achper WESTERN AUSTRALIA

ATAR course examination, 2021

Question/Answer booklet

YEAR 11
HEALTH STUDIES

Student Name: _____

Number of additional answer booklets used (if applicable):	

Time allowed for this paper

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

Materials required/recommended for this paper

This Question/Answer booklet
Multiple-choice answer sheet

To be provided by the candidate

Standard items: pens (blue/black preferred), pencils (including coloured), sharpener, correction fluid/tape, eraser, 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 material. 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 written examination
Section One Multiple-choice	20	20	30	20	20
Section Two Short answer	9	9	90	50	50
Section Three Extended answer	4	2	60	30	30
				Total	100

Instructions to candidates

1. The rules for the conduct of the Western Australian external examinations are detailed in the *Year 12 Information Handbook 2021* Sitting this examination implies that you agree to abide by these rules.
2. 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, then shade your new answer. Do not erase or use correction fluid/tape. Marks will not be deducted for incorrect answers. No marks will be given if more than one answer is completed for any question.
   Section Two: Write your answers in this Question/Answer booklet. Wherever possible, confine your answers to the line spaces provided.
   Section Three: Consists of four questions. You must answer two questions. Write your answers in this Question/Answer booklet.

3. You must be careful to confine your answers to the specific questions asked and to follow any instructions that are specific to a particular question.
4. Supplementary pages for the use of planning/continuing your answer to a question have been provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, ie give the page number.

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. Do not use erasable or gel pens. If you make a mistake, place a cross through that square, then shade your new answer. Do not erase or use correction fluid/tape. 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.

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1. Which of the following examples best demonstrates self- efficacy in the health belief model?
   a) I look into all the problems I could face like weighing up the cost and time of the effort.
   b) I check my family history to see if anyone else has suffered from this problem.
   c) I believe I am able to overcome the problem.
   d) I attempt to solve the problem by doing some research about the benefits associated with the effort.

2. Which of the following examples best demonstrates the *Ottawa Charter action area: Create supportive environments*?'
   a) Teaching students *Keys for life* to increase their knowledge of road safety.
   b) Members from the local community fundraising to build a playground.
   c) Providing sunscreen dispensers at beaches and parks to encourage sun safety.
   d) Increasing the tax on fast foods to encourage healthy eating.

3. Teaching students safe sex practices at schools is an example of which preventive strategy to maintain and manage risk for personal and community health?
   a) Health education
   b) Social norms
   c) Levels of education
   d) Screening

4. Which of the following is not an ethical issue presented by In-vitro fertilisation (IVF)?
   a) The age of the mother who is getting IVF.
   b) The idea that doctors/scientists profit through creating life.
   c) The status of the remaining embryos that aren't used.
   d) Whether the mother is single or in a relationship.

5. Having optimism and persistence in pursuing goals despite obstacles and setbacks falls under which of the following emotional intelligence competencies?
   a) Self-regulation
   b) Self-motivation
   c) Social-awareness
   d) Self-awareness

6. The number of new cases of a disease or condition during a specific time-period and location is the definition for which of the following measures of epidemiology?
   a) Mortality
   b) Morbidity
   c) Prevalence of disease
   d) Incidence of disease

7. The *National Strategic Framework for Chronic Conditions* was Australia's response to the *World Health Organization's* Global action plan for prevention and control of non-communicable diseases. Which of the following is not a characteristic of chronic disease?
   a) Chronic diseases are the most common and leading cause of premature mortality.
   b) Have complex and multiple causes.
   c) Chronic diseases are more prevalent with older age groups.
   d) Can be easily spread in the community if people do not wash hands/cover their mouths when coughing.

8. Increasing community capacity and empowering the individual is a priority from the:
   a) Jakarta Declaration
   b) Ottawa Charter
   c) WHO Declaration
   d) World Vision Charter

9. Levels of participation outline how much input the community has regarding decision making and acting in the intervention method. What level would be defined by organisers and community members when deciding what to do?
   a) Consultation
   b) Acting together
   c) Supporting community interest
   d) Deciding together

10. Which leadership style is defined as 'The leader makes decisions without consulting others'?
    a) Autocratic
    b) Assertive
    c) Democratic
    d) Laissez-faire

11. What section of the health inquiry would involve developing an argument?
    a) Presentation of findings in an appropriate format to suit the audience.
    b) The conclusion.
    c) Use a range of information to explore a health issue.
    d) Interpretation of information.

12. Cultural norms are most often influenced by:
    a) peer pressure from friends
    b) the values of the school you attend
    c) family expectations
    d) your level of knowledge.

13. Which of the following statements is true regarding the influence of media on social norms?
    a) Social media has no influence on social norms.
    b) Social media has a large influence on social norms.
    c) Social norms are more greatly influenced by family expectations than social media.
    d) Social norms are more greatly influenced by levels of education than social media.

14. Select the statement that best describes the relationship between beliefs, values and attitudes.
    a) Attitudes, values and beliefs have no relationship.
    b) Beliefs are translated into attitudes by our values.
    c) Beliefs and values always match and affect our attitude.
    d) Attitudes influence values which then changes your beliefs.

15. Select the statement that is not a skill required to develop self-care?
    a) Enough money to be able to have a choice in doctors.
    b) Decision making skills.
    c) Time management skills.
    d) Motivation and knowledge.

16. A health promotion campaign showed footage of people looking at footage of themselves through an ultraviolet camera to demonstrate the importance of using sunscreen to prevent skin cancer. Getting more people to put on sunscreen is an example of what impact from the campaign?
    a) Financial adaptation
    b) Environmental adaptation
    c) Health literacy adaptation
    d) Behavioural adaptation

17. Which following determinant of health is socio-economic?
    a) Employment
    b) Transport
    c) Body weight
    d) Social exclusion

18. What effect does body weight have on developing chronic diseases?
    a) Increased body weight reduces the chance of developing chronic diseases.
    b) Increased body weight increases the chance of developing chronic diseases.
    c) Below average body weight decreases the chance of chronic disease compared to a healthy body weight.
    d) Body weight has no influence on the chance of developing chronic diseases.

19. Comparing the number of medical services in a major city compared to a rural/remote town is an example of what environmental determinant of health?
    a) Geographic location
    b) Access to services
    c) Natural environment
    d) Transport

20. A refugee is unable to communicate with people from their neighbourhood. Which of the following social determinants of health is demonstrated in the example?
    a) Social gradient
    b) Stress
    c) Culture
    d) Social exclusion

End of Section One

Section Two: Short answer **50% (50 Marks)**

This section has **nine (9)** questions. Answer **all** questions. Write your answers in the spaces provided.

Supplementary pages for the use of planning/continuing your answer to a question have been provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, i.e. give the page number.

Suggested working time: 90 minutes.

Question 21 **(4 marks)**

a) Outline one factor that may influence the values young people hold about health and health behaviours. (1 mark)

Josh's parents often drink when they are out or during social occasions. They regularly get a taxi home from family celebrations as they have had too much to drink to drive.

b) Outline one belief, one attitude and one value toward alcohol consumption that Josh would likely hold. (3 marks)

Question 22 **(5 marks)**

'Information technology is now used in virtually every home in Australia. Ninety-seven per cent of households with children aged under 15 years have access to the internet, with an average number of seven devices per household. Ninety-nine per cent of young people aged 15–17 years are online, making this age group the highest users. They spend an average of 18 hours per week online' (Australian Bureau of Statistics, 2016).

Using what you have learned about the Ottawa Charter of Health Promotion, reference how a new company 'Digital Defenders,' could utilise the five action areas to implement and teach safe online behaviour for young people.

Question 23 **(6 marks)**

A fifteen-year old girl needs a liver transplant. Her ten-year old sister is a perfect match. The parents of the two girls discuss this, and then decide to ask the younger sibling to donate part of her liver to her sister. The younger girl refuses, causing serious conflict within the family.

Explain three resolution skills the family could use to assist them in working through this difficult situation.

Question 24 **(7 marks)**

There are many different aspects to resilience, including the ability to cope and adapt with changes and challenges, the capacity to deal and persist with problems without being overwhelmed, and self-belief in one's ability to deal with obstacles. Young people don't feel that coping with stress strengthened them or that they were not easily discouraged by failure. This suggests that many young people do not feel that they can persist when faced with adversity.

a) Describe stress management and provide one strategy that would assist teenagers in feeling less stressed. (2 marks)

b) Describe time management and an example as to how this could assist a young person who is finding it difficult to cope with a demanding school schedule and busy social life. (2 marks)

c) Outline three ways in which a teenager close to graduating secondary school could access support should they need to. (3 marks)

Question 25 **(8 marks)**

'Perceived neighbourhood safety is often measured by surveying how safe or vulnerable people feel during different times of the day under varying circumstances, for example; being home alone at night. Household experiences with crime and parental perception of neighbourhood safety have been found to impact a child's daily life by shaping the activities parents allow children to be involved in outside the home. Negatively perceived neighbourhood safety is associated with increased sedentary behaviour among adolescents and increased risk of poor future health outcomes such as cardiovascular disease and obesity' (Australian Institute of Health and Welfare, 2020).

a) Describe the relationship between participation and empowerment as it relates to community development. (2 marks)

b) Outline three principles of community development and apply each one to improving the community issue of an 'unsafe environment'. (6 marks)

Question 26 **(6 marks)**

Question 26 relates to the figure below.

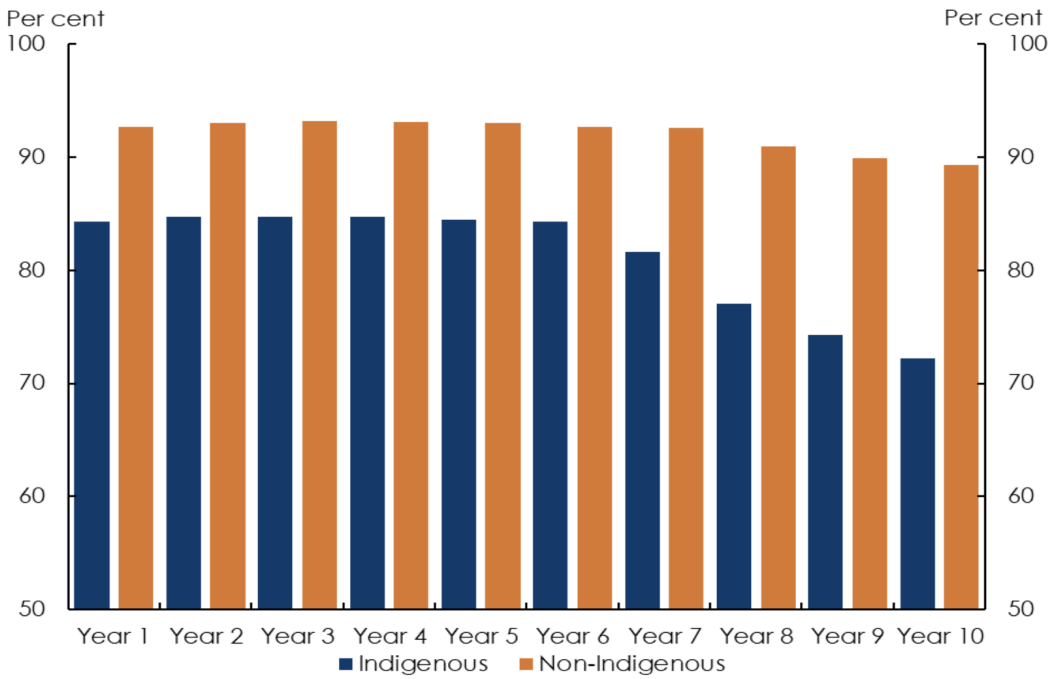

Figure 1: Percentage of Indigenous Students Attending School Years 1 - 10, 2019

a) Identify one conclusion from the data above. (1 mark)

b) With your knowledge of the five levels of participation, outline how you could encourage a community of young indigenous students to attend school more often. (5 marks)

Question 27 **(3 marks)**

'COVID-19 is the disease caused when a person is infected by a new coronavirus called SARS-CoV-2. There are two kinds of tests that can detect whether a person has been infected with SARS-CoV-2 and has the COVID-19 virus. Test one detects the presence of the actual SARS-CoV-2 virus in your body. This is usually done by testing if the virus is present in your throat, nose, nasal secretions or saliva. Test two detects whether your body has produced antibodies to the SARS-CoV-2 infection. This is usually done by taking a sample of your blood and testing your blood for specific antibodies' (Australian Government, Department of Health, 2020)

Outline the three conditions that must be met in order to screen for a specific disease or virus.

Question 28 **(6 marks)**

Jody has been experiencing low self-confidence and can't remember the last time she felt good when she looked in the mirror. She really wants to start eating healthier and exercising regularly so that she can achieve a more balanced lifestyle. She has some friends who go to the gym but is very nervous about participating as she doesn't really know what she is doing.

Apply the Health Belief Model to the above scenario. You may use a diagram to support your answer.

Question 29 **(5 marks)**

Outline the three levels of health literacy and explain two ways in which a person could move up from one level to the next.

End of Section 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.

Supplementary pages for the use of planning/continuing your answer to a question have been provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, i.e. give the page number.

Suggested working time: 60 minutes.

Question 30 **(15 marks)**

a) Explain the four steps involved in a 'Health Inquiry'. (4 marks)

'One in seventeen children aged 2-17 years met the guidelines for the recommended number of servings of both fruit and vegetables in 2017-18. Over seven in ten children ate the recommended serving of fruit, an increase from 2014-15' (Australian Bureau of Statistics, 2018).

b) As part of an initiative from the popular *Crunch&Sip* program, health promoters are working on new media that encourages parents to serve the recommended portion of fruit and vegetables. The group of health promoters will need more funding from the Australian Government for this initiative to be successful. Using your knowledge of a Health Inquiry, use the data above to present an argument explaining to the Australian Government why this new campaign is so important. (5 marks)

c) Explain the three levels of prevention and how someone living with obesity could avoid, minimise or manage this condition. (6 marks)

Question 31 **(15 marks)**

'Question 32 refers to the infographic below.

Figure 2: Mission Australia Youth Survey, 2020.

a) Define the term 'Health Promotion.' (2 marks)

b) Apply the Framework for Health Promotion to efforts targeted towards improving the health and wellbeing of young people in the case of another Covid19 Outbreak or extended lockdown. (13 marks)

Question 32 **(15 marks)**

'The City of Perth is home to several local community groups who are active in their respective neighbourhoods. Neighbourhood-based groups engage with the City of Perth across various initiatives and projects' (City of Perth, 2021).

You have decided to join *Activate Perth*, a local community initiative with a 'mission to connect people and spaces in the City of Perth, in order to create a feeling of belonging'. You have a few ideas about how this could happen.

(a) Describe the six principles of community development. For each principle provide an example of how this could happen whilst working for 'Activate Perth'. (12 marks)

(b) Explain three health benefits this initiative could have in the community of Perth. (3 marks)

Question 33 **(15 marks)**

(a) Define and explain the purpose of social marketing. (2 marks)

(b) Describe the 'Four P's of Social Marketing.' In your response, outline the use of hand sanitiser as a product. (8 marks)

(c) Discuss the impact hand sanitiser may have on incidence, prevalence and burden of disease. (3 marks)

(d) Explain how a person's education can impact their choice to use hand sanitiser. (2 marks)

Additional Page

Additional Page

Additional Page

Additional Page

ACKNOWLEDGEMENTS

Question 21

https://www.who.int/about

Question 22

https://www.donatelife.gov.au/about-donation/frequently-asked-questions/facts-and-statistics

Question 23

https://www.health.gov.au/sites/default/files/documents/2019/09/national-strategic-framework-for-chronic-conditions.pdf

Question 25

https://www.abc.net.au/news/2021-07-20/rise-of-self-harm-mental-health-services-covid-pandemic/100305640

Question 26

https://www.dhs.gov/blue-campaign/what-human-trafficking

https://www.worldvision.com.au/get-involved/advocacy/australian-aid

Question 29

https://www.refugeecouncil.org.au/asylum-community/

Question 31

https://www.dosomething.org/us/facts/11-facts-about-sexting

Question 32

https://rollup.wa.gov.au/

Question 33

https://www.wfpusa.org/articles/10-facts-about-the-syrian-refugee-crisis-in-jordan/