



GOVERNMENT OF SAMOA

STUDENT EDUCATION NUMBER

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Samoa National Junior Secondary Certificate

HEALTH and PHYSICAL EDUCATION 2024

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 |
|----------|--|-------|------------|-----------|
| 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 | 13-18 | 40 | 22 |
| STRAND 4 | ACTIVE COMMUNITY HEALTH | 19-26 | 40 | 22 |
| TOTAL | | | 180 | 100 |

Check that this booklet contains pages 2 - 27 in the correct order and that none of these pages are blank.

HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

Please read the following scenario and refer to it to answer Questions 1 to 4.

Emi and Sarai are in Year 10. They tell their parents they must go to Apia Park for school athletics training on Saturday morning. They are told to come back on the 1:00 pm bus. However, at Apia Park, Emi meets Mika, an older boy. Mika invites her to the field behind Apia Park to hang out with his friends and some Apia-based athletics students. Emi is excited as she has never had a boy like her before. She is keen to join Mika and his friends as it seems exciting. However, Mika has been drinking. He says he has more alcohol and cigarettes for everyone. Emi likes Mika and wants to go with him. Mika says all the town students always join them after training. Sarai is worried for her friend Emi. They say they must catch the bus back, but Mika said he could drive them home after their party so they could stay in town longer.

1. State **ONE** way Emi can advise Sarai so she can deal with the peer pressure of staying in town with Mika.

SL 1

2. List **TWO** ways Emi may be putting herself in danger if she goes to the field with Mika.

SL 2

3. Describe **TWO** immediate impacts on Emi if she chooses to drink alcohol with Mika.

SL 2

4. Discuss **FOUR** ways Emi and Sarai could have a better plan for their training at Apia Park.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- Due to imports, the internet, and advertising, Samoa has more food choices. Therefore, more information on fad diets that promise a quick fix, such as losing weight or gaining muscle is available.

From the **THREE** graphics below, identify the fad diet.

Image 1



Image 2



Image 3



6. Explain **THREE** consequences of eating a fad diet.

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| SL 3 |
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7. Sefo is a 15-year-old who eats well and loves to jog and play rugby. However, his goal is to represent his school in the one-mile run.

Design a weekly fitness programme for Sefo.

He enjoys jogging but wants to run faster.

He has never lifted weights but wants to start.

He plays rugby for his village club every Saturday.

He has one hour every weekday to work out at Apia Park.

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| SL 4 |
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Please read the following scenario and use it to answer Questions 8 to 10.

8. Name **ONE** benefit of physical activities for Ioana's health.

9. Identify **ONE** activity Ioana does that is free and accessible to her.

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| SL 1 |
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10. Explain how Ioana's fitness goals will protect her from non-communicable diseases (NCDs) later in life.

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| SL 3 |
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Read the following scenario and dialogue between Sina and Ioane.

Use this scenario to answer Questions 11 to 14.

Sina and Ioane are in Year 12 and have been together for a year. Sina wants to get married after college, but Ioane wants to attend NUS. Sina is ready to have sex with Ioane, but Ioane has concerns.

Sina: I am ready to have sex with you.

Ioane: I don't think that is a good idea.

Sina: Why not?

Ioane: You might get pregnant.

Sina: You can use something, and I'm willing to risk it anyway. All our friends are having sex now.

Ioane: I want to go to NUS next year. It's too risky.

Sina: I want to feel closer to you. Don't you love me? You must not love me.

Ioane: There is too much pressure. It will be a mistake. We need to slow things down, Sina.



11. State **ONE** way Sina is pressuring loane to have sex.

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| SL 1 |
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12. Describe **TWO** consequences of Sina and loane's relationship if they decide to have sex.

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| SL 2 |
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13. Describe **TWO** ways that loane can help him overcome feelings of inadequacy or guilt due to Sina's pressure to have sex.

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| SL 2 |
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14. Explain how loane's behaviour is a sign of maturity.

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| SL 3 |
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Use the picture below to answer Questions 15 to 18.



15. losua goes for a 2km run on the village road. State **ONE** immediate effect this exercise has on his cardio-respiratory system.

SL 1

16. State **ONE** immediate effect a 2km run has on losua's muscular system.

SL 1

17. losua has been running 2km four times per week for the past month. List **TWO** effects of losua's training on his cardio-respiratory system.

SL 2

18. Iosua continues to run four times per week for another month. Explain how this regular exercise has benefited Iosua's well-being.

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| SL 3 |
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19. Pati completed the following exercise at the gym.
Twelve repetitions of leg extensions.



Identify the **TWO** main muscles involved in leg extension exercise.

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| SL 2 |
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20. Describe how Pati's leg muscles work in pairs.

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| SL 2 |
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Use the scenario below to answer Questions 21 to 23.



Semi plays in the under-18 Rugby squad and is the top student at his college. His parents want him to do well in both sports and school. His older brothers were all on rugby contracts and now have good jobs. Semi wakes up early to do his homework and trains after school but leaves rugby training as soon as possible to get home to help with the cooking. He then stays up late to finish his chores. He has been physically pushing himself for six months. He admits that he is mentally exhausted and constantly worried.

21. Explain **THREE** impacts of long-term stress on Semi's health.

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| SL 3 |
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24. Petelo is interested in learning about resistance training. Using the graphic below, define the term '**resistance**' to help Petelo understand it.



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| SL 1 |
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25. Petelo now enjoys lifting weights at the local gym. He goes there after school with his friends. State **ONE** benefit Petelo gains with resistance training.

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| SL 1 |
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26. Explain **THREE** benefits of weight resistance training to Petelo's overall health.

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| SL 3 |
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Graphic 1



Graphic 2



Graphic 3



Graphic 4



27. In the graphics above, identify **ONE** modern change affecting teenagers' lives.

SL 1

28.



The Internet makes it easy to access both good and bad information. Explain how the Internet's impact influences teenagers in Samoa.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SL 3

29.



Every family has conflicts. From the list below, choose **ONE** conflict you have experienced or know someone who has experienced it, and evaluate how these can be resolved using fa’aSamoa cultural values and principles.

1. Disrespect between sisters and brothers.
2. Disobedience to your parents.
3. Using alcohol or cigarettes.
4. Parental pressure to do well at school.
5. Parents are overly strict and demanding.
6. Parents don't understand the younger generation.

SL 4

[illegible]

30. Respect is a key factor in resolving these conflicts. Describe how respecting yourself can improve your relationship with your family.

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| SL 2 |
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31. Love of self, family and God are important Samoan values. Describe **TWO** ways you can show love and affection to your family members.

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| SL 2 |
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32. Many times, conflict within families occurs due to poor communication. Explain the importance of communication between parent and child.

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| SL 3 |
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33. Family members can improve their relationships by doing things together. Identify **ONE** daily activity your family can do together to improve its relationships.

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| SL 1 |
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Read the following scenario and use it to answer Questions 34 to 36.



Peta has been missing classes and not doing her assignments. She is not taking care of her appearance – wearing the same clothes and not showering. Sometimes, she can be seen staring off in the distance during class. She sleeps a lot, is gaining weight, and has acne on her skin. Students ignore her, and her friends do not call her anymore. Peta always finds herself crying and has no energy to do anything. Her parents and teachers have noticed how withdrawn she is.

34. Define the mental health issue that Peta is dealing with.

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| SL 1 |
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35.



Describe **TWO** possible stigmas attached to Peta's mental health issues.

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| SL 2 |
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36. Explain the impact of Peta's mental health issue on her overall health and well-being.

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| SL 3 |
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37.



Samoan villages are the environment that supports and nurtures our people. Identify **ONE** project or activity in your village that promotes health and fitness.

SL 1

38.



Families are responsible for every member. Explain **THREE** ways your family unit helps maintain the health and fitness of each family member.

SL 3

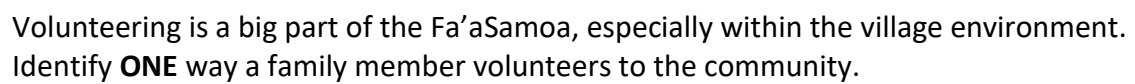
39.



The seven graphics above are some examples of sporting activities and facilities within Samoa. From a village perspective, discuss **FOUR** benefits of accessing sporting activities and exercise facilities within your community.

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| SL 4 |
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40.

SL 1

Read the following activities and pictures that children like to do.



Graphic 1: Vila loves to dance and loves to make TikTok videos.



Graphic 2: Tino likes to play in the freshwater pool every afternoon.



Graphic 3: Tana likes riding his brother's bicycle, especially on the village roads in the evening.

41. Explain **TWO** ways these children's hobbies contribute to their health and fitness.

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| SL 2 |
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43. Using the images below, describe the cultural activity that has a direct, immediate impact on physical health and fitness.



Graphic 1: Sewing



Graphic 2: Weaving



Graphic 3: Dancing



Graphic 4: Village meetings

[illegible]

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| SL 2 |
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44. Agriculture, farming, and plantations are an essential part of Samoan life. Describe **TWO** contributions agriculture makes to improving the health and fitness status in the communities.

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| SL 2 |
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45.



Graphic 1: Village life in Samoa.



Graphic 2: Urban life in Samoa

Nowadays, many people from rural villages are migrating to the urban areas.

Discuss **THREE** negative impacts of migration on the health of Samoans.

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| SL 3 |
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SNJSC HEALTH and PHYSICAL EDUCATION

2024

(For Scorers only)

| STRANDS | | Weighting | Scores | Check Scorer | AED Check |
|-----------------|--|------------|--------|--------------|-----------|
| STRAND 1 | ACTIVE PERSONAL HEALTH AND RELATIONSHIPS | 30 | | | |
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