Holy Cross College, Ryde
Year 11 PDHPE
Assessment # 3: Preliminary Examination

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<th>Assessment Task #:</th>
<th>Date Issued:</th>
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<td>Task 3</td>
<td>Term 3, 2019</td>
<td>Week 7, Term 3, 2019 Tuesday September 3rd</td>
<td>40%</td>
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SUBMISSION INSTRUCTIONS
Your written examination will be completed during exam block in week 7 of Term 3, 2019.

CONTEXT (OR PURPOSE) FOR THE TASK
Students will need study the chapters identified in Core 1, Core 2, Option-First Aid and Option-Fitness Choices. The exam will be made of 15 multiple choice questions, 30 marks of short response questions, 30 marks of Option sections (extended response).

TASK RUBRIC
In your answer you will be assessed on how well you:
- Examine perceptions of health by exploring questions such as:
  - how might an individual’s perception of health affect their behaviour and well-being?
  - How healthy am I? How healthy do other people think I am? How healthy do I think other people are?
- Identify protective and risk behaviours for health issues relevant to young people and predict how risk decreases or increases when multiple factors interact.
- Determine the degree to which perceptions of health are socially constructed

OUTCOMES BEING ASSESSED, GENERAL CAPABILITIES & CROSS CURRICULUM PRIORITIES
Outcomes listed by the number and description.

- **P1** Identifies and examines why individuals give different meanings to health
- **P2** Explains how a range of health behaviours affect an individual's health
- **P3** Describes how an individual’s health is determined by a range of factors
- **P4** Evaluates aspects of health over which individuals can exert some control
- **P5** Describes factors that contribute to effective health promotion
- **P6** Proposes actions that can improve and maintain an individual’s health
- **P7** Explains how body systems influence the way the body moves
- **P8** Describes the components of physical fitness and explains how they are monitored
- **P9** Describes biomechanical factors that influence the efficiency of the body in motion
- **P10** Plans for participation in physical activity to satisfy a range of individual needs
Assesses and monitors physical fitness levels and physical activity patterns

Demonstrates strategies for the assessment, management and prevention of injuries in first aid settings

Forms opinions about health-promoting actions based on a critical examination of relevant information

Uses a range of sources to draw conclusions about health and physical activity concepts

Analyses factors influencing movement and patterns of participation

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THE TASK

ASSESSMENT 3 : END OF YEAR EXAMINATION

DUE DATE : Term 3, Week 7 Examination Block, 2019

Revise and study the following chapters and information from Core 1, Core 2, Option-First Aid and Option-Fitness Choices. The examination will be made up of 15 multiple choice questions, 30 marks of extended response questions and 30 marks for the Option questions. You will be allocated 5 minutes reading time and 2 hours to complete the examination.

TOPIC AREAS:

CORE 1 – BETTER HEALTH FOR INDIVIDUALS
CORE 2 – BODY IN MOTION
OPTION 1 – FIRST AID
OPTION 3 – FITNESS CHOICES

Use all of the resources that have been given to you for revision including :

- Your Syllabus
- Your Outcomes text book.
- Your Notes documents
- Practice question books
- Database entries and lessons
- Your summary dot points for all of the chapters.
- PDHPE teachers in person or via email.