



GOVERNMENT OF SAMOA

STUDENT EDUCATION NUMBER									

Samoa National Junior Secondary Certificate

HEALTH and PHYSICAL EDUCATION 2023

QUESTION and ANSWER BOOKLET

Time allowed: 3 Hours & 10 minutes

INSTRUCTIONS

1. You have 10 minutes to read **before** you start the exam.
2. Write your **Student Education Number (SEN)** in the space provided on the top right-hand corner of this page.
3. **Answer ALL QUESTIONS.** Write your answers in the spaces provided in this booklet.
4. If you need more paper to write your answers, ask the Supervisor. Write your SEN on all extra sheets used and clearly number the questions. Attach the extra sheets to the appropriate places in this booklet.

STRANDS		Pages	Time (min)	Weighting
STRAND 1	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	2 – 7	54	30
STRAND 2	ACTIVE HUMAN MOVEMENT	8 – 13	46	26
STRAND 3	ACTIVE FAMILY HEALTH	14 – 17	40	22
STRAND 4	ACTIVE COMMUNITY HEALTH	18 – 22	40	22
TOTAL			180	100

Check that this booklet contains pages 2 - 23 in the correct order and that none of these pages are blank.

HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

1. State **ONE** way in which a person can know that a relationship is platonic.

SL 1

2. State **ONE** way in which sexual abuse affects the abused person.

SL 1

3. State the best advice you can give a good friend to help him or her cope with peer pressure.

SL 1

4. State **ONE bad way** of meeting emotional needs.

SL 1

5. Define the term '**adolescence**'.

SL 1

Use the following resources to answer Question 6.



<https://drexel.edu/medicine/academics/womens-health>
<https://www.ws-virology.org/special-discount>

6. Describe **ONE** healthy way by which a young girl can protect herself from unwanted pregnancy.

SL 2

Use the resource given to answer Question 7.



<https://pojuoyemade.com/dont-ever-participate-in-belittling>

7. Describe **ONE** situation in which you felt that you were being emotionally hurt.

SL 2

Refer to the resource below to answer Question 8.



<https://mypositiveparenting.org/2018/12/21/protect-children-from-sexual-abuse/>

8. List **TWO** consequences of sexual abuse.

SL 2

9. Describe **ONE** acceptable behaviour that can be adopted by young people to make them respectable members of the community.

SL 2

Refer to the resource given below to answer Question 10.



Most fad diets do not teach new eating habits; instead they rely upon you giving up entire food groups.

<https://www.uaex.uada.edu/counties/miller/news/fcs/meal-prep-healthy-eating/>

10. Explain **ONE** result of Fad dieting.

SL 3

Refer to the resource below to answer Question 11.



<https://kidshelpline.com.au/teens/issues/gender-identity>

11. Sexual identity is one aspect of sexuality. Explain the importance of sexual identity in a person's sexuality.

SL 3

Refer to the resource given below to answer Question 12.

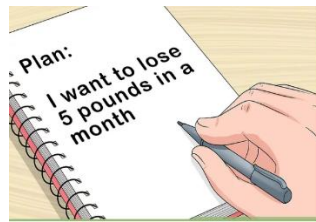


<https://ncdalliance.org/news-events/blog/pacific-islands-take-the-bull-by-the-horns-to-combat-the-ncds-crisis>

12. Explain how one fitness goal you have now will protect you against Non-Communicable Diseases later in life.

SL 3

Read the resource given below to answer Question 13.



<https://www.wikihow.com/Create-a-Personal-Fitness-Plan>

13. Design a one-week fitness programme for a Year 10 student who wants to lose weight.

SL 4

Refer to the resource below to answer Question 14.



<https://www.newtimes.co.rw/article/146823/Caroon/editorial-cartoon>

14. Discuss, using **ONE** example or **TWO**, how you can use a named strategy to help protect teenagers from any one of the three dangers indicated in the resource above.

SL 4

Refer to the resource given below to answer Questions 15 – 17.



<https://ws.usembassy.gov/operation-aiga-u-s-coast-guard-teams-with-samoa-maritime-personnel-to-patrol-samoan-waters/>

15. The students in the picture are learning a skill movement. Name **ONE** of the three stages in learning a skill movement.

SL 1

16. Define the term ‘conditioning programme.’

SL 1

17. State **ONE** effect of training on the cardio-respiratory system.

SL 1

18. Define the term ‘deoxygenated blood.’

SL 1

Use the resource given below to answer Question 19.



<https://twitter.com/samoatourism/status/1359638665589182464>

19. Describe one movement skill that helps a person keep afloat in water.

SL 2

Refer to the resource given below to answer Question 20.



<https://samoaglobalnews.com/feagaiga-stowers-2022-commonwealth-games-invitational/>

20. Different forms of resistance training include using free weight, weight machines, resistance bands, etc. Describe how resistance training increase muscle strength.

SL 2

Refer to the resource given below to answer Question 21.



<https://www.samoobserver.ws/category/samoa/51538>

21. In order to make their own version of kirikiti, Samoans made changes to English cricket. Describe ONE of these change that were made to the English cricket.

SL 2

22. Explain why the Samoan matai and government officials made changes to English cricket to make their own *kirikiti*.

SL 3

Refer to the resource given to below to answer Question 23.



<https://exerciseright.com.au/what-is-recovery/>

23. Active recovery occurs soon after intense exercise. Explain why recovery after training is important.

SL 3

24. Training affects males and females in different ways. Explain **ONE** effect of training on females during puberty.

SL 3

Refer to the resource given below to answer Question 25.



<https://depositphotos.com/117965498/stock-photo-woman-worker-stress-cartoon.html>

25. Explain **ONE** impact of long-term stress to one's health.

SL 3

Refer to the resource given to answer Question 26.



<https://www.cartoonstock.com/directory/a/athletics.asp>
<https://www.slideshare.net/shreya2611/drugs-and-sports-165758110>

26. Discuss, using **ONE** or **TWO** examples, the impact of drugs on the development of sports in Samoa.

SL 4

Refer to the resource given below to answer Question 27.



<https://pacificwomen.org/wp-content/uploads/2017/09/Samoa-gender-stocktake.pdf>

27. State **ONE** stereotypical gender role for boys in Samoa.

SL 1

28. State **ONE** example of a positive reinforcement that motivates students to do well in school.

SL 1

29. Define the term **‘mental health issue.’**

SL 1

30. Describe how respect is shown in a Samoan home.

SL 2

31. Describe the concept of *Feagaiga* in the context of family relationships.

SL 2

32. Family pressure is often caused by money, health and wellness, lack of time together, family relationships etc. Describe how pressure to do well in school can affect a Year 10 student.

SL 2

Refer to the resource given below to answer Question 33.



<https://hawaiicatholicherald.com/2019/10/31/celebrating-white-sunday-a-samoan->

33. Explain **ONE** impact of modern changes to a teenager living in Samoa.

SL 3

Use the resource given below to answer Question 34.



<https://samoaglobalnews.com/samoa-raises-awareness-of-mental-illness-and-its-effects>

34. Explain, using **ONE** example, the impact of drug abuse on the mental health of teenagers in Samoa.

SL 3

Refer to resource given below to answer Question 35.



<https://mycanopy.org/2018/07/tackling-tough-choices/>

35. Explain why making wise choices is important for a young person.

SL 3

Use the resource given below to answer Question 36.



<https://en.wikipedia.org/wiki/Samoans>

36. A family should be responsible for their own health and wellbeing. Discuss the impact that a good family environment (both physical and emotional) has on a family’s health and wellbeing.

SL 4

Use the resource given below to answer Question 37.



<https://www.oceaniafootball.com/samoa-celebrates-health-and-wellness-week/>

37. Name an initiative in the village that will promote good health and fitness.

SL 1

Refer to the resource given below to answer Question 38.



<https://www.volunteering.org.au/projects/volunteer-in-samoa/>

<https://www.samoafire.org/community-volunteer-program>

38. State an advantage on a Year 10 student if he or she joins a community volunteer service scheme.

SL 1

39. Describe how a hobby can promote health and fitness.

SL 2

Refer to the resource given below to answer Question 40.



<https://www.samoaoobserver.ws/category/samoa/50247>

40. List **TWO** cultural activities that have a positive impact on health and fitness.

SL 2

Refer to the resource given below to answer Question 41.



<https://www.worldbank.org/en/results/2012/04/26/>

<https://devpolicy.org/agriculture-in-samoa-changing-farmers-mindset-is-only>

41. Describe how agricultural production contribute to health and fitness in the community in Samoa.

SL 2

42. Explain the importance of parents taking responsibility for the good health and fitness of all family members.

SL 3

43. Explain the relationship between the migration of people into Samoa and the health issues that people face.

SL 3

Refer to the resources given below to answer Question 44.



<https://www.samoaoobserver.ws/category/samoa/97484>

<https://www.facebook.com/photo/?fbid=1002799319751090&set=a.1002781089752913>

<https://www.samoaoobserver.ws/category/samoa/44030>

44. Discuss **ONE** benefit of different sporting and exercise facilities being available to members of the community to use.

SL 4

Refer to the resource given below to answer Question 45.



<https://www.women.rugby/news/378795/samoa-women-excited-to-return-to-the-international-stage>

<https://www.insidethegames.biz/articles/1125829/samoa-chef-de-mission>

45. Discuss the impact of one gender issue that, in your view, has discriminated against women participating in sports in Samoa.

SL 4

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2023**

(For Scorers only)

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STRAND 1	ACTIVE PERSONAL HEALTH AND RELATIONSHIPS	30			
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