



Western Australian Certificate of Education Examination, 2010

Question/Answer Booklet

HEALTH STUDIES

Stage 2

Please place your student identification label in this box

Student Number: In figures

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In words

Time allowed for this paper

Reading time before commencing work: ten minutes
Working time for paper: three hours

Materials required/recommended for this paper

To be provided by the supervisor

This Question/Answer Booklet
Multiple-choice Answer Sheet

To be provided by the candidate

Standard items: pens, pencils, eraser, correction fluid/tape, ruler, highlighters

Special items: nil

Important note to candidates

No other items may be taken into the examination room. It is **your** responsibility to ensure that you do not have any unauthorised notes or other items of a non-personal nature in the examination room. If you have any unauthorised material with you, hand it to the supervisor **before** reading any further.

Structure of this paper

Section	Number of questions available	Number of questions to be answered	Suggested working time (minutes)	Marks available	Percentage of exam
Section One: Multiple-choice	20	20	30	20	20
Section Two: Short answer	8	8	90	50	50
Section Three: Extended answer	4	2	60	30	30
Total					100

Instructions to candidates

- The rules for the conduct of Western Australian external examinations are detailed in the *Year 12 Information Handbook 2010*. Sitting this examination implies that you agree to abide by these rules.

- Answer the questions according to the following instructions.

Section One: Answer all questions on the separate Multiple-choice Answer Sheet provided. For each question shade the box to indicate your answer. Use only a blue or black pen to shade the boxes. If you make a mistake, place a cross through that square, do not erase or use correction fluid, and shade your new answer. Marks will not be deducted for incorrect answers. No marks will be given if more than one answer is completed for any question.

Sections Two and Three: Write your answers in this Question/Answer Booklet.

- You must be careful to confine your responses to the specific questions asked and to follow any instructions that are specific to a particular question.
- Spare pages are included at the end of this booklet. They can be used for planning your responses and/or as additional space if required to continue an answer.
 - Planning: If you use the spare pages for planning, indicate this clearly at the top of the page.
 - Continuing an answer: If you need to use the space to continue an answer, indicate in the original answer space where the answer is continued, i.e. give the page number. Fill in the number of the question(s) that you are continuing to answer at the top of the page.

Section One: Multiple-choice

20% (20 Marks)

This section has **20** questions. Answer **all** questions on the separate Multiple-choice Answer Sheet provided. For each question shade the box to indicate your answer. Use only a blue or black pen to shade the boxes. If you make a mistake, place a cross through that square, do not erase or use correction fluid, and shade your new answer. Marks will not be deducted for incorrect answers. No marks will be given if more than one answer is completed for any question.

Suggested working time: 30 minutes.

1. Which one of the following statements about social norms is correct?
 - (a) The media can endorse and reinforce positive social norms.
 - (b) Social norms are influenced by specific groups only.
 - (c) Social norms usually describe unhealthy behaviours.
 - (d) Communities feel more connected when social norms are violated.

2. Which one of the following strategies provides the **best** example of nutritional health literacy?
 - (a) being able to interpret correctly the nutritional panel on a cereal box
 - (b) availability of fresh fruit and vegetables in the local area
 - (c) skills to shop for and cook healthy meals for the family
 - (d) knowledge of daily nutritional requirements for adults and children

3. Popular norms against smoking can be supported by
 - (a) running advertisements about the dangers of cigarette smoking.
 - (b) establishing smoke-free sporting venues.
 - (c) banning product placement on television shows.
 - (d) conducting tobacco control education in all secondary schools.

4. Which one of the following statements is **most** correct?

A person who has

 - (a) extrovert characteristics is likely to want to spend time alone.
 - (b) introvert characteristics is likely to want to surround themselves with friends.
 - (c) introvert characteristics is likely to be shy.
 - (d) extrovert characteristics is likely to thrive on the energy of others.

5. The **most** effective stress management technique would require an individual to
 - (a) exercise five times a week and sleep more.
 - (b) maintain their composure and keep stressful issues to themselves.
 - (c) make appropriate dietary changes and have regular meal times.
 - (d) recognise the symptoms of stress, identify the stressor and seek support.

See next page

6. Which of the following government actions promotes social justice principles?
- (a) private health insurance rebate
 - (b) incentives to medical practitioners to bulk bill disadvantaged patients
 - (c) the 'Go for 2 and 5' fruit and vegetable campaign
 - (d) the provision of additional hospital beds for elective surgery
7. Behavioural strategies to prevent or reduce road traffic crashes for new drivers include
- (a) wearing a seat belt.
 - (b) providing driver education programs.
 - (c) improving road design.
 - (d) tightening regulations for P plate drivers.
8. The creation of a healthier food menu to be served in the school canteen is an example of which action area of the Ottawa Charter?
- (a) developing personal skills
 - (b) creating supportive environments
 - (c) reorienting health services
 - (d) strengthening community action
9. Which one of the following statements about epidemiology is correct?
- (a) The determinants of health are the core focus of epidemiology.
 - (b) Epidemiology involves the study of health behaviours.
 - (c) Epidemiology is the study of disease in groups or populations.
 - (d) Data collection is the main focus of epidemiology.
10. Cultural norms are usually determined by
- (a) family expectations.
 - (b) peer group influences.
 - (c) the knowledge and skills of the individual.
 - (d) the individual's living environment.
11. A comprehensive health promotion project targeting smoking by young people would most likely include which of the following strategies?
- (a) legislation, policy and education
 - (b) fines, advertising and freedom of speech
 - (c) empowerment, capacity building and participation
 - (d) tertiary prevention and health insurance rebates
12. Poor access to adequate and healthy food is **most** affected by which social determinant of health?
- (a) poor antenatal care
 - (b) educational level
 - (c) socioeconomic status
 - (d) access to transport

13. Which one of the following **best** describes the essential steps in the health inquiry process?
- (a) explore, define, present and interpret
 - (b) develop, question, interpret and conclude
 - (c) identify, interpret and present
 - (d) define, explore, interpret and present
14. The social model of health refers to the combination of
- (a) genetics, medication and heredity.
 - (b) medical research and drug manufacturing.
 - (c) euthanasia and abortion.
 - (d) social, economic and environmental factors.
15. Increasing taxes on alcoholic drinks such as 'alcopops' is an example of
- (a) building healthy public policy.
 - (b) strengthening community action.
 - (c) creating supportive environments.
 - (d) developing personal skills.
16. Which health-related internet site would be **most** reliable? A site
- (a) that includes information about the author's credentials.
 - (b) designed for health professionals.
 - (c) containing a range of view points.
 - (d) that has a dot.gov in the domain name.
17. During a bomb threat in a school, which leadership style would be the **most** appropriate?
- (a) laissez-faire
 - (b) autocratic
 - (c) democratic
 - (d) collaborative
18. Which one of the following is an example of health behaviour motivated by the structural environment?
- (a) running to keep fit
 - (b) growing your own organic vegetables
 - (c) wearing a bike helmet to avoid a fine
 - (d) applying sunscreen to prevent sunburn

19. An example of a secondary prevention strategy in the area of cervical cancer control is:
- (a) encouraging people to practise safe sex.
 - (b) screening through regular Pap smears.
 - (c) increasing awareness of cervical cancer.
 - (d) the surgical removal of a malignant tumour.
20. Social determinants of health that affect the prevalence of diabetes include
- (a) a person's level of education and access to health services.
 - (b) the age, height and weight of a person.
 - (c) having previously been infected with a communicable disease.
 - (d) having a sibling or friend with diabetes.

End of Section One

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Section Two: Short answer

50% (50 Marks)

This section has **eight (8)** questions. Answer **all** questions. Write your answers in the space provided.

Spare pages are included at the end of this booklet. They can be used for planning your responses and/or as additional space if required to continue an answer.

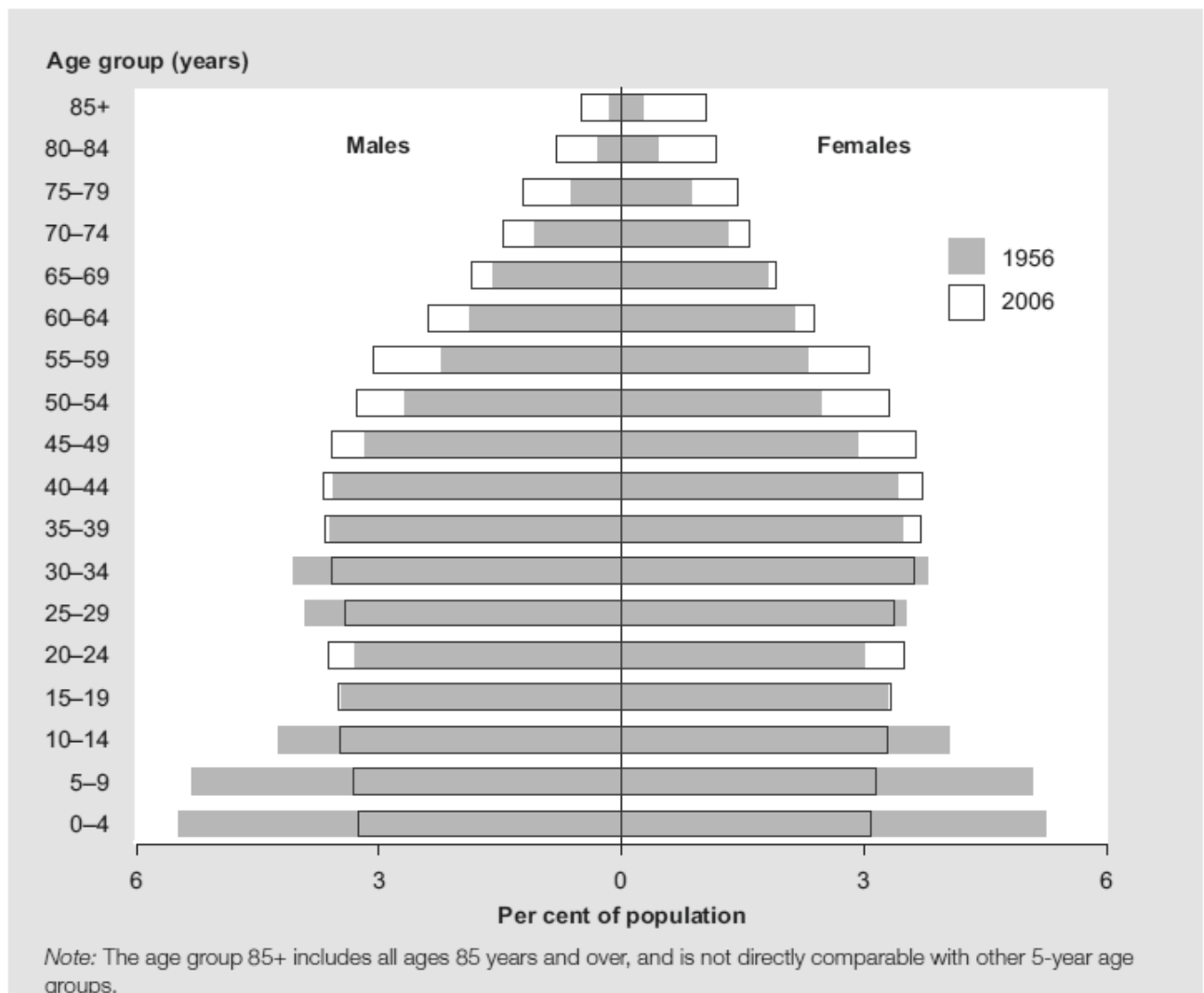
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Suggested working time: 90 minutes.

Question 21

(6 marks)

The following figure describes the age structure of the Australian population.



Age structure of the Australian population, 1956 and 2006

See next page

- (a) Use the figure to describe **two (2)** trends in the age structure of the Australian population. (2 marks)

- (b) Describe **two (2)** implications of these trends for the health care system in Australia between now and 2020. (2 marks)

One: _____

Two: _____

- (c) Explain how health promotion in Australia could address the trends depicted in the figure. (2 marks)

Question 22

(7 marks)

Most Western Australians know that fruit and vegetables are healthy. However, while 88 per cent are aware of the recommended daily fruit intake, only 32 per cent know that the necessary intake of vegetables is five or more serves per day. The main reasons why people are not eating more fruit and vegetables are habit, time, quality and cost.

- (a) Describe **four (4)** elements that would make up a comprehensive nutritional health promotion program designed to increase awareness of recommended fruit and vegetable intake. (4 marks)

One: _____

Two: _____

Three: _____

Four: _____

- (b) According to the Jakarta Declaration on Leading Health Promotion into the 21st Century (1997), one of the priorities for health promotion in the 21st century is to increase community capacity and empower individuals. Describe **three (3)** strategies for achieving individual participation and empowerment within a community development program designed to increase fruit and vegetable consumption. (3 marks)

One: _____

Two: _____

Three: _____

Question 23

(4 marks)

A survey was conducted with a group of eight males and females, aged 15-18, to determine their beliefs and attitudes about alcohol. After a series of questions, it appears that the majority of the group believes that

- it is acceptable to drink alcohol on a regular basis,
- you need alcohol to relax and have fun,
- drinking alcohol is part of the Australian culture, and
- they would be more likely to experiment with drugs or unsafe sex while intoxicated.

- (a) Identify **two (2)** factors that could have influenced the group's beliefs about alcohol consumption. (2 marks)

One: _____

Two: _____

- (b) Use **one (1)** example to explain how the group's beliefs about alcohol consumption might influence their behaviour. (2 marks)

Question 24

(4 marks)

- (a) Describe **two (2)** ways in which the media has reinforced popular ideas related to alcohol consumption. (2 marks)

One: _____

Two: _____

- (b) Describe **two (2)** ways in which the media attempts to change popular thinking about alcohol consumption. (2 marks)

One: _____

Two: _____

Question 25

(6 marks)

(a) Define the terms 'beliefs', 'attitudes' and 'values'.

(3 marks)

Beliefs: _____

Attitudes: _____

Values: _____

Despite considerable information about the dangers of harmful exposure to sun, some young people continue to practise unsafe behaviours.

(b) Describe **three (3)** factors that might influence, either positively or negatively, the beliefs, attitudes and values of young Australians toward sun protection behaviours.

(3 marks)

One: _____

Two: _____

Three: _____

Question 26

(8 marks)

The H1N1 (Swine flu) national vaccination program commenced in Australia on 30 September 2009. Before receiving the vaccine, people were required to sign a consent form that explained the risks associated with it. Since the program began, there have been fewer vaccinations than expected.

- (a) Describe **four (4)** factors that may have influenced people’s decisions about receiving the H1N1 vaccine. (4 marks)

One: _____

Two: _____

Three: _____

Four: _____

- (b) Describe **four (4)** health literacy skills required by an individual to make an informed decision in this situation. (4 marks)

One: _____

Two: _____

Three: _____

Four: _____

Question 27

(7 marks)

Sarah's new mobile phone allows her to use the internet, call and text. She has decided to join a social networking site to communicate with her friends.

- (a) Explain **three (3)** ways in which social norms can be promoted by the media. (3 marks)

One: _____

Two: _____

Three: _____

- (b) Describe **two (2)** examples of the way technology influences health behaviours in Australia. (4 marks)

One: _____

Two: _____

Question 28**(8 marks)**

As part of the Student Exchange Australia program, Akemi (aged 16) has left her family in Japan to study in Australia for 11 months and is living with an Australian woman, Leah, her host family. Leah has recently been appointed to a new senior administration position, doesn't spend much time at home, and buys and cooks food that is different to what Akemi is used to. Akemi has gained 3 kg in the past five months and is embarrassed by her appearance. She doesn't feel her English is improving as much as she had hoped. Akemi misses her family and friends in Japan but doesn't want to seem ungrateful for the opportunity she has been given or for Leah's hospitality.

- (a) Explain **four (4)** factors contributing to Akemi's health. (4 marks)

One: _____

Two: _____

Three: _____

Four: _____

- (b) Describe **two (2)** skills Akemi could use to cope with the challenges she faces and how each skill would help her to improve her health. (4 marks)

One: _____

Two: _____

Section Three: Extended answer

30% (30 Marks)

This section contains **four (4)** questions. You must answer **two (2)** questions. Write your answers in the spaces provided.

Spare pages are included at the end of this booklet. They can be used for planning your responses and/or as additional space if required to continue an answer.

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Suggested working time: 60 minutes.

Question 29

(15 marks)

Jessica is worried about her forthcoming WACE external exams, but she has been studying hard. Her friends are encouraging her to join them at a paintball games party for both days of the weekend prior to exam week. Jessica wonders if the weekend off would reduce her stress.

- (a) Outline **four (4)** steps Jessica could take to make an informed decision about going to the party. (4 marks)

Jessica is worried that if she says 'no' to the invitation, she will not be asked again and thus miss out on being accepted into an ongoing group of friends and taking part in their activities.

- (b) Explain **three (3)** self-management skills that Jessica could use to help her make an informed decision. (6 marks)

Jessica thinks that she might benefit from employing some stress-reduction strategies.

- (c) Outline **five (5)** strategies Jessica could use to reduce and manage examination-related stress. (5 marks)

- (c) (i) Explain the terms ‘primary prevention’ and ‘secondary prevention’ in relation to health. (2 marks)

- (ii) Describe **one (1)** primary and **one (1)** secondary preventative action that could be used to help reduce the prevalence of your chosen National Health Priority. (4 marks)

Question 31

(15 marks)

Rates of obesity have reached epidemic levels in Australia, with studies showing that 47 per cent of women and 66 per cent of men are overweight or obese. We are at a point where it is almost 'common' to have a weight problem.

- (a) Describe the influence of beliefs, attitudes and values on health behaviour, using obesity as an example. (3 marks)

- (b) Describe **two (2)** factors contributing to the increase in obesity rates in Australia. (4 marks)

Question 32**(15 marks)**

In recent months, there has been an increase in the amount of attention given by the media to violence in secondary schools. Some schools have identified a drop in attendance rates during the past few weeks and school psychologists have reported more visits from students presenting with anxiety symptoms. Design an inquiry to investigate this health concern.

- (a) State the purpose of the inquiry. (2 marks)

- (b) List **five (5)** focus questions you could research to become better informed about the issue. (5 marks)

- (c) Name **four (4)** sources from which you could obtain reliable information that is relevant to the inquiry and describe how you would access the information. (4 marks)

- (d) Discuss **one (1)** way in which you would assess whether the information was relevant and reliable for **each** of the **four (4)** sources listed in your answer for part (c). (4 marks)

ACKNOWLEDGEMENTS

Section Two: Short answer

Question 21 Graph from: Australian Institute of Health and Welfare. (2008). Figure 2.1: Age structure of the Australian population, 1956 and 2006. *Australia's Health 2008*. Retrieved May, 2010, from <http://www.aihw.gov.au/publications/aus/ah08/ah08.pdf>

Question 22 Adapted from: Department of Health. (2009). *Healthy options WA: Food and nutrition policy for WA Health Services and Facilities*. Retrieved May, 2010, from www.healthyoptions.health.wa.gov.au/policy/index.cfm

Section Three: Extended answer

Question 31 Adapted from: Australian Institute of Health and Welfare. (2008). *Overweight and obesity*. Retrieved May, 2010, from <http://www.aihw.gov.au/riskfactors/overweight.cfm>

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