

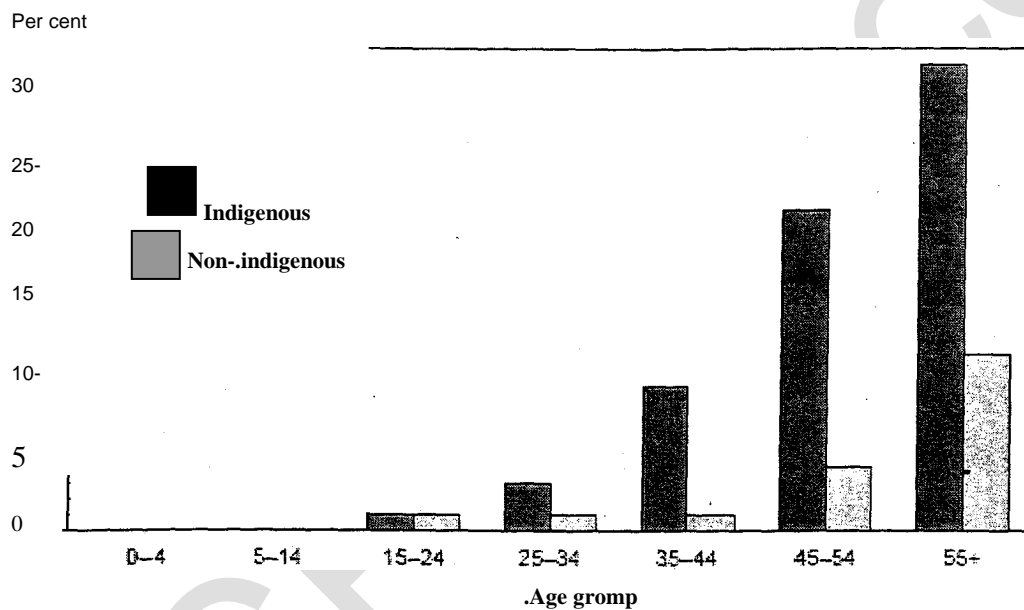
STUDENT NUMBER/NAME: .....

1. In Australia in 2001-2002, there were 6.4 million hospital admissions. Which of the following measures of epidemiology would contain this information?
  - (A) life expectancy
  - (B) mortality rates
  - (C) morbidity rates
  - (D) . infant mortality rates
  
2. Which of the following cancers reflects the trend of increasing mortality rates in females yet decreasing mortality rates in males?
  - (A) melanoma
  - (B) colorectal cancer
  - (C) lung cancer
  - (D) liver cancer
  
3. Which of the following health priority areas has experienced the greatest increase in prevalence over the past two decades?
  - (A) suicide
  - (B) lung cancer
  - (C) asthma
  - (D) diabetes
  
4. Which of the following best represents a health inequality experienced by Australians born overseas?
  - (A) Australians born overseas have higher overall mortality rates
  - (B) Australians born overseas have a lower incidence of skin cancer
  - (C) Population groups of Asian origin have a lower rates of cervical cancer.
  - (D) Australians born overseas have higher hospitalisation rates
  
5. Which of the following best identifies the role of health professionals in the new public health approach to health promotion?
  - (A) health professionals place the sole responsibility for health on the individual
  - (B) health professionals help individuals exercise greater control over their health
  - (C) health professionals are only accessible in larger urban centres.
  - (D) health professionals assume that all individuals are able to change their behaviours
  
6. At which level is responsibility for financing healthcare through collection of taxes implemented?
  - (A) the Commonwealth government
  - (B) state governments
  - (C) local governments
  - (D) employers

7. Which of the following alternative health care approaches has a holistic focus, which addresses both the symptoms and underlying causes of illness?
- (A) aromatherapy
  - (B) acupuncture
  - (C) homeopathy
  - (D) naturopathy
8. A decision to provide government funding for research into the causes of mental health is an example of which action area of the Ottawa Charter?
- (A) creating supportive environments
  - (B) developing personal skills
  - (C) strengthening Community Action
  - (D) building healthy public policy

9. Observe the following graph:

*Incidence of Diabetes in indigenous vs. non-indigenous Australians:*



This graph indicates that indigenous people will be at higher risk of which of the following?

- (A) cancer
  - (B) arthritis
  - (C) blindness
  - (D) suicide
10. Which of the following best reflects the principle of "*Promoting social responsibility for health*" as outlined in the\*\* Jakarta Declaration?
- (A) Policies and practices that promote environmental protection and the sustainable use of resources
  - (B) Enhancing the partnerships between all levels of government and non government sectors, including the sharing of resources
  - (C) Increasing the capacity of communities to develop leadership training and empowering the individual
  - (D) Increasing investments in health development including additional resources for housing and education

11. What is the energy source for a single throw of the shot put?
- (A) oxygen
  - (B) adenosine triphosphate
  - (C) carbohydrate
  - (D) creatine phosphate
12. Why is the proprioceptive neuromuscular facilitation (PNF) stretching technique for muscles considered safer than ballistic stretching?
- (A) PNF stretching always activates the stretch reflex
  - (B) PNF stretching uses a static stretch in combination with safe isotonic contractions to strengthen muscles
  - (C) The static stretch component of PNF stretching is less likely to cause microscopic tears to muscle fibres
  - (D) PNF stretching focuses on strengthening multiple muscle groups simultaneously to avoid overload on specific muscle groups
13. Which of the following would best suggest that an endurance training program has been successful?
- (A) the athlete's resting heart to workload ratio increases as fitness improves
  - (B) blood lactate levels rise quickly in response to any increase in exercise intensity
  - (C) during exercise, ventilation rates increase rapidly to ensure oxygen supply
  - (D) maximum cardiac output steadily increases over the training period
14. Why is carbohydrate loading important to success in endurance events?
- (A) carbohydrate is the preferred fuel for continuous, moderate intensity work.
  - (B) the lactic acid system can exhaust carbohydrate fuel supplies within 30 minutes
  - (C) carbohydrate loading stimulates fat metabolism, important in endurance work
  - (D) carbohydrate is the only fuel that can supply energy for aerobic metabolism
15. Why should endurance activities in conditions of high humidity and high temperature be avoided?
- (A) it is impossible to drink sufficient water to keep body temperature under control
  - (B) evaporative heat cannot be dispersed because the atmosphere is already saturated
  - (C) high humidity combined with high temperature causes vasoconstriction
  - (D) high humidity and exercise combine to cause salt loss resulting in muscle cramps

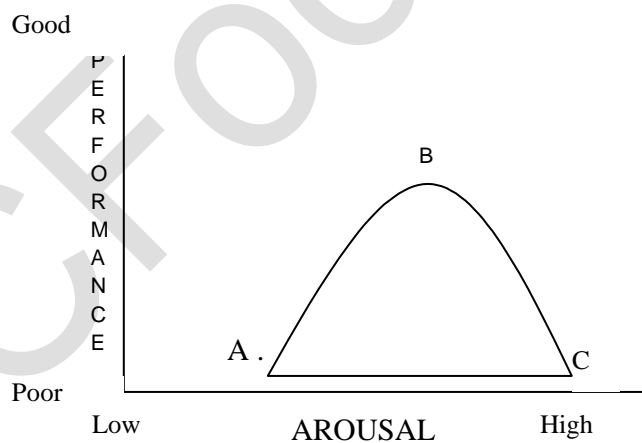
16. An unskilled tennis player tosses the ball during a serve. The player connects with the racquet frame rather than the strings.  
Which of the following needs improvement?

- (A) the player's kinesthesia
- (B) the player's mental approach
- (C) the player's consistency
- (D) the player's timing

17. Which of the following best illustrates that a learner is in the cognitive stage of skill acquisition?

- (A) The coach needs to demonstrate the skill as a whole to enhance concept formation.
- (B) Execution of the movement is efficient.
- (C) The coach shows a video of the skill during a recent competition and is critical of the way this skill was performed in a pressure situation.
- (D) The performer easily adapts to practice sessions conducted in an open environment.

18. Observe the arousal curve graphed below:



Which of the following best illustrates position C on the arousal curve for a high jumper about to attempt the final jump in a championship?

- (A) This level of arousal releases sufficient adrenalin for the best performance.
- (B) This point indicates the optimal level of arousal.
- (C) This level of arousal is higher than the level necessary for the best performance.
- (D) This point indicates that trait anxiety has been overwhelming.

19. Which of the following best illustrates use of negative motivation to improve sports performance?

- (A) the coach ignores the player during practice sessions
- (B) the crowd cheers when the attempt at goal misses
- (C) knowledge that sponsorship termination is possible
- (D) a win is necessary to achieve personal performance goals

**GRAPHS WOULD NOT SCAN**

Which of the above graphs best illustrates the effect of progression from rest to maximal exercise in terms of heart rate (HR) and stroke volume (SV)?

- (A) Figure 1
- (B) Figure 2
- (C) Figure 3
- (D) Figure 4

Question 21

- a) Australians over the age of 65 years represent 12% of the Australian population and this will double over the next 20 years.

Examine the impact of the aging population on the funding of health care in Australia.

- (b) Demonstrate how the *Ottawa Charter action areas* could be used to address the alarming increase in the incidence of Type 2 Diabetes in Australia. .... 12

**Question 22 - Factors Affecting Performance** (20 marks)

- (a) Describe the immediate physiological responses in an individual resulting from moderate aerobic activity.
- (b) Compare the stages of skill acquisition.
- (c) Apply your knowledge of nutrition to distinguish between the dietary needs of an inactive person and a competitive endurance athlete.

**Question 23 – Sport and Physical Activity In Australia**(40 marks)

- (a) Briefly explain how men's and women's participation in sport differed in the 19th century. 4
- (b) "Sport is a product and an industry." 6  
Discuss the statement with reference to a major sport in Australia.
- (c) Justify the current extent of media coverage allocated to male dominated sports (versus female dominated sports) in Australia. 10
- (d) Explain how sport can have a socialising effect, developing and reinforcing attitudes, beliefs and values in society. 10
- (e) Explain how sport can be used for political purposes. 6
- (f) Briefly explain how sport has contributed to establishing Australia's national identity. 4