



NSW Education Standards Authority

--	--	--	--	--

Centre Number

--	--	--	--	--	--	--	--

Student Number

2025 HIGHER SCHOOL CERTIFICATE EXAMINATION

Personal Development, Health and Physical Education

General Instructions

- Reading time – 5 minutes
- Working time – 3 hours
- Write using black pen
- Write your Centre Number and Student Number at the top of this page

Total marks: 100

Section I – 60 marks (pages 2–16)

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 21–27
- Allow about 1 hour and 10 minutes for this part

Section II – 40 marks (pages 17–18)

- Attempt TWO questions from Questions 28–32
- Allow about 1 hour and 10 minutes for this section

Section I
60 marks

Part A – 20 marks

Attempt Questions 1–20

Allow about 40 minutes for this part

Use the multiple-choice answer sheet for Questions 1–20.

- 1** An athlete is preparing for a marathon.
- Which training type would be most suited to this athlete?
- A. Aerobic
 - B. Anaerobic
 - C. Flexibility
 - D. Strength
- 2** Which of the following is an environmental factor that determines why some groups in Australia experience health inequities?
- A. Religion
 - B. Genetics
 - C. Employment
 - D. Geographical location
- 3** What type of recovery strategy is cryotherapy?
- A. Neural
 - B. Physiological
 - C. Psychological
 - D. Tissue damage
- 4** Which of the following is an example of applying social justice principles to improve the health of Australians?
- A. Preventing health priorities from being identified
 - B. Focusing on curative services to improve the health of Australians
 - C. Supporting the health care system to meet the needs of all individuals
 - D. Reducing the number of medications on the pharmaceutical benefits scheme

- 5 Which row of the table correctly identifies advantages of Medicare and private health insurance?

	<i>Medicare</i>	<i>Private health insurance</i>
A.	Covers all surgeries in hospitals	Shorter waiting times for surgery
B.	Provides free access to all healthcare services	Ensures no out-of-pocket costs for elective surgeries
C.	Bulk billing may be available in medical practices	Choice of surgeon
D.	Choice of doctor	Eliminates the need to access Medicare

- 6 A golfer is practising hitting the ball.

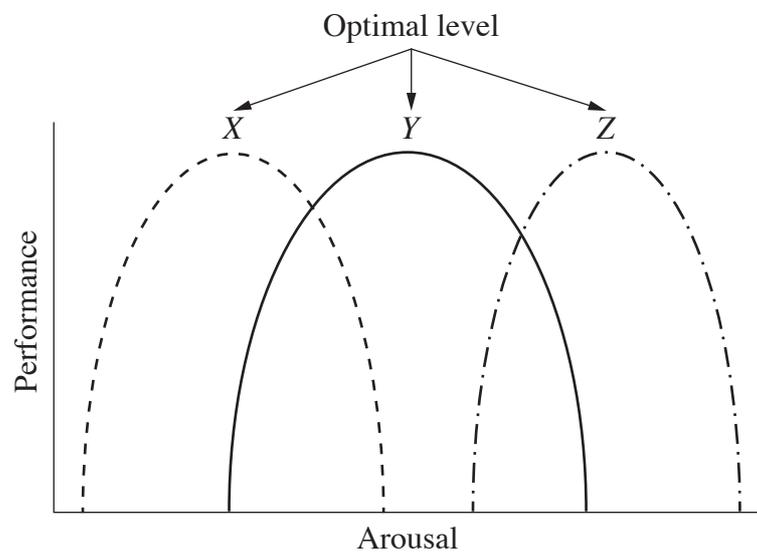
Which of the following best describes the nature of the skill?

- A. Fine, discrete and self-paced
 - B. Gross, discrete and self-paced
 - C. Fine, serial and externally paced
 - D. Gross, serial and externally paced
- 7 An elite netball player practises 100 consecutive shots at training.

What practice methods is the athlete using?

- A. Massed and part
 - B. Massed and whole
 - C. Distributed and part
 - D. Distributed and whole
- 8 Which of the following is an example of a sociocultural determinant of skin cancer?
- A. Peers discouraging sunscreen use
 - B. Increased sun exposure for blue-collar workers
 - C. Accessing preventative measures through telehealth
 - D. Government incentives to cover the cost of skin checks

- 9 Which of the following is a circulatory disease which causes the blood vessels to narrow, resulting in blockages that reduce the delivery of oxygen to the limbs, kidneys and stomach?
- Angina
 - Coronary heart disease
 - Cerebrovascular disease
 - Peripheral vascular disease
- 10 The graph shows the level of arousal associated with performance in three sports, X, Y and Z.



Which row of the table correctly identifies the sports represented by X, Y and Z?

	X	Y	Z
A.	Gymnastics	Boxing	Volleyball
B.	Darts	Cycling	Rugby league
C.	Tennis	Lawn bowls	Weight lifting
D.	Archery	Softball	Shooting

11 A doctor prescribes chemotherapy for a patient diagnosed with cancer.

Which of the following is an example of a complementary health care approach that the doctor could suggest as part of the treatment plan for this patient?

- A. Use surgery instead of chemotherapy
- B. Use surgery alongside chemotherapy
- C. Use acupuncture instead of chemotherapy
- D. Use acupuncture alongside chemotherapy

12 Which of the following lists only non-institutional health facilities or services?

- A. Dentists, nursing homes and public hospitals
- B. Dentists, general practitioners and pharmaceutical services
- C. General practitioners, physiotherapists and public hospitals
- D. Nursing homes, pharmaceutical services and physiotherapists

13 Which of the following best demonstrates how the characteristics of the learner can influence their progression through to the associative stage of skill acquisition?

- A. A swimmer relies on their heredity traits and confidence to improve their freestyle technique.
- B. A gymnast performs a routine, relying on additional practice and feedback from their coach.
- C. A basketball player learns the technique of shooting by relying on demonstrations but gives up easily.
- D. A tennis player is struggling to return serves, due to limited confidence and inconsistent attention.

- 14** Which row in the table describes both a valid and reliable test for measuring the speed of an athlete?

	<i>Athlete</i>	<i>Test</i>	<i>Result</i>
A.	100 m sprinter	Reaction time to starter	There are changes in the athlete's sprint times.
B.	100 m sprinter	Reaction time to starter	Results are consistent across multiple training sessions.
C.	Midfielder in soccer	40 m sprint	There are changes in the athlete's sprint times.
D.	Midfielder in soccer	40 m sprint	Results are consistent across multiple training sessions.

- 15** A local council has made it a requirement that all new urban developments must include cycle paths, green spaces and access to community health services.

Which TWO Ottawa Charter action areas are most directly reflected in this scenario?

- A. Develop personal skills and build healthy public policy
 - B. Develop personal skills and strengthen community action
 - C. Create supportive environments and build healthy public policy
 - D. Create supportive environments and strengthen community action
- 16** Which of the following statements best reflects the impact of emerging new treatment and technologies on health care?
- A. Developments have increased efficiency, providing equal access to innovative treatments across all populations.
 - B. There is increased use of primary services, but it has minimal influence on improving individual health outcomes.
 - C. Early detection of a disease has the potential to improve health outcomes, but limited availability may restrict equitable access.
 - D. Advancements have largely focused on enhancing elective procedures, which limits their contribution to improving overall delivery of services.

17 A basketball player has a competition game in the afternoon.

Which row of the table describes the appropriate dietary considerations of the athlete for this game?

	<i>Pre-performance</i>	<i>During performance</i>	<i>Post-performance</i>
A.	A meal high in carbohydrates two to three hours before the game	Water and a sports drink	A meal high in carbohydrates and protein within an hour of the game
B.	A meal high in fat and protein one hour before the game	Water and oranges	A snack with protein and fat immediately after the game
C.	A light snack 30 minutes before the game	Water and electrolyte gel	A meal that contains protein and fat immediately after the game
D.	A large meal that is high in protein one hour before the game	Water and a protein bar	A snack high in carbohydrates and protein within an hour of the game

18 An elite athlete is training to enhance their muscular strength.

Which of the following approaches best demonstrates progressive overload for increased strength? (RM = repetition maximum)

- A. Adding exercises while performing four sets of eight repetitions at 60% of one RM
- B. Alternating between 80% and 90% of one RM weekly for three sets of 12 repetitions
- C. Starting with weights at 50% of one RM and gradually increasing the total repetitions each week
- D. Adjusting the resistance from 80% to 90% of one RM, performing three to five sets of four to six repetitions

- 19 During a training session, a runner completes 40 m high intensity sprints with a 2 minute recovery period between each.

Which of the following explains the runner’s rate of recovery and the efficiency of ATP production during the recovery periods between sprints?

- A. The lactic acid system is responsible for recovery, leading to the production of lactate and slower resynthesis of ATP.
- B. The alactacid system is quickly replenishing phosphocreatine stores, allowing for a fast recovery and efficient ATP production.
- C. The lactic acid system is primarily used during recovery, allowing for efficient ATP production, but it takes several minutes to recover.
- D. The alactacid system is slower to replenish phosphocreatine stores, leading to inefficient ATP production and more time is needed to recover.

- 20 Which row of the table accurately reflects epidemiological data in Australia?

FEMALE		MALE	
<i>Leading cause of death</i>	<i>Trends in death between 2012 and 2022</i>	<i>Leading cause of death</i>	<i>Trends in death between 2012 and 2022</i>
A. Dementia, including Alzheimer’s disease	Increased	Coronary heart disease	Decreased
B. Coronary heart disease	Decreased	Dementia, including Alzheimer’s disease	Decreased
C. Dementia, including Alzheimer’s disease	Decreased	Coronary heart disease	Increased
D. Coronary heart disease	Increased	Dementia, including Alzheimer’s disease	Increased

--	--	--	--	--

Centre Number

**Personal Development,
Health and Physical Education**

--	--	--	--	--	--	--	--	--

Student Number

**Section I Part B
Answer Booklet**

40 marks

Attempt Questions 21–27

Allow about 1 hour and 10 minutes for this part

Instructions

- Write your Centre Number and Student Number at the top of this page
- Answer the questions in the spaces provided. These spaces provide guidance for the expected length of response
- Extra writing space is provided at the back of this booklet. If you use this space, clearly indicate which question you are answering

Please turn over

Question 21 (3 marks)

Outline TWO risk factors for ONE of the conditions listed below:

3

- diabetes
- respiratory disease
- injury
- mental health problems and illnesses.

Condition selected:

.....

.....

.....

.....

.....

.....

.....

Question 22 (4 marks)

Explain how infant mortality can be used to measure the health status of a population.

4

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Do NOT write in this area.

Do NOT write in this area.

Question 23 (4 marks)

Describe the potential effects of caffeine on an athlete's performance.

4

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Question 24 (5 marks)

Explain the impact of an ageing population on the health service workforce in Australia.

5

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Question 25 (8 marks)

(a) How can goal setting be used by an athlete to enhance motivation?

3

.....
.....
.....
.....
.....
.....

(b) Explain how ONE relaxation technique could be used to manage the anxiety of an athlete. Support your answer with an example.

5

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Do NOT write in this area.

Section I Part B extra writing space

If you use this space, clearly indicate which question you are answering.

Do NOT write in this area.

Personal Development, Health and Physical Education

Section II

40 marks

Attempt TWO questions from Questions 28–32

Allow about 1 hour and 10 minutes for this section

Answer both questions in the Section II Writing Booklet. Extra writing booklets are available.

Your answers will be assessed on how well you:

- demonstrate knowledge and understanding of health and physical activity concepts relevant to the question
 - apply the skills of critical thinking and analysis
 - communicate ideas and information using relevant examples
 - present a logical and cohesive response
-

Question 28 — The Health of Young People (20 marks)

- (a) (i) Outline the importance of a positive self-concept on the health of young people. **3**
- (ii) Explain how becoming involved in community service can assist young people in attaining better health. **5**
- (b) To what extent can young people improve their health by successfully managing developmental aspects? In your answer, refer to THREE developmental aspects. **12**

Question 29 — Sport and Physical Activity in Australian Society (20 marks)

- (a) (i) Outline the effect of the media's use of metaphors in sport. Support your answer with an example. **3**
- (ii) Explain how the media's coverage of extreme sports has pushed athletes to take excessive risks. **5**
- (b) To what extent has Australia used sport for political purposes? In your answer, refer to the impact on athletes and the public. **12**

Question 30 — Sports Medicine (20 marks)

- (a) (i) Outline the importance of acclimatisation for an athlete. **3**
- (ii) How does fluid intake support evaporation to regulate the body's temperature? **5**
- (b) Justify the use of heat and cold and progressive mobilisation as rehabilitation procedures for a shoulder dislocation. **12**

Question 31 — Improving Performance (20 marks)

- (a) (i) Outline the suitability of ONE training method for an athlete in a sport of your choice. **3**
- (ii) How can an athlete ensure their training procedures are safe? In your answer, refer to ONE training method. **5**
- (b) Justify THREE elements a coach needs to consider when designing a training session for a sport. **12**

Question 32 — Equity and Health (20 marks)

- (a) (i) Outline the importance of working with the target group when designing a health promotion strategy. **3**
- (ii) Explain how focusing on skills and education could increase the success of a health promotion strategy. **5**
- (b) To what extent do THREE factors that create health inequities affect ONE population group in Australia? **12**

End of paper