



GOVERNMENT OF SAMOA

STUDENT EDUCATION NUMBER

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## Samoa Secondary Leaving 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	36	30
STRAND 2	ACTIVE HUMAN MOVEMENT	8-12	36	26
STRAND 3	ACTIVE FAMILY HEALTH	13-17	54	22
STRAND 4	ACTIVE COMMUNITY HEALTH	18-22	54	22
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. As the modern world presents many opportunities and challenges in learning, students more than ever must adapt and consolidate to meet these changes. Identify one of the main changes in the focus or interests of a student in the past and this year.

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SL 1

2.



State a future goal in terms of health.

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SL 1

3.



"Book knowledge" is different from the knowledge needed to function and thrive in the world outside of the classroom. Identify something you need to overcome when preparing to go out into the world.

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SL 1

4. List **TWO** characteristics as needed/required of adults that may be valuable for them to cultivate in the future.

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SL 2

5. From the following list, circle the kinds of food that should not be included in a nutritional and exercise plan.

Grapes	Milkshakes
Burgers	Steroids
Potato Chips	Cabbages
Egg plant	Fizzy drinks

SL 1

6. *O le ava fatafata, fa'aaloalo, va tapuia, soalaupule, tofāmamao, moe ma le uta fetalai*, are core values that continue to shape our existence as Samoans.

Examine how problem solving or conflict resolution concepts can help alleviate some hostile situations.

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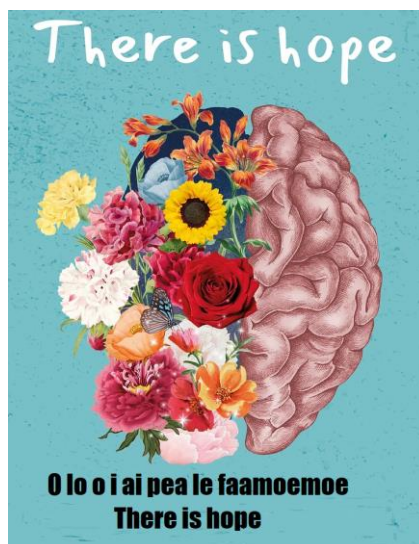
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SL 3

7.



*Mental illness: "A disorder that can cause psychological and behavioural disturbances with varying severities".*

List TWO types of people that can be approached for help and advice when teenagers are having/experiencing mental problems.

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SL 2

8. Name a physical change during youth growth that may influence the behavior of teens in Samoa.

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SL 1

9. When we consider our weaknesses and frailties as human beings, explain (with examples) the statement below.

**Everything would be great if it wasn't for people.**

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SL 3

10. Discuss the choices available to a student when they first move out into the employment market.

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SL 4

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11. Varying factors influence and impact how we react to different situations.

Compare and contrast the main changes in emotional reactions to situations that occur at school, at home or in the village.

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SL 3

12. Competition for jobs and promotions within the work place means getting a “*foothold*” in the job market is not easy.

List **TWO** choices available to teenage students (with no formal qualifications) when moving out into the work force.

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SL 2

13. Describe what is a feasible nutritional and exercise plan for your aiga/family.

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SL 2

14.



Mediation between people, groups and villages is important in seeking peaceful resolutions to hostile situations.

Discuss how abilities in handling volatile and confrontational situations can lead to nonviolent outcomes.

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SL 4



**The Church of Jesus Christ of Latter Day- Saints Youth Camp-Samoa**

15. Mafutaga a Autalavou (Youth camps) are now common for Samoans.  
Name a leadership role in the daily activities and chores at youth camp.

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SL 1

16. It is often stressed that we continue to focus on and need to maintain good health and enjoyment in recreation.  
Identify a possible sport and recreational activity for after school years.

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SL 1

17. Our well performed weightlifters are a testament to a well prepared group of sports people.  
Explain the importance of having qualified coaches in coaching sports in Samoa.

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SL 4



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18. Name TWO pieces of equipment shown above (used in the cricket sport).

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SL 1

19. Team managers, administrators and even medical staff are integral for any team as they complement the work of the coach.

Describe the role of coaching in sports.

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SL 2

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20. While one college (A) encourages that all students partake in a competitive sport, PE class is not compulsory at college (B) who actively discourages their students from partaking in sports or even recreational activities.

Analyse information on physical activity levels of 6 (*3 from College A and 3 from College B*) year 12 students during a one-month period.

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SL 3

21. List any TWO types of training programmes suitable for the development of the sport.

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SL 2

22.



**No development in sports.....oh no**

Describe a weakness in a selected sport in Samoa that hinders their development.

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SL 2

23. Explain the role of sports in advancing Samoa's economic development.

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SL 3

24.



Explain how the following traits/qualities (tardiness, laziness, selfishness) negatively affects a person's leadership ability needed for effective outdoor educational camps.

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SL 3

25. Name a leadership role in the daily activities and chores at a camp specifically for teenagers.

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SL 1

26. From your studies over the past years, comment on vocational and career opportunities and vocational skills development.

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SL 3



27. The Samoan proverb states “*E afua mai mauga manuia o se nu’u*” “from the mountains (leaders) stem the blessing for the people”. With this in mind, describe the health and well-being responsibilities of country leaders for the nation.

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SL 2

28. O le fa’asamoa fa’atasi ai ma le fa’akerisiano o fa’avae ia o le atunu’u (pillars of our society). Discuss whether sex education should be a subject taught in schools.

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SL 4

- [illegible]

SL 3

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<b>SL 1</b>

31. Identify a “responsible behavior” carried out by a family member.

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SL 1



**Gym 2 Tuanaimato**

32. Describe the main sporting activities conducted in this sporting complex shown above.

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SL 2

33. Name a secondary school in Samoa that has an indoor gymnasium.

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SL 1

34. The building of modern facilities is one thing, yet we must maintain them to ensure they are usable for prime sporting competitions.

Describe the role of the Samoan government in trying to maintain a high standard for the Apia Park sporting complex.

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SL 2

35. Explain how interpersonal skills of a year 12 differ to the skills of a year 9 student.

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SL 3



## la saogalemu le fanau pele



36. Many government organizations have child protection policies for obvious reasons. Explain issues relating to the protection of a year 12 student.

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SL 3



37. The arrival of smart age technology and the incoming 5G internet connection speed entails Samoa is not behind in things promoting SAMOA.

Identify the **BEST** media platform/outlet for a good campaign in the community.

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SL 1

38. Identify an advertisement (in any media form) that promotes health.

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SL 1

39. Describe any form of recycling in your village. (Make sure to identify your village in your response).

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SL 2

40. Distinguish between factors in the community that are hindering the process of achieving good health and factors that assist in good health promotion.

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SL 3

41. Describe the role of health provider to the community.

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SL 2

42.



O le fanau o le lumana'i ma le fa'amoemoe o nu'u ma le atunu'u. Our children are our hope and future for village and country.

List changes to ensure we are “health promoting citizens”.

[illegible]

SL 2

43. Discuss the impact of tourism activities on our culture and environment.

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<b>SL 4</b>

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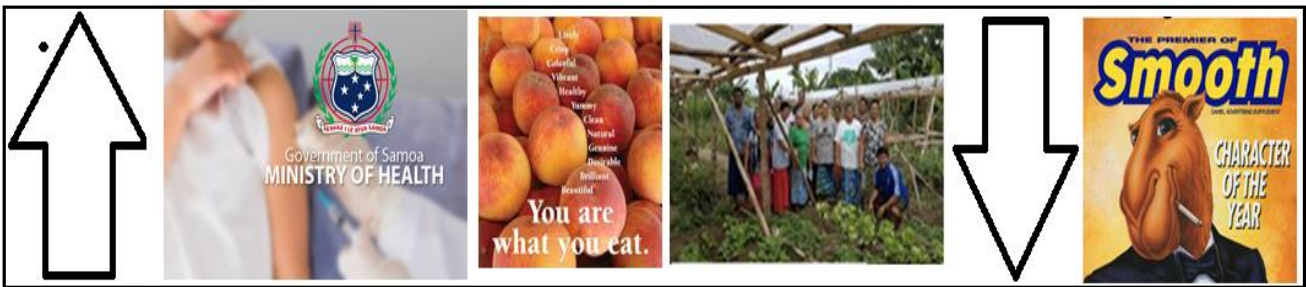
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44. Analyse some of the factors that are promoting good health.

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SL 3

45. There is no doubting the impact of modernization on our culture. It is unavoidable and indeed welcomed by many.

Evaluate strategies that can help reduce the impact of these changes in our culture and environment.

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STUDENT EDUCATION NUMBER									

## SSLC HEALTH and PHYSICAL EDUCATION

**2024**

*(For Scorers only)*

STRANDS		Weighting	Scores	Check Scorer	AED Check
<b>STRAND 1</b>	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	30			
<b>STRAND 2</b>	ACTIVE HUMAN MOVEMENT	26			
<b>STRAND 3</b>	ACTIVE FAMILY HEALTH	22			
<b>STRAND 4</b>	ACTIVE COMMUNITY HEALTH	22			
<b>TOTAL</b>		<b>100</b>			