

HSC - 2022

HSC Trial Examination

PDHPE

R Wrightson



Task Number: 4

Notification Date: Term 3 – Week 2 Mon 25/7/22 (P2)

Weight: 30%

Due Date: Term 3 - Week 4 As per exam timetable

OUTCOMES ASSESSED

- H1 describes the nature and justifies the choice of Australia's health priorities
- H2 analyses and explains the health status of Australians in terms of current trends and groups most at risk
- H3 analyses the determinants of health and health inequities
- H4 argues the case for health promotion based on the Ottawa Charter
- H5 explains the different roles and responsibilities of individuals, communities and governments in addressing Australia's health priorities
- H6 demonstrates a range of personal health skills that enables them to promote and maintain health (Option 1)
- H7 explains the relationship between physiology and movement potential
- H8 explains how a variety of training approaches and other interventions enhance performance and safety in physical activity
- H9 explains how movement skill is acquired and appraised
- H10 designs and implements training plans to improve performance
- H11 designs psychological strategies and nutritional plans in response to individual performance needs
- H13 selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity (Option 3)
- H14 argues the benefits of health-promoting actions and choices that promote social justice
- H15 critically analyses key issues affecting the health of Australians and proposes ways of working towards better health for all
- H16 devises methods of gathering, interpreting and communicating information about health and physical activity concepts
- H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation

TASK DESCRIPTION

During this HSC Trial Examination period, you will complete PDHPE Assessment Task 4 in the form of a formal examination.

You will be assessed on content relating to all modules studied to date. These include:

- Core 1 – Health Priorities In Australia
- Core 2 – Factors Affecting Performance
- Option 3 – Sports Medicine
- Option 4 – Improving Performance

TASK INSTRUCTIONS

General Instructions

- Reading time – 5 minutes
- Working time – 2 ½ hours
- Write using black pen

Total marks:
100

Section I – 60 marks

- This section has two parts, Part A and Part B

Part A – 20 marks

- Attempt Questions 1-20
- Allow about 30 minutes for this part

Part B – 40 marks

- Attempt all short answer questions
- Allow about 1 hour for this part

Section II – 40 marks

- Attempt TWO Questions from Questions provided
- Allow about 1 hour for this section

Marks will be allocated next to each question in the examination paper. This task will be conducted under formal examination conditions, as per assessment booklet.

Feedback:

Teacher Signature: _____

Date: _____

Task Mark	Task Rank	Accumulative Rank

Teacher's signature: _____ Head Teacher's signature _____

Deputy's signature: _____