

ATAR course examination, 2021

**MARKING KEY**

**YEAR 11**  
**HEALTH STUDIES**

Student Name: \_\_\_\_\_

<b>Number of additional answer booklets used (if applicable):</b>	
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**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
<b>Total</b>					100

## Instructions to candidates

- 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.
- 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.
- 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.
- 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.

See next 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. 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	C
2	C
3	A
4	D
5	B
6	D
7	D
8	A
9	B
10	A
11	D
12	C
13	B
14	B
15	A
16	D
17	A
18	B
19	A
20	D

**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)

Description	Total marks
One factor that influences values	1 mark
Any factor that may influence a person's values. Answers could be but are not limited to the following: <ul style="list-style-type: none"> <li>How you grew up and what your family values.</li> <li>Where you work and how the value of this impacts you.</li> <li>Who you are social with and how this changes your values.</li> </ul>	
Belief: 1 mark Attitude: 1 mark Value: 1 mark	3 marks
<p>I believe it is normal and okay to drink too much to be able to drive at social and family celebrations.</p> <p>Attitude: I have a positive attitude towards drinking because they seem to be having a good time</p> <p>Value: Fun over health/safety</p> <ul style="list-style-type: none"> <li>Note: Answers could follow either a positive or negative trend.</li> </ul>	

**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.

Description	Total marks
Five action areas (1 mark each)	5 marks
Accurate implementation of application of Ottawa Charter to above scenario	
Answers could include: <ul style="list-style-type: none"> <li>• Build Healthy Public Policy               <ul style="list-style-type: none"> <li>○ Any young person who is using this web company must sign a document that is legally binding and holds them accountable to safe online behaviour.</li> </ul> </li> <li>• Create Supportive Environments</li> <li>• Strengthen Community Action</li> <li>• Develop Personal Skills</li> <li>• Reorient Health Services</li> </ul>	

**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.

Description	Total marks
Three conflict resolution skills	6 marks
1 mark per each correctly outlined skill	
2 marks per each correctly explained skill with relevant example from family scenario	
Answers could include: <ul style="list-style-type: none"> <li>• Negotiation: The process of achieving agreement through discussion- a way to resolute disputes. The fifteen-year old sister could discuss the options with her younger sister in an attempt to see where she is coming from in order to come to a resolution.</li> <li>• Mediation: The use of an impartial party to resolve differences. The hospital could organise an external mediator to come in to assist the family in working through this conflict.</li> <li>• Conflict resolution: Involves the mapping out of issues in a conflict situation and the use of creative thinking to generate solutions and paths of action that are acceptable to all involved. This could include each family member having their say and the group coming to a consensus on the issue.</li> <li>• Leadership is not a valid response in this scenario.</li> </ul>	

**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)

Description	Total marks
a) Describe and provide one strategy for stress management. 1 mark for each correct response	2 marks
b) Describe time management and one example of this. 1 mark for each correct response	2 marks
c) Any three ways a teen can access support	3 marks

Answers could include:

- a) A range of techniques used to control a person's level of stress and reduce the physical and emotional burden caused. A strategy to combat stress could be practicing gratitude for the things that are positive within the stressful situation you are experiencing.
- b) Effectively planning use of time to balance commitments and relaxation times. An example of how a young person could do this is by creating a study plan and then sticking to it so they manage the time they allocated to that task well.
- c) Any plausible ways teens could access support
- Making an appointment and talking through concerns with a School Psychologist.
  - Using online help platforms such as BeyondBlue to talk through issues with similar people.
  - Acknowledging that you cannot fix the problem yourself.
  - Increasing your health literacy by learning ways to prevent feelings of negative stress rather than being overwhelmed and then attempting to fix it.

**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)

Description	Total marks
a) Description must include that increase in empowerment encourages an increase in participation. 1 mark only if two are not linked	2 marks
b) Outline of principles correctly 1 mark each. Application of improving the community issue 1 mark each. No marks if student doesn't outline but applies only	6 marks

Answers could include:

- a) As above
- b) Any of the principles as follows (outlined);
- Sustainability
  - Diversity
  - Human Rights
  - Social Justice
  - Addressing Disadvantage
  - Valuing Local Knowledge

A response worth 2 marks for question b may look like:

Diversity: Allowing every member of the community who is interested to be part of the discussion of how to create a safer neighbourhood. This may mean having meetings with every represented culture, race, gender, education level or health status as part of a decision committee when discussing options together.

**Question 26****(6 marks)**

Question 26 relates to the figure below.

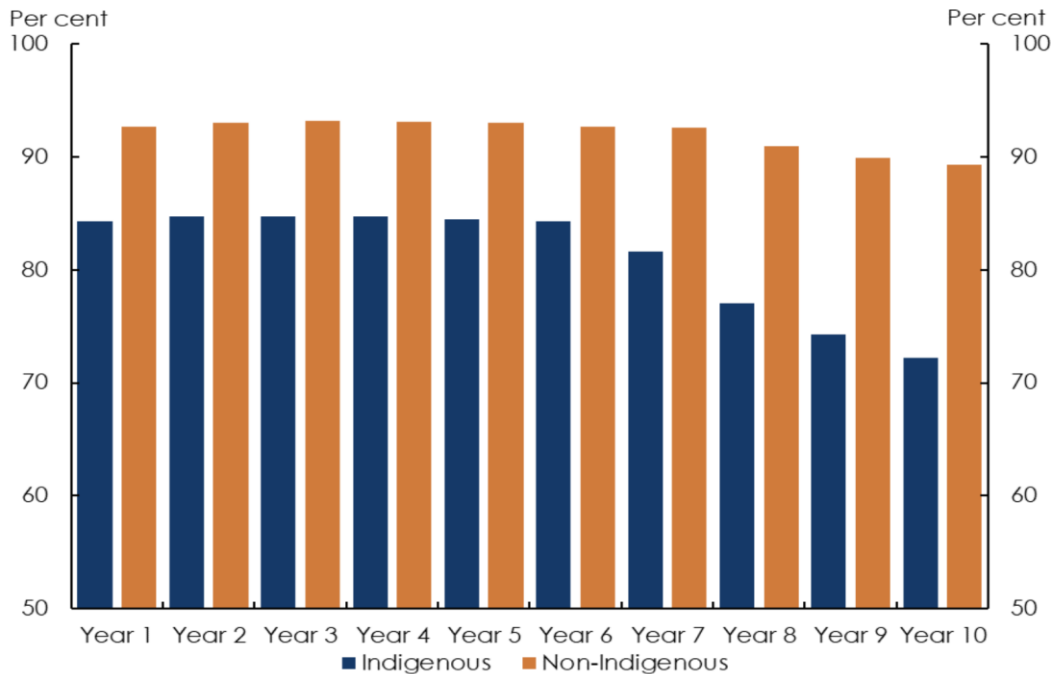


Figure 1: Percentage of Indigenous Students Attending School Years 1 - 10, 2019

- 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)

Description	Total marks
a) Any conclusion in relation to graphed data	1 mark
b) Outline of how you could encourage students to attend school with reference to five levels of participation	5 marks

Answers could include:

- a) Non-indigenous students have a higher attendance rate at school than indigenous students.
- b) Strategies to encourage attendance include:
- Informing the community that there are plans to increase school attendance for the young indigenous people in the area.
  - Consulting the community and asking for feedback about what the efforts are planning and whether or not this will work.
  - Deciding together with community members about what will actually happen.
  - Working with community members to act on the plan that has been discussed.
  - Empowering the community members to create further interventions by supporting community interest of future projects or ideas.



**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.

Description	Total marks
Three conditions outlined correctly as below. 1 mark each	3 marks
<ol style="list-style-type: none"> <li>1. Individuals must be able to recognise early warning signs and know to seek treatment or there must be a test that detects early signs and symptoms</li> <li>2. There must be a test that confirms the disease, virus or bacteria and substantiates the warning signs</li> <li>3. There must be reliable treatment that is successful in treating the disease, virus or bacteria</li> </ol>	

**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.

Description	Total marks
Correct application of each element of the Health Belief Model as below. 1 mark each. Must apply to Jody's situation cannot be general outlining	6 marks
<ul style="list-style-type: none"> <li>• Perceived susceptibility <ul style="list-style-type: none"> <li>○ Eg: Jody believes that if she doesn't change her lifestyle, she will continue to feel badly about herself and this could turn into a more serious condition. She is aware that having low self-confidence will impact her ability to have great friends, perform well at work, and maintain healthy relationships as she has seen advertisements online about low body image and what risks it can create for someone. She knows her Mum had some body image concerns growing up and worries sometimes these have rubbed off onto her.</li> </ul> </li> <li>• Perceived severity</li> <li>• Perceived barriers</li> <li>• Perceived benefits</li> <li>• Cues to action</li> <li>• Self-efficacy</li> </ul>	

**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.

Description	Total marks
<p>Correct outline of each level of health literacy (3 marks). Just outlining use of term 'level one, level two' etc, is not acceptable</p> <p>2 x Correct explanation of how a person could move from one level to the next (2 marks)</p>	5 marks
<p><b>Functional Health Literacy</b></p> <ul style="list-style-type: none"> <li>An individual with functional health literacy can choose products and services for personal use. They can follow instructions on labels and have some knowledge of the risks of those products.</li> </ul> <p><b>Interactive Health Literacy</b></p> <ul style="list-style-type: none"> <li>An individual with interactive healthy literacy is a person who uses the knowledge of functional health literacy to engage and improve their personal skills and strategies to act on health advice. These people are developing independence and take an interest in their own health</li> </ul> <p><b>Critical Health Literacy</b></p> <ul style="list-style-type: none"> <li>Individuals with critical health literacy possess cognitive skills that allow them to initiate social and political change for health. They understand the determinants of health and seek to change the community to improve health.</li> </ul> <p>Answers for ways to improve health literacy could include but are not limited to:</p> <ul style="list-style-type: none"> <li>Increasing reading skill and ability level.</li> <li>Education with a health professional about health issues.</li> <li>Learning about current health issues by comprehending reputable information sources.</li> </ul>	

**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)

Description	Total marks
a) Outline four steps	4 marks
b) Marks allocated dependent on following; <ul style="list-style-type: none"> <li>○ Summary of information (1)</li> <li>○ Identification of trends/ patterns in data and description of this (2)</li> <li>○ Development of argument that encourages general conclusions/ recommendations (2)</li> </ul>	5 marks
c) Explanation of levels of prevention and application to how someone living with obesity could minimise condition. 1 mark for simple explanation, 2 marks for more detailed and reference to obesity	6 marks
a) Planning, Locating and Selecting, Interpreting, Presenting <ul style="list-style-type: none"> <li>○ Outline</li> </ul> b) As above c) Explanation of levels: <ul style="list-style-type: none"> <li>○ Primary: sets out to prevent disease before it occurs. It is the most cost effective preventative health method as it avoids diagnosis, detection, treatment and recovery. A person could choose to eat healthy and change their lifestyle so that they are moving their body daily to decrease the likelihood of becoming obese and having further health issues such as cardiovascular disease.</li> <li>○ Secondary, Tertiary.</li> </ul>	

## 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)

Description	Total marks
a) Definition of term health promotion. 1 mark for simple, 2 marks for more detailed and sophisticated	2 marks
b) Application of Framework to above scenario	13 marks

Answers could include:

a) The process of helping or enabling people to increase control over and to improve their health

b) Breakdown of marks:

- Focus (2 mark)
  - Explanation of 'groups' as a focus
- Strategies (6 marks)
  - Application of each strategy (educational, motivational, organisational, economic, regulatory, technological)
- Impact (4 marks)
  - Impact of both behavioural and environmental adaptations, (2 marks each)
- Outcomes (1 mark)
  - Explanation that the outcome of the above health promotion effort will lead to better health outcomes and increase quality of life.

**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)

Description	Total marks
a) Description of six principles <ul style="list-style-type: none"> <li>○ 1 mark per each description</li> <li>○ 1 mark for each example</li> </ul>	12 marks
b) Explanation of three health benefits <ul style="list-style-type: none"> <li>○ 1 mark for each correct benefit</li> </ul>	3 marks

Answers could include:

a) Six principles include:

- Sustainability
  - Refers to a means of configuring communities and human activity so that society, its members and its economies are able to express their needs and greatest potential in the present whilst building and acting for the future. Eg; using resources that are able to be used for a long period of time, not resources that have been funded temporarily to engage in the project. If the resources are not sustainable then the effort will not continue long term.
- Diversity
- Human Rights
- Social Justice
- Addressing Disadvantage
- Valuing Local Knowledge

b) Answers could be, but are not limited to;

- Increased happiness which increases overall wellbeing and health
- People who participate are less likely to get a mental health condition
- Appreciation and gratitude for 'City of Perth' thereby leading to an optimistic outlook of life which increases life expectancy.

**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)

Description	Total marks
(a) 1 mark for definition 1 mark for purpose	2 marks
(b) 2 marks for each 'P' 1 mark for simple or non-referral to hand sanitiser	8 marks
(c) 1 mark per each reference to impact of epidemiology measures	3 marks
(d) 1 mark for simple response 2 marks for more detailed	2 marks

Answers could include:

- (a) Social marketing is the use of marketing techniques to promote health ideas. It's purpose is not to necessarily sell products or make money from services, but rather the aim is to improve society by changing beliefs, attitudes and values, thereby hoping to improve their health (and health decisions and choices)
- (b) Product, price, place, promotion
- Product: products can be a physical item or a practice. The aim of a product is to change the perception of the consumer to the problem in order to take action against the problem. The use of hand sanitiser as a product is that it is effective in protecting you from germs and is used widely by medical professionals proving its validity as a health item
- (c) Impact:
- Incidence: could reduce the number of new cases of a virus as people will be more 'germ free'
  - Prevalence: could reduce the number of a population with a virus
  - Burden: could reduce the amount of people taking days off work thereby reducing burden on a company or society
- (d) Increased education, increases health literacy