tourists travelling into a country to either observe or participate in a sporting event, apart from the tourists' usual hotel activities. Sports tourism is a fast-growing sector of the global travel industry and equates to \$7.68 billion in 2020.

https://en.wikipedia.org/wiki/Sports_tourism



<https://sportsfacilities.com/examples-of-sports-tourism-successful-sports-tourism-events/>



<https://www.samoaoobserver.ws/category/sport>

43. Discuss the impact of 'Sports Tourism' in Samoa.

[illegible]

SL 4

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HEALTH and PHYSICAL EDUCATION

2022

(For Scorers only)

STRANDS		Weighting	Scores	Check Scorer	AED Check
STRAND 1	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	22			
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TOTAL		100			