



GOVERNMENT OF SAMOA

STUDENT EDUCATION NUMBER									

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## Samoa School Certificate

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# HEALTH and PHYSICAL EDUCATION 2023

### 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 to the appropriate places in this booklet.

STRANDS		Pages	Time (min)	Weighting
<b>STRAND 1</b>	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	2 – 6	36	22
<b>STRAND 2</b>	ACTIVE HUMAN MOVEMENT	7 – 10	36	22
<b>STRAND 3</b>	ACTIVE FAMILY HEALTH	11 – 15	54	28
<b>STRAND 4</b>	ACTIVE COMMUNITY HEALTH	16 – 20	54	28
<b>TOTAL</b>			<b>180</b>	<b>100</b>

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.**



- 1. Religion ideally serves several functions. It gives meaning and purpose to life, reinforces social unity and stability, serves as an agent of social control, promotes psychological and physical well-being, and may motivate people to work for positive social change.

Define the **term religion**.

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SL 1

- 2. Knowing the facts about reproduction is important as it provides us the knowledge about the formation of new life.

Define the **term human reproduction**.

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SL 1



3. Define the term **sexually transmitted diseases (STDs)**.

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SL 1

4. List examples of STDs that are common in Samoa.

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SL 2

5. HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS.

Define **AIDS**.

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SL 1

6. Being honest about our beliefs and religious allegiances. Not misrepresenting or disparaging other people’s beliefs and practices. Correcting misunderstanding or misrepresentations not only of our own but also of other faiths whenever we come across them.

Explain why people need to show respect to other denominations.

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SL 3

7. Health experts believe breast milk is the best nutritional choice for infants. But breastfeeding may not be possible for all women. For many, the decision to breastfeed or formula feed is based on their comfort level, lifestyle, and specific medical situations.

Describe the advantages of bottle feeding a baby.

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SL 2

8. Name a part of the female reproductive organs.

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SL 1



9. Analyse the consequences of the actions and decisions of young people.

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SL 3

10. Evaluate the choices that a young man and a young woman should consider before entering into a relationship that may lead to parenthood.

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SL 4





15. Identify an aspect of a recreational activity.

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SL 1



16. Depression, anxiety, stress, poor body image, grief, loss, and a major change in your life such as becoming a new parent can all affect your mental and emotional health and day to day living. Sometimes it is hard to know if what you are experiencing is depression or sadness, worry or anxiety.

Describe the mental aspects of the recreational activity.

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SL 2

17. Discuss the physical aspects of a recreational activity.

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SL 3



18. Describe the relevance of sports science to movement.

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SL 2



19. Describe the career paths in the study of sport science.

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SL 2

20. Explain the proper first aid treatment for a particular sport injury.

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SL 3



21. Explain the role of team captain during the game.

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<b>SL 3</b>



22. Name **TWO** services provided by the Samoa Ministry of Health.

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SL 2

23. Discuss ways of helping each other to live in peace within a family.

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SL 4

24. Explain the impact of the use of Mobile Telephones on Samoan teenagers.

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SL 3



25. Define the term **Matai system**.

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SL 1

26. Domestic abuse, also called “domestic violence” or “intimate partner violence,” can be defined as a pattern of behaviour.

Define **domestic violence**.

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SL 1



27. List websites available to provide advice on youth issues.

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SL 2

28. Telephones are inexpensive and simple to operate, and they offer an immediate, personal type of communication. Billions of telephones are in use around the world.

State a problem that arise with the use of telephones and cell phones.

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SL 1

29. Examples of good leaders:

- *Mahatma Gandhi – The World’s Most Influential Anti-War Leader.*
- *Martin Luther King Jr – Celebrated Civil Rights Activist...*
- *Nelson Mandela – A Freedom Fighter...*
- *Winston Churchill – A Steadfast Leader.*

Describe the leadership skills that can produce positive behavioural outcomes.

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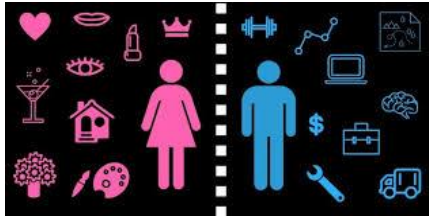
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SL 2



30. Explain how stereotypes typified in the media can affect family stability.

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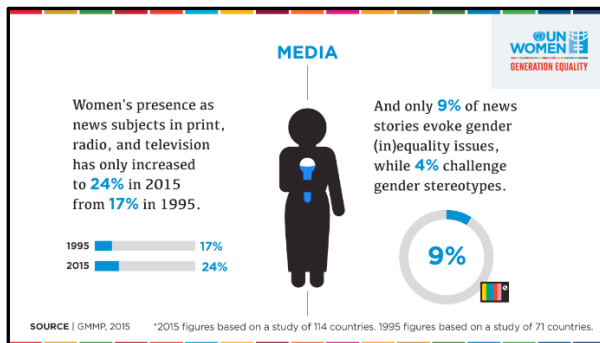
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SL 3



31. What are the possible consequences if gender issues are not properly addressed in the community?

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SL 3

32. Computer once meant a person who did computations, but now the term almost universally refers to automated electronic machinery.

Discuss the advantages of computers.

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SL 4



33. Name types of communication devices that enable people to contact their families living overseas.

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SL 2



34. Name a non-governmental organization that promote health to the communities.

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SL 1



35. Identify the advertisement that promote health (write the number).

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SL 1

36. Describe any form of recycling in your village or family.

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SL 2



37. Compare the roles of the pulenuu, village and Government officials in maintaining the health of the village.

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SL 3

38. Name an organization or group that promotes recycling.

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SL 1

39. The main tasks of NGOs in the health system are providing services and health advocacy. Describe the roles of non-governmental organizations in promoting health in the villages.

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SL 2

40. Evaluate the importance of NGO roles in promoting health in the villages.

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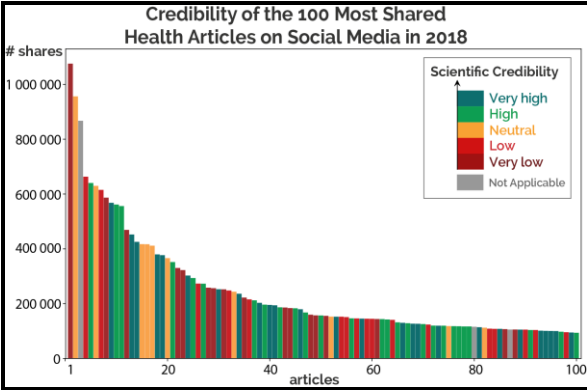
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SL 4



41. Explain how health related articles promote health or not.

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SL 3

42. Explain the effectiveness of the channels of communications that you have studied this year in class.

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SL 3

43. List programs or projects carried out in the villages that have been funded through foreign aid.

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SL 2



44. Describe a long-term plan of your Pulenu'u or village council or komiti tumama in improving the community resources in your village.

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SL 2

45. Discuss the importance of community activities in improving health and fitness.

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SL 4

STUDENT EDUCATION NUMBER									

## SSC HEALTH and PHYSICAL EDUCATION

2023

*(For Scorers only)*

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