General Instructions
• Reading time – 5 minutes
• Working time – 3 hours
• Write using black or blue pen
• Write your Centre Number and Student Number at the top of pages 9 and 13

Total marks – 100

Section I Pages 2–16
60 marks
This section has two parts, Part A and Part B

Part A – 20 marks
• Attempt Questions 1–20
• Allow about 40 minutes for this part

Part B – 40 marks
• Attempt Questions 21–22
• Allow about 1 hour and 10 minutes for this part

Section II Pages 17–18
40 marks
• Attempt TWO questions from Questions 23–27
• Allow about 1 hour and 10 minutes for this section
Section I

Part A – 20 marks
Attempt Questions 1–20
Allow about 40 minutes for this part

Use the multiple-choice answer sheet.

Select the alternative A, B, C or D that best answers the question. Fill in the response oval completely.

Sample: \[2 + 4 = \] (A) 2 (B) 6 (C) 8 (D) 9

A ○ B ● C ○ D ○

If you think you have made a mistake, put a cross through the incorrect answer and fill in the new answer.

A ● B ● C ○ D ○

If you change your mind and have crossed out what you consider to be the correct answer, then indicate the correct answer by writing the word correct and drawing an arrow as follows.

\[\text{correct}\]

A ● B ● C ○ D ○

1 What is atherosclerosis?

(A) Failure of a heart valve
(B) Hardening of artery walls
(C) Ballooning of an artery wall
(D) Build-up of fatty tissue on artery walls

2 Which risk factor contributes most to mortality in Australia?

(A) Alcohol
(B) Smoking
(C) High-fat diet
(D) Physical inactivity
3 Which factor is used to identify priority areas for health in Australia?

(A) Costs to individuals  
(B) Ability to recoup costs  
(C) Threats from epidemics  
(D) Patterns from overseas priorities

4 In the male population of Australia, which cancer has decreased in incidence over the last 15 years?

(A) Lung  
(B) Testicular  
(C) Colorectal  
(D) Melanoma

5 Which initiative is an example of the new public health model for dealing with the increase in childhood obesity?

(A) Increased child allowance payments to parents  
(B) Medical interventions for overweight children  
(C) Student-conducted survey of canteen products  
(D) Compulsory school screening for obesity levels

6 What are the trends in mortality for cardiovascular disease in Australia from 1992 to 2002?

<table>
<thead>
<tr>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>(A) Decreased</td>
<td>Increased</td>
</tr>
<tr>
<td>(B) Decreased</td>
<td>Decreased</td>
</tr>
<tr>
<td>(C) Increased</td>
<td>Decreased</td>
</tr>
<tr>
<td>(D) Increased</td>
<td>Increased</td>
</tr>
</tbody>
</table>

7 Which strategy is an example of creating supportive environments to assist people who experience mental health problems?

(A) Reducing the use of alcohol and other drugs  
(B) Establishing relevant community-based mental health services and networks  
(C) Assessing information and education about the management of mental illness  
(D) Developing public policy that encourages institutional treatment for depression
8 Which contributes most significantly to health inequities experienced by Aboriginal and Torres Strait Islander peoples?

(A) Mainstream health services are not always accessible for geographic, social and cultural reasons.

(B) Aboriginal and Torres Strait Islander peoples choose not to be considered as part of the health care system.

(C) Australian governments allocate large sums of money to the health needs of Aboriginal and Torres Strait Islander peoples.

(D) Aboriginal and Torres Strait Islander peoples’ traditional approaches to health and medicine are not covered by private health funds.


Which initiative is funded by sector Y?

(A) NSW Driver Reviver program

(B) Sun Herald City to Surf fun run

(C) National Drug Strategic Framework

(D) Community before- and after-school care program
The graph shows trends in female life expectancy in Australia from 1901 to 2002.

Which statement best represents the data in the graph?

(A) Upon reaching 65 years of age, females are more likely to live longer than their life expectancy measured at birth.

(B) Life expectancy measured at age 65 has increased at a greater rate than life expectancy measured at birth.

(C) Life expectancy trends are mainly due to the reduction in mortality rates among middle-aged and elderly females.

(D) Reduction in the cardiovascular mortality rate was responsible for the differences in life expectancy measured at birth and at age 65 in 1901.

In order to reduce his anxiety, a high-jumper practises walking through his run-up in preparation for his jump.

What is this strategy called?

(A) Goal setting

(B) Attentional skill

(C) Extrinsic motivation

(D) Social reinforcement
12 What does an athlete do at the associative stage of skill acquisition?

(A) Concentrates on developing sub-routines
(B) Rehearses the sequencing of movement patterns
(C) Uses anticipation and timing accurately and consistently
(D) Requires demonstrations to create visual images of the skill

13 Why is a soccer player participating in the World Cup able to accurately kick the ball into the top corner of the goal?

(A) Because the player is highly motivated by the crowd
(B) Because the player has received external feedback from the coach
(C) Because the player is able to recognise and respond to relevant cues
(D) Because the player has undertaken specific fitness training at an elite level

14 How would you classify the nature of the skill used when a goalkeeper defends a penalty stroke in hockey?

(A) Closed and self-paced
(B) Closed and externally-paced
(C) Open and self-paced
(D) Open and externally-paced

15 Which alternative is an example of a valid skill-related test?

(A) The Harvard Step Test for balance
(B) A standing long jump to test power
(C) A vertical jump to test reaction time
(D) A Multi-Stage Fitness Test to measure agility

16 What is a good example of a post-event recovery nutritional plan for an elite endurance athlete?

(A) A high-protein snack consumed one hour after the event
(B) A meal consumed within 15 minutes of completing the event
(C) A high-protein and carbohydrate meal consumed 2 hours after the event
(D) A complex carbohydrate snack consumed within 20 minutes of completing the event
17 Which is an example of specificity in strength training?

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Reps</th>
<th>Sets</th>
<th>Resistance</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>(A) 800-metre swimmer</td>
<td>2–10</td>
<td>2–3</td>
<td>light</td>
<td>2–4 minutes</td>
</tr>
<tr>
<td>(B) Spring-board diver</td>
<td>15+</td>
<td>3–5</td>
<td>light</td>
<td>30–90 seconds</td>
</tr>
<tr>
<td>(C) Long-jumper</td>
<td>3–6</td>
<td>3–5</td>
<td>heavy</td>
<td>2–4 minutes</td>
</tr>
<tr>
<td>(D) Weight-lifter</td>
<td>10–15</td>
<td>2–3</td>
<td>heavy</td>
<td>30–90 seconds</td>
</tr>
</tbody>
</table>

Use the information in the table below to answer Questions 18 and 19.

<table>
<thead>
<tr>
<th>System</th>
<th>X</th>
<th>Y</th>
<th>Z</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fuel</td>
<td>Carbohydrate, fat, protein</td>
<td>Carbohydrate</td>
<td>Creatine, phosphate</td>
</tr>
<tr>
<td>ATP production</td>
<td>Unlimited</td>
<td>Limited</td>
<td>Very limited</td>
</tr>
<tr>
<td>Oxygen</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

18 Which athletes would use system X as their dominant energy system?

(A) High-jumpers
(B) 400-metre runners
(C) 100-metre sprinters
(D) 1500-metre swimmers

19 How long would it take for energy system Y to recover from exhaustion following exercise?

(A) 1 week
(B) 1 to 2 days
(C) 2 to 5 minutes
(D) 30 minutes to 2 hours
The graph represents levels of arousal for two athletes (Kaitlin and Annika) for the same activity.

Which statement best describes the performance of Kaitlin and Annika?

(A) Kaitlin is performing better than Annika at Z because Kaitlin is over-aroused.
(B) Annika is performing better than Kaitlin at Z because Annika is over-aroused.
(C) Annika is a better performer than Kaitlin, but at Z is performing worse due to over-arousal.
(D) Kaitlin is a better performer than Annika, but at Z is performing worse due to over-arousal.
Question 21 — Health Priorities in Australia (20 marks)

(a) Summarise the reasons for the growth of alternative health care approaches in Australia.

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Question 21 continues on page 10
(b) Describe the influence of the Jakarta Declaration on the implementation of a major health promotion initiative in Australia.
(c) Justify why cardiovascular disease has been identified as a health priority area in Australia.
Question 21 (continued)

End of Question 21
Question 22 — Factors Affecting Performance (20 marks)

(a) Complete the table by identifying the causes of fatigue for the energy systems. 

<table>
<thead>
<tr>
<th>Alactic acid system</th>
<th>Lactic acid system</th>
<th>Aerobic system</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ATP/PC</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Question 22 continues on page 14
Question 22 (continued)

(b) Explain how nutritional supplementation affects the performance of athletes.  
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Distinguish between the immediate physiological response to training and physiological adaptations to aerobic training.

Question 22 continues on page 16
Question 22 (continued)

End of Question 22
2006 HIGHER SCHOOL CERTIFICATE EXAMINATION
Personal Development, Health and Physical Education

Section II

40 marks
Attempt TWO questions from Questions 23–27
Allow about 1 hour and 10 minutes for this section

Answer each question in a SEPARATE writing booklet. Extra writing booklets are available.

In your answers you will be assessed on how well you:
- demonstrate an understanding of health and physical activity concepts
- apply the skills of critical thinking and analysis
- illustrate your answer with relevant examples
- present ideas in a clear and logical way

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Question 23 — The Health of Young People (20 marks)

(a) Clarify how social action can support young people in Australia to attain better health. 5

(b) Investigate how managing developmental aspects impacts on the health of young people in Australia. 15

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Question 24 — Sport and Physical Activity in Australian Society (20 marks)

(a) Clarify how the media in Australia contribute to understandings about the relationship between sexuality and sport. 5

(b) Investigate the consequences of the emergence of sport as a commodity in Australia. 15

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Please turn over
In your answers you will be assessed on how well you:
■ demonstrate an understanding of health and physical activity concepts
■ apply the skills of critical thinking and analysis
■ illustrate your answer with relevant examples
■ present ideas in a clear and logical way

**Question 25 — Sports Medicine** (20 marks)

(a) Clarify how the nature and extent of injuries are determined.  
(b) Investigate the management of thermoregulation as a preventative action to enhance the wellbeing of athletes.  

**Question 26 — Improving Performance** (20 marks)

(a) Clarify how flexibility training is used to improve performance.  
(b) Investigate the coaching considerations when establishing training programs to improve performance.  

**Question 27 — Equity and Health** (20 marks)

(a) Clarify how social risk factors contribute to health inequities in Australia.  
(b) Investigate the characteristics that contribute to the effectiveness of health strategies in Australia.  

End of paper