

2023 HSC

Personal Development, Health and Physical Education

Marking Guidelines

Section I, Part A

Multiple-choice Answer Key

Question	Answer
1	B
2	D
3	A & B
4	C
5	B
6	A
7	B
8	D
9	C
10	D
11	C
12	B
13	D
14	A
15	D
16	C
17	B
18	A
19	D
20	All options accepted*

*Some information was omitted from the question

Section I, Part B

Question 21

Criteria	Marks
<ul style="list-style-type: none"> Demonstrates a sound understanding of ONE organisation's use of epidemiological data in Australia 	3
<ul style="list-style-type: none"> Demonstrates some understanding of the use of epidemiological data in Australia 	2
<ul style="list-style-type: none"> Provides some relevant information 	1

Sample answer:

The Cancer Institute of NSW used recent epidemiological data to support the need to develop their 'Arrows' Skin Cancer Prevention Toolkit. Data showed that previous campaigns helped to reduce morbidity and mortality due to skin cancer, and this reinforced the need for their new campaign targeting young people.

Question 22

Criteria	Marks
<ul style="list-style-type: none"> Demonstrates a thorough understanding of a healthy ageing population and how it affects Australia's health care system 	4
<ul style="list-style-type: none"> Demonstrates a sound understanding of how a healthy ageing population affects Australia's health care system 	3
<ul style="list-style-type: none"> Demonstrates a basic understanding of the effects of a healthy ageing population 	2
<ul style="list-style-type: none"> Provides some relevant information 	1

Sample answer:

If Australia's ageing population leads a healthy lifestyle, which includes regular exercise and not smoking, a greater proportion of them will be able to live independently for a longer time, increasing vacancies within nursing homes and hospitals and lowering government expenditure for facilities and services. Conversely, as more Australians over 65 live independently because of healthy ageing, the demand for at-home community care support such as housekeeping or pre-prepared meals may increase.

Question 23 (a)

Criteria	Marks
• Outlines TWO benefits of developing tactics for use in team sports	3
• Demonstrates some understanding of developing tactics for use in team sports	2
• Provides some relevant information	1

Sample answer:

Developing tactics in team sports enhances players' strategic thinking, allowing them to adapt to a changing game situation and gain an advantage over their opponent. Additionally, well-defined tactics promote teamwork and communication among players, emphasising the importance of collaboration in performing set plays in a game.

Question 23 (b)

Criteria	Marks
• Demonstrates a thorough understanding of the importance of athletes developing decision-making skills in a training program	4
• Demonstrates a sound understanding of the importance of athletes developing decision-making skills in a training program	3
• Demonstrates some understanding of decision-making skills by athletes	2
• Provides some relevant information	1

Sample answer:

Athletes will greatly benefit from training programs designed to improve their decision-making skills. Training drills that require athletes to decide when or how to execute a skill will improve a player's in-game performance. Implementing training drills that require soccer players to decide when to pass the ball, or rugby league players deciding how to effectively defend an attacking overlap, will allow players to replicate these decisions successfully in pressure game situations.

Question 24

Criteria	Marks
<ul style="list-style-type: none"> Provides a detailed discussion of the effects of TWO supplements used by athletes to alter their performance 	5
<ul style="list-style-type: none"> Provides a discussion of the effect(s) of TWO supplements used by athletes to alter their performance 	4
<ul style="list-style-type: none"> Outlines the effects of supplement(s) in relation to an athlete's performance 	3
<ul style="list-style-type: none"> Demonstrates a basic understanding of a supplement used by athletes 	2
<ul style="list-style-type: none"> Provides some relevant information 	1

Sample answer:

As a stimulant, caffeine can improve the concentration and focus levels of athletes. It may be particularly beneficial in sports such as squash that requires quick thinking and reaction time. Conversely, too much caffeine can result in heightened physiological arousal which can have a negative effect on fine motor control in sports such as archery and target shooting.

Creatine supplementation increases the creatine stores in athletes, enabling them to extend the duration of the ATP/PC energy system. This can improve performance in high intensity sports such as long jump and sprinting. Creatine supplementation also enables the ATP/PC system to recover faster, so athletes in an event such as discus can repeat powerful throws in a short space of time in competition.

Question 25

Criteria	Marks
<ul style="list-style-type: none"> Provides a detailed description of strategies a consumer could use to help them make an informed decision about using ONE alternative health care approach 	5
<ul style="list-style-type: none"> Provides a description of strategies a consumer could use to help them make an informed decision about using ONE alternative health care approach 	4
<ul style="list-style-type: none"> Outlines strategies a consumer could use to help them make an informed decision about using ONE alternative health care approach 	3
<ul style="list-style-type: none"> Demonstrates a basic understanding of a strategy a consumer could use to help them make an informed decision about using alternative health care 	2
<ul style="list-style-type: none"> Provides some relevant information 	1

Sample answer:

Herbal medicine/remedies is a consumer-selected alternative health care approach. The consumer could consult their general practitioner about their knowledge and professional opinion as a medical expert with a broad knowledge of health information about using herbs and plants to improve their health. They can also gain access to peer-reviewed publications such as The Journal of Herbal Medicine, which contain evidence that outlines the product, the treatment process and potential side effects.

Question 26

Criteria	Marks
<ul style="list-style-type: none"> Provides a comprehensive explanation of how ONE government health promotion initiative addresses social justice by reorientating health services Provides detailed examples 	8
<ul style="list-style-type: none"> Provides a sound explanation of how ONE government health promotion initiative addresses social justice by reorientating health services Provides examples 	6–7
<ul style="list-style-type: none"> Describes how ONE government and/or health promotion initiative addresses social justice by reorientating health services Provides example(s) 	4–5
<ul style="list-style-type: none"> Demonstrates a basic understanding of health promotion initiatives and/or reorientating health services and/or social justice 	2–3
<ul style="list-style-type: none"> Provides some relevant information 	1

Sample answer:

NSW Health collaborates with schools to provide adolescents with NHMRC-recommended vaccinations, including the HPV vaccination. Prior to the addition of the HPV vaccination to the School Vaccination Program, HPV was treated once adolescents had presented to their GP with visible signs and symptoms of this sexually transmissible infection. The School Vaccination program is an example of reorientating health services as it represents a health promotional approach to addressing HPV, moving beyond the provision of clinical and curative services. By providing free vaccinations to school-aged children who have signed consent during the school hours, social justice is promoted through equitable access to all and the provision of a safe and supervised supportive environment. Furthermore, by moving beyond the focus on a curative approach, the service supports those from diverse language backgrounds to also have access to the vaccination information in their preferred language as a preventative measure to help improve their health literacy and access to better health decisions.

Question 27

Criteria	Marks
<ul style="list-style-type: none"> Provides a comprehensive analysis of the relationship and implications between ONE physiological adaptation and improved performance Provides detailed examples 	8
<ul style="list-style-type: none"> Provides an analysis of the relationship between ONE physiological adaptation and improved performance Provides example(s) 	6–7
<ul style="list-style-type: none"> Provides some explanation of the relationship between ONE physiological adaptation and improved performance Provides an example 	4–5
<ul style="list-style-type: none"> Demonstrates a basic understanding of a physiological adaptation 	2–3
<ul style="list-style-type: none"> Provides some relevant information 	1

Sample answer:

Stroke volume is a physiological adaptation that occurs with training. Aerobic training can lead to an increase in stroke volume. The training causes the size of the heart and the ventricles within it to enlarge. The walls of the ventricles become thicker and hence stronger. It also increases the diastolic filling capacity of the heart. These two changes allow more oxygenated blood to enter what is now an enlarged heart and the stronger walls allow for this greater volume of blood to be ejected with each heartbeat. Thus, more oxygen is supplied to working muscles leading to improved performance. Increased stroke volume would supply a road cyclist's muscles with more oxygen, enabling them to work at a higher intensity for a longer period of time during a race, which would increase their chances of victory. Similarly, an increased stroke volume would enable a rower to maintain a higher stroke rate throughout a 2000 m race, as the working muscles would receive greater amounts of oxygen and nutrients. This would ensure the rower could maintain their form as part of a team and stay synchronised as the race progresses, reflecting the relationship between increased stroke volume and improved performance.

Section II

Question 28 (a) (i)

Criteria	Marks
<ul style="list-style-type: none"> • Outlines ONE strategy that can be used to overcome an individual factor that adversely affects a young person's health 	3
<ul style="list-style-type: none"> • Demonstrates an understanding of ONE strategy that can be used to overcome an individual factor and/or adversely affects a young person's health 	2
<ul style="list-style-type: none"> • Provides some relevant information 	1

Sample answer:

A young person's values and attitudes in relation to their health would represent an individual factor that changes from person to person. A young person may have a relaxed attitude to sun exposure, which increases their chances of developing skin cancer. A strategy to overcome this is to provide the young person with increased education on preventative measures they can take when they are outdoors, such as applying sunscreen and wearing a hat and sunglasses.

Question 28 (a) (ii)

Criteria	Marks
<ul style="list-style-type: none"> • Provides a thorough explanation of the effect of sociocultural factors on the health of young people, with relevant examples 	5
<ul style="list-style-type: none"> • Provides a sound explanation of the effect of sociocultural factors on the health of young people, with examples 	4
<ul style="list-style-type: none"> • Provides some explanation of the effects of sociocultural factors on the health of young people, with example(s) 	3
<ul style="list-style-type: none"> • Demonstrates some understanding of the effects of sociocultural factor(s) on the health of young people 	2
<ul style="list-style-type: none"> • Provides some relevant information 	1

Sample answer:

Cultural and religious customs may have a significant impact on the health of young people. For example, a culture whose diet is rich in naturally sourced, unprocessed foods such as rice, fruit and vegetables is likely to have better physical health than a culture with a diet of nutritionally poor convenience foods.

Some religions forbid the consumption of alcohol, which improves wellbeing, but for some young people, such choices may put them at odds with their peers, resulting in a strain on social and mental health from the pressure to conform.

Question 28 (b)

Criteria	Marks
<ul style="list-style-type: none"> Provides well-informed judgements of the extent to which development of support networks and access to health services can enable young people to attain better health Presents a logical and cohesive response Uses relevant examples to support responses 	11–12
<ul style="list-style-type: none"> Provides judgements of the extent to which development of support networks and access to health services can enable young people to attain better health Presents a logical response Provides relevant examples 	8–10
<ul style="list-style-type: none"> Provides some judgements of the extent to which development of support networks and/or access to health services can enable young people to attain better health Presents a structured response Provides example(s) 	5–7
<ul style="list-style-type: none"> Demonstrates some understanding of support networks and/or access to health services that can enable young people to attain better health 	3–4
<ul style="list-style-type: none"> Provides some relevant information 	1–2

Answers could include:

The development of support networks and access to health services can have a significant impact on improving the health of young people.

Support networks

- provide emotional, social and practical support, which can positively influence young people's overall well-being
- can offer guidance and education on healthy behaviours, such as nutrition, exercise and mental health management
- create a sense of belonging and reduce feelings of isolation, fostering mental wellbeing among young people
- can empower young people to make informed decisions about their health and engage in healthy behaviours
- can enhance coordination and ensure comprehensive care for young people.

Access to health services

- allows young people to receive timely medical care, preventative screenings and vaccinations, leading to better outcomes
- enable early detection and management of health issues, reducing the risk of complications and promoting long-term health
- can address and treat common mental health challenges faced by young people, promoting mental wellness
- can enhance coordination and ensure comprehensive care for young people
- can establish a foundation for a lifetime of better health for young people.

Question 29 (a) (i)

Criteria	Marks
• Outlines ONE sporting achievement that has enhanced regional identity	3
• Demonstrates an understanding of ONE sporting achievement that has enhanced regional identity	2
• Provides some relevant information	1

Sample answer:

From 2006 to 2013, the Queensland rugby league team defeated NSW for a record eight years in a row in the annual State of Origin series. This achievement saw the enhancement of the connectedness people from Queensland had for the sport and their state. Games held in Queensland were always sold out and players identified the level of passionate support as pivotal to winning, especially the five times during the period the series went to a deciding match.

Question 29 (a) (ii)

Criteria	Marks
• Provides a thorough explanation of the role sport has played in promoting Australia's national identity, with detailed examples	5
• Provides a sound explanation of the role sport has played in promoting Australia's national identity, with examples	4
• Provides some explanation of the role sport has played in promoting Australia's national identity, with example(s)	3
• Demonstrates some understanding of the use of sport to promote Australia's national identity	2
• Provides some relevant information	1

Sample answer:

Sport has played a significant role in promoting Australia's national identity by fostering a sense of national pride and unity. It has showcased Australia's values, cultural diversity and sporting prowess to the world. The Australian Men's Cricket team has long been instrumental to the development of this identity as a result of their sustained success in the 'Ashes series' against England. Furthermore, Australians have consistently drawn inspiration from Olympic athletes competing on the biggest sporting stage, most notably in Sydney 2000, when record home crowds and unprecedented volunteer spirit and participation formed a backdrop for a best ever finish of 4th in the medal tally.

Question 29 (b)

Criteria	Marks
<ul style="list-style-type: none"> Provides a comprehensive evaluation of the changes that have been made to sports to suit the needs of the media Presents a logical and cohesive response Uses relevant examples to support response 	11–12
<ul style="list-style-type: none"> Provides a sound evaluation of the changes that have been made to sports to suit the needs of the media Presents a logical response Provides relevant examples 	8–10
<ul style="list-style-type: none"> Provides some evaluation of the changes that have been made to sports to suit the needs of the media Presents a structured response Provides examples 	5–7
<ul style="list-style-type: none"> Demonstrates an understanding of change(s) that have been made to sports to suit the need(s) of the media 	3–4
<ul style="list-style-type: none"> Provides some relevant information 	1–2

Answers could include:

In recent years there have been a multitude of changes that have been made to a variety of sports to suit the needs of the media.

- Increased media coverage: Sports have witnessed a significant rise in media coverage, with more events being broadcasted live and highlights being extensively featured.
- Introduction of technology: Media has driven the adoption of technology in sports, including instant replays, camera angles and slow-motion analysis, enhancing the viewing experience.
- Emphasis on storytelling: Media has shifted focus towards storytelling, creating narratives around athletes and teams to engage audiences and build emotional connections.
- Expansion of sports journalism: The media has played a crucial role in expanding sports journalism, with dedicated sports channels, websites and podcasts providing in-depth analysis, interviews and commentary.
- Sponsorship and advertising opportunities: Sports have become a platform for advertising and sponsorship, with media playing a pivotal role in connecting brands with sporting events, teams and athletes.
- Broadcasting rights and revenue generation: Media companies invest heavily in securing broadcasting rights, contributing to the financial growths of sports through lucrative contracts and revenue-sharing models.
- Integration of social media: The rise of social media platforms has allowed sports to reach a wider audience, providing real-time updates, fan interactions and viral moments that further fuel media coverage.
- Time adjustments for optimal viewership: Sports events often undergo time adjustments to accommodate prime viewing hours in different regions, allowing the media to maximise viewership and global reach.
- Integration of statistics and data analysis: The media has popularised the use of statistics and data analysis in sports, offering detailed insights, player comparisons and performance evaluations to enhance discussions and debates.
- Creation of dedicated sports shows and networks: Media has created specialised sports shows, talk shows and dedicated sports networks to cater specifically to sports enthusiasts, offering round-the-clock coverage and analysis.

Question 30 (a) (i)

Criteria	Marks
• Outlines TWO classifications of the injury	3
• Demonstrates an understanding of classification(s) of the injury	2
• Provides some relevant information	1

Sample answer:

As the injury occurred away from the point of impact and was due to internal forces, it can be classified as indirect. The injury can also be classified as a soft tissue injury as damage has occurred to ligaments. Soft tissue injuries are those which occur in any body tissue other than bone or teeth.

Question 30 (a) (ii)

Criteria	Marks
• Provides a thorough explanation of the process to determine the nature and extent of the injury, with relevant examples	5
• Provides a sound explanation of the process to determine the nature and extent of the injury, with examples	4
• Provides some explanation of the process to determine the nature and extent of the injury, with example(s)	3
• Demonstrates some understanding of the process and/or the nature and/or extent of an injury	2
• Provides some relevant information	1

Sample answer:

To determine the nature and extent of this injury, a procedure known as TOTAPS should be followed. Talk to the athlete to gather information about the cause, nature, and site of the injury. Questions such as 'where does it hurt' and 'did you hear a snap or a crack' are appropriate. Next, observe the injured knee and look for any obvious signs of deformity or swelling. Touch the knee gently and feel for any deformity or swelling and determine the exact location of the injury. Ask the athlete to actively move the knee. Finally, physically mobilise the joint (passive movement) using a range of movements to identify any instability in the knee joint. Ligament damage would typically be identified at this stage, so a skills test such as running side to side, would not be performed.

Question 30 (b)

Criteria	Marks
<ul style="list-style-type: none"> Provides a comprehensive assessment of the sports participation options for aged people who have medical conditions Presents a logical and cohesive response Uses relevant examples to support response 	11–12
<ul style="list-style-type: none"> Provides a thorough assessment of the sports participation options for aged people who have medical conditions Presents a logical response Provide relevant examples 	8–10
<ul style="list-style-type: none"> Provides a sound assessment of the sports participation options for aged people who have medical conditions Presents a structured response Provides examples 	5–7
<ul style="list-style-type: none"> Demonstrates an understanding of sports participation options for aged people who have medical conditions 	3–4
<ul style="list-style-type: none"> Provides some relevant information 	1–2

Answers could include:

There are a range of suitable sports participation options available for aged people who have medical conditions.

- Aged people with heart conditions such as hypertension, pacemakers, CVD or prior heart attacks can benefit from aerobic activities of low to moderate intensity that do not place undue stress on the circulatory system.
- Activities suited to aged people with heart conditions include walking, swimming, aqua aerobics and golf, as they provide the opportunity for individuals to strengthen the cardiovascular system without placing it under excessive stress.
- Aged people with bone density/fracture issues such as osteoporosis, arthritis and previous injury will benefit from low impact, weight bearing activities. These activities will help improve bone density in a low-risk environment.
- Activities suited to aged people with bone density/fracture issues include light resistance training, body weight resistance activities and water-based strength activities.
- Aged people often develop flexibility and joint mobility issues as a result of ageing. Activities that involve gentle stretching and a full range of movement can assist in improving flexibility and joint mobility.
- Activities suited to aged people with flexibility and joint mobility issues include yoga, thai chi, dancing and stretching exercises.

Question 31 (a) (i)

Criteria	Marks
• Outlines TWO methods an athlete can use to improve performance for the type of training chosen	3
• Demonstrates an understanding of method(s) an athlete can use to improve performance for the type of training chosen	2
• Provides some relevant information	1

Sample answer:

A strength training method is weight training. For example, a basketball player would use free/fixed weights to increase power in their legs to enable them to jump higher in retrieving the ball. In addition, a rugby league player would use isometric training such as a bridge hold to improve their core strength. This will enable them to maintain superior running form under fatigue.

Question 31 (a) (ii)

Criteria	Marks
• Provides a thorough explanation of TWO measurements that can be used by an athlete to monitor improved performance for the type of training chosen, with relevant examples	5
• Provides a sound explanation of TWO measurements that can be used by an athlete to monitor improved performance for the type of training chosen, with examples	4
• Provides some explanation of measurements that can be used by an athlete to monitor improved performance for a type of training, with example(s)	3
• Demonstrates some understanding of measurement(s) that can be used by an athlete to monitor improved performance	2
• Provides some relevant information	1

Sample answer:

If an Olympic weight lifter is participating in weight training they could complete the 1RM test, whereby they would undertake a single bench press. After a period of training, they would engage in the bench press again. If the weight of the 1RM is greater than the first time, they have gained muscular strength, enabling them to improve performance by lifting a heavier weight. Additionally, the athlete could also make use of a hand-grip dynamometer to measure arm strength before and after the implementation of a weight training program, which would similarly allow the athlete to propel a greater weight above their head.

Question 31 (b)

Criteria	Marks
<ul style="list-style-type: none"> Provides a comprehensive assessment of the consequences for athletes testing positive to performance enhancing drugs Presents a logical and cohesive response Uses relevant examples to support response 	11–12
<ul style="list-style-type: none"> Provides a thorough assessment of the consequences for athletes testing positive to performance enhancing drugs Presents a logical response Provides relevant examples 	8–10
<ul style="list-style-type: none"> Provides a sound assessment of the consequences for athletes testing positive to performance enhancing drugs Presents a structured response Provides example(s) 	5–7
<ul style="list-style-type: none"> Demonstrates an understanding of the consequences associated with testing positive to performance enhancing drugs 	3–4
<ul style="list-style-type: none"> Provides some relevant information 	1–2

Answers could include:

Athletes who test positive for performance-enhancing drugs face various consequences, both immediate and long-term.

- They may be disqualified from the competition in which they tested positive and may lose any medals, titles or records achieved during that period.
- Athletics may receive a suspension from their sport, ranging from a few months to several years, depending on the severity of the violation and their previous offences.
- A tarnished reputation is a significant consequence as it can damage an athlete's career prospects, sponsorships and endorsements.
- Athletes may face public scrutiny, criticism and a loss of public trust, impacting their personal and professional lives.
- Testing positive for banned substances can result in financial penalties, including the repayment of prize money or legal costs associated with the investigation.
- Athletes may experience psychological and emotional stress due to the stigma and shame associated with doping allegations.
- Their team or country may suffer reputational damage, impacting the support and funding they receive.
- Athletes may need to undergo rehabilitative programs or therapy to address drug dependencies and regain their physical and mental well-being.
- In some cases, repeat offenses or involvement in drug taking can lead to lifetime bans from the sport, permanently ending an athlete's career.

Question 32 (a) (i)

Criteria	Marks
• Describes the contribution of intersectoral collaboration to the sustainability of ONE health promotion strategy	3
• Demonstrates an understanding of intersectoral collaboration in health promotion	2
• Provides some relevant information	1

Sample answer:

Intersectoral collaboration in health promotion is when two or more groups or organisations work together to achieve a common goal aimed at improving health. The Australian Government provided \$10 million in funding to Cancer Council Australia to continue the delivery of their successful, long-running Slip, Slop, Slap, Seek and Slide initiative across the summer in 2022 and 2023 aimed at reducing the incidence of skin cancer.

Question 32 (a) (ii)

Criteria	Marks
• Provides a thorough explanation of how ensuring cultural relevance improves the potential for the success of ONE health promotion strategy, with relevant examples	5
• Provides a sound explanation of how ensuring cultural relevance improves the potential for the success of ONE health promotion strategy, with examples	4
• Provides some explanation of how ensuring cultural relevance improves the potential for the success of ONE health promotion strategy, with example(s)	3
• Demonstrates some understanding of cultural relevance in health promotion	2
• Provides some relevant information	1

Sample answer:

Ensuring that health promotion messages are culturally relevant increases the likelihood that groups in society will be supported and accurately understand health information that will allow them to make informed decisions. This improves the potential success with health promotion strategies as many cultural groups experience health inequities in Australia. The NSW Centre for Road Safety developed the 'Bring the Mob home safely' campaign to communicate road safety awareness messages to Aboriginal people. The campaign used culturally relevant language and ways of communicating as well as selecting advertising platforms for the target audience. This increased the potential for the success of messages promoting vehicle safety.

Question 32 (b)

Criteria	Marks
<ul style="list-style-type: none"> Provides a comprehensive evaluation of how funding has been used to solve health inequities in Australia Presents a logical and cohesive response Uses relevant examples to support response 	11–12
<ul style="list-style-type: none"> Provides a thorough evaluation of how funding has been used to solve health inequities in Australia Presents a logical response Provides relevant examples 	8–10
<ul style="list-style-type: none"> Provides a sound evaluation of how funding has been used to solve health inequities in Australia Presents a structured response Provides examples 	5–7
<ul style="list-style-type: none"> Demonstrates an understanding of how funding has been used to solve health inequities in Australia 	3–4
<ul style="list-style-type: none"> Provides some relevant information 	1–2

Answers could include:

Funding has been utilised increasingly to positively address health inequities in Australia.

- The allocation of funds has aimed to improve access to healthcare services for disadvantaged populations.
- Funding has been directed towards initiatives targeting specific health issues prevalent among marginalised communities.
- Programs have been implemented to address social determinants of health, such as housing, education and employment.
- Efforts have been made to reduce barriers to healthcare, including improving infrastructure and increasing healthcare workforce capacity in underserved areas.
- Funding has supported research and data collection to better understand health disparities and develop evidence-based interventions.
- Collaboration between governments, healthcare organisations and community groups has been facilitated through funding initiatives.
- Funding has enabled the implementation of culturally sensitive healthcare services for Indigenous populations.
- Ongoing monitoring and evaluation of funded projects have been conducted to assess their impact on health inequities.
- Despite these efforts, challenges remain in achieving equitable health outcomes, indicating the need for sustained funding and continued collaboration.

2023 HSC

Personal Development, Health and Physical Education

Mapping Grid

Section I Part A

Question	Marks	Content	Syllabus outcomes
1	1	Identifying priority health issues – prevalence of the condition and cost to the individual and community	H1
2	1	Validity and reliability of tests	H8
3	1	Identifying priority health issues – potential for prevention and early intervention	H1
4	1	Responsibility for health facilities and services	H5
5	1	Flexibility training – ballistic	H8
6	1	Preventable chronic diseases – extent of the problem	H2
7	1	Personal versus prescribed judging criteria	H9
8	1	Equity of access to health care facilities and services	H14
9	1	Practice methods	H10
10	1	Private health insurance	H5
11	1	Anxiety	H11
12	1	Life expectancy – ATSI	H3
13	1	A growing and ageing population	H2
14	1	Objective and subjective performance measures	H9
15	1	Characteristics of skilled performers	H9
16	1	Cancer – the nature of the problem	H1
17	1	Training thresholds	H7
18	1	Stages of skill acquisition	H9
19	1	Ottawa Charter in action	H4
20	1	Aerobic training – interval	H10

Section I Part B

Question	Marks	Content	Syllabus outcomes
21	3	Use of epidemiological data	H5
22	4	Healthy ageing	H2, H15
23 (a)	3	Tactical development – performance elements	H8
23 (b)	4	Decision making – performance elements	H8
24	5	Supplementation	H11, H17
25	5	Alternative health care approaches	H16
26	8	Reorientating health services and social justice principles	H4, H14
27	8	Physiological adaptations in response to training	H7, H8

Section II

Question	Marks	Content	Syllabus outcomes
28 (a) (i)	3	Individual factors affecting health	H2
28 (a) (ii)	5	Sociocultural factors affecting health	H2, H15
28 (b)	12	Skills in attaining better health	H6, H15
29 (a) (i)	3	Promoting Australia's regional identity through sport	H12
29 (a) (ii)	5	Promoting Australia's national identity through sport	H12
29 (b)	12	Changing sport to suit the needs of the media	H12, H16
30 (a) (i)	3	Injury classification	H13
30 (a) (ii)	5	Assessment of injuries	H13
30 (b)	12	Sports participation options for aged athletes with medical conditions	H8, H13, H17
31 (a) (i)	3	Training methods for improved performance	H8, H10
31 (a) (ii)	5	Measuring and monitoring improved performance	H9, H16
31 (b)	12	Appropriateness of drug testing at different competition levels	H8, H17
32 (a) (i)	3	Intersectoral collaboration in health promotion	H14
32 (a) (ii)	5	Cultural relevance in health promotion	H14, H15
32 (b)	12	Use of funding to solve health inequities in Australia	H5, H15