



Ministry of Education and Culture

STUDENT EDUCATION NUMBER									

Samoa Secondary Leaving Certificate

HEALTH and PHYSICAL EDUCATION 2025

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	2-6	33	30
STRAND 2	ACTIVE HUMAN MOVEMENT	7-12	73	26
STRAND 3	ACTIVE FAMILY HEALTH	13-16	39	22
STRAND 4	ACTIVE COMMUNITY HEALTH	17-20	35	22
TOTAL			180	100

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.



Resource 1- <https://www.pics4learning.com/>

- 1. Having personal objectives can help you stay focused, look for various career opportunities.

Identify resources you can use to achieve your goals, and keep yourself motivated. State a future goals.

SL 1

- 2. Unfortunately, the COVID-19 pandemic left the world’s mental health status in a significantly worse state.

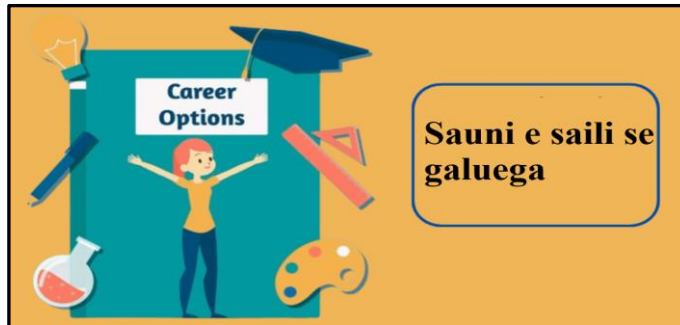
Name an organization that can be approached for help and advice when they are having problems.

SL 1

- 3. Identify the most likely situations where students are most tempted to do harm to themselves.

SL 1

4. The transition from student to working professional can be a bumpy one. List choices available to students when moving out into the work force.



Resource 2 - <https://pixabay.com>

SL 2

5. In today's world, a well-thought-out plan is often the key to success. Define the term 'Plan'.

SL 1

6. Conflicts are struggles that can arise during an active disagreement of opinions or interests, so it's important to understand how to navigate and resolve them. Examine how problem solving or conflict resolution concepts can help alleviate some situations.

SL 3

7. Identify important parts of a nutritional and exercise plan.



Resource 3 - <https://pixabay.com>

SL 2

8. A balanced nutritional and exercise plan involves consuming a variety of “good” foods and engaging in regular physical activity.

Identify nutritional requirements included in a nutritional and exercise plan.

SL 1

9. Explain the statement: *Everything would be great if it wasn't for people.*

SL 3



Resource 4- <https://unsplash.com/>

15. A background in health services and promotion can lead to diverse career opportunities in both direct patient care and public health settings.

Identify a career opportunity to which health services and promotion could lead.

SL 1



Resource 5 - <https://www.flickr.com/commons>

16. Name a successive Samoan sports person at the international level.

SL 1

18. Define a conditioning programme. *e.g.* body resistance programme, weight training programme.

SL 1

19. Leadership in a camp setting plays a crucial role. Leaders are responsible for maintaining a positive environment.

Describe the monitoring roles of leadership in the daily activities and chores at camp.

SL 2

20. Analyze your own state of physical fitness by engaging in the year 12 “Fitness Test battery”.

SL 3

21. To effectively develop a sport, a training program should encompass a variety of methods. Additionally, a well-rounded approach is to be considered.

List any type of training programmes suitable for the development of the sport.

SL 2

22. Describe the role of coaching in sports.



Resource 7 -<https://negativespace.co/>

SL 2

23. It is important for you students sitting formal examinations to make sure you fit physical activity into your busy schedule. It will increase endorphins and help to keep you healthy during the exam times.

Design an annual program on how to maintain fitness levels during exam times.

SL 3

24. Explore the various technology systems require to organize a major sporting event.
e.g. South Pacific Games, Common Wealth Games, Olympic Games, School Athletics.

SL 3

25. Name the most popular sport (career) that Samoans take part in at the international level.

SL 1

29. While the health and well-being of a family are often a shared responsibility.
Explain why a father is responsible for the health and well-being of a family.

SL 3

30. Define poverty.

SL 1

For Question 31, choose and write the LETTER of the correct answer in the box provided.

31 Identify a non-communicable disease that people can have because of poverty.

- A. Tuberculosis
- B. Heart disease
- C. Cancer
- D. Diabetes

SL 1

32. Research suggests acknowledging and talking about suicide may reduce suicidal thoughts. **HELP KEEP THEM SAFE.**

Describe strategies when making choices regarding suicide.

SL 2

33. Luke 6:31; “and as you wish that others would do to you, do so to them.”

Identify an interpersonal skill that a year 12 student uses to show respect to others.

SL 1

34. Describe the issues of keeping up with appearances and matching with others in the village, church or extended family settings.

SL 2

35. By following established rules, gym-goers contribute to a more enjoyable experience for themselves and others.

Explain the importance of rules when using an indoor gymnasium.

SL 3



Resource 9- <https://kaboompics.com/>

37. Identify a factor in the community that are hindering the process of achieving good health (regarding areas of fitness and exercise).

SL 1

38. From the following list, name one way of **NOT** promoting good health.

- A. Balanced nutrition
- B. Regular physical activity
- C. Don't go to work
- D. Adequate sleep
- E. Stress management

SL 1

39. List the changes needed to make to be health promoting citizens.

SL 2

40. Explain factors that are supporting the process of achieving good health.

SL 3

41. In the era of globalization, sustainable tourism development has emerged as a key focus for the travel industry.

List tourism activities implemented by our government and communities.

SL 2

42. List decisions made by your community leaders that you believe were either wise or responsible.

SL 2

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SSLC HEALTH and PHYSICAL EDUCATION

2025

(For Scorers only)

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