



GOVERNMENT OF SAMOA

STUDENT EDUCATION NUMBER									

## Samoa Secondary Leaving Certificate

# 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	40	22
<b>STRAND 2</b>	ACTIVE HUMAN MOVEMENT	7 – 10	40	22
<b>STRAND 3</b>	ACTIVE FAMILY HEALTH	11 – 16	50	28
<b>STRAND 4</b>	ACTIVE COMMUNITY HEALTH	17 – 21	50	28
<b>TOTAL</b>			<b>180</b>	<b>100</b>

Check that this booklet contains pages 2 - 22 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. Much has been written about the need for careful and strategic planning in not only business but in everyday life.

Define the term 'plan'.

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SL 1

2. People and their respective needs are forever evolving. Our relationships and friendship are also constantly changing and developing.

Identify the key changes in yourself in relation to your parents, members of the opposite sex, teachers and others.

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SL 1

3. Name a physical change that occurs to females during puberty that may affect their behaviour at school.

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SL 1



4. Lesina is enrolled at university. It is the first time she has been given the freedom (autonomy) regarding her education in particular the attendance at lectures and tutorials.

List **TWO** skills that Lesina needs in order to become successful and graduate at the end of this year.

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SL 2

5. The subject of sex education or family life education is never easy in a predominantly Christian country like Samoa. However, discuss preventative ways to eliminate STD's in Samoa.

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SL 4



6. List choices available to students when moving out into the work force.

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SL 2



7. Explain the consequences for those who indulge in excessive drinking of alcohol and the smoking of cigarettes.

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SL 2

8. Describe the important role of planning one's own diet programme.

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SL 2



11. Cigarette smoking is the number one cause of lung cancer. Lung cancer also can be caused by using other types of tobacco (such as pipes or cigars), breathing secondhand smoke, being exposed to substances such as asbestos or radon at home or work, and having a family history of lung cancer.

Describe how the village council can reduce the number of those afflicted with lung cancer.

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SL 2

Use the resource below to answer Questions 12 to 14.



<https://www.Netball-Pacific.com/news/samoa->

12. Define a skill of a particular sport.

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SL 1

13. Identify a successful Samoan sportsperson who has excelled at international level.

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SL 1

14. As a foundation stone, completing a recognized coaching qualification, like “the coaching sports culture and values programme,” because this is one of the important aspects to any sport that a professional coach should coach players in order to create great bonding between team members and also helps players to control their disciplines on and off the field.

Explain the importance of qualified coaches.

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SL 4





16. The American Psychological Association defines sport and exercise psychology as the scientific study of the psychological factors associated with participation and performance in sport, exercise, and other types of physical activity.

Describe a career path open to those who study sport science.

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SL 2

17. Training allows athletes to gain more knowledge of their sport as well as enabling them to learn about the importance of having a healthy mind and body.

Explain the relevance of sports science in an athlete's performances.

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SL 3

18. Over the last 10 years Samoa has hosted the Pacific Games, a game with the All Blacks, and even the Commonwealth Youth Games to name a few of the major sporting events.

Explain various technology systems to organize major sporting events.

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SL 3





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

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SL 2

21. In order to ensure healthy development for children, they need to build neural connections in the brain. These connections are created through good parenting practices.

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

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SL 2

For Questions 22 to 24, choose and write the LETTER of the correct answer in the box provided.

22. Identify a gender issue in a family setting.

- A. Obesity and hypertension.
- B. Only male members are permitted mobile telephones.
- C. The family house is too small.
- D. Everyone must attend church on Sundays.

SL 1

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

- A. Reading
- B. Exercise
- C. Mobile Phones
- D. Unemployment

SL 1

24. Identify **ONE** non-communicable illness that children can get because of poverty.

- A. Athlete's Foot.
- B. Malnourishment.
- C. Short-sightedness.
- D. Nightmares.

SL 1

25. Adolescence can be a period of experimentation and establishing identity. Gender stereotypes can restrict young people's opportunities and expectations of themselves.

Describe how gender stereotypes can be harmful to young people.

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SL 2

Read the scenario below and answer Questions 26 and 27.

Pele was granted an opportunity on the RSE programme in New Zealand. One day he got in to a dispute with a fellow worker that resulted in a physical fight. As a result, both men were deported back to Samoa and given punishment that they will never be considered for the RSE programme again. Pele's family were wholly dependent on him and the wages he received for their survival. Pele has been told by his parents , many members of his nuclear and extended family that he is a major disappointment and even a curse. Pele has been labeled as unloving as now his parents and family face an uncertain and harsh future without financial security. Pele felt worthless and wanted to share his feelings with someone, but there was no one. This was when he started feeling like committing suicide.

26. Explain why Pele felt worthless.

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SL 3











33. Name a media outlet that is effective in promoting community health.

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SL 1

34. Identify people in the community who can effectively participate in a campaign highlighting violence against women in the community.

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SL 1

35. Explain factors in the community that are hindering the process of achieving good health.

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SL 3



36. What is a health campaign?

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SL 1

37. Define the term “Mobilize.”

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SL 1

38. Identify **ONE** factor in the community that is hampering the progression of achieving good fitness needed for sports and recreation.

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SL 1



39. List **TWO** ways for mobilizing the community to improve food that is available at the school canteen.

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SL 2

40. Explain why eating local food is better than imported food.

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SL 3



41. Explain the reasons why personal hygiene is important for a person working in a school canteen.

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SL 3





STUDENT EDUCATION NUMBER									

## SSLC 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>STRAND 3</b>	ACTIVE FAMILY HEALTH	28			
<b>STRAND 4</b>	ACTIVE COMMUNITY HEALTH	28			
<b>TOTAL</b>		<b>100</b>			