MA99 EDUCATION

Health and Movement Science: Practice Paper 1

01

NSW HEALTH AND MOVEMENT SCIENCE 11-12 SYLLABUS 2023

FOR HSC 2027 AND LATER

1. Instructions

How to use this paper

- Working time: about 75 minutes. Total: 42 marks, at the HSC rate of about 1.8 minutes a mark.
- Section I: 10 multiple choice questions. Section II: 4 short answer items, 20 marks. Section III: one extended response, 12 marks.
- Sit it in one go with no notes, then mark it against the guidance at the back before you read the sample answers as explanations.

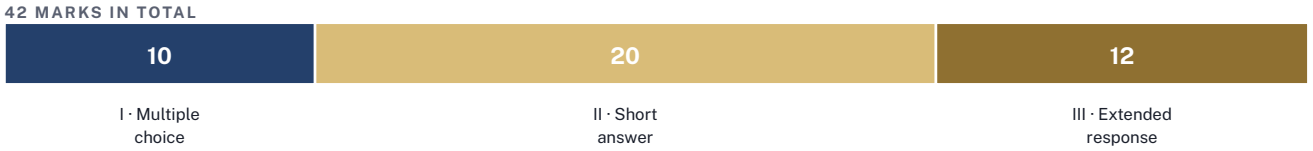


Figure 1 · How the 42 marks are split. Your time should follow the same split, about 1.8 minutes a mark.

2. Section I · Multiple choice

10 marks. Attempt Questions 1 to 10. Choose the best answer. Each question is worth 1 mark.

Question 1

1 MARK

Burden of disease combines fatal burden with

A mortality alone
B healthcare cost
C non-fatal burden
D life expectancy

Question 2

1 MARK

Which body funds Medicare?

A The Australian Government
B Local government only
C Private insurers only
D State governments only

Question 3

1 MARK

Telehealth mainly improves access for people

A in major cities
B who prefer paper records
C with no internet
D in rural and remote areas

Question 4

1 MARK

Which FITT variables most directly determine which energy system is trained?

A frequency
B intensity and time
C type only
D none of these

Question 5

1 MARK

A chronic adaptation to aerobic training is

A increased VO_2 max
B decreased VO_2 max
C decreased capillary density
D decreased stroke volume

Question 6

1 MARK

Periodisation divides a program into

A random weeks
B one phase only
C rest weeks only
D phases with changing focus

Question 7

1 MARK

Which is a group experiencing inequities in health?

A People in major cities only
B Aboriginal and Torres Strait Islander people
C All Australians equally
D People aged 15 to 24 only

Question 8

1 MARK

A closed skill is performed in

A a changing environment
B competition only
C a stable, predictable environment
D a team only

Question 9

1 MARK

The digital divide refers to unequal access to

A hospitals only
B Medicare only
C medication only
D internet, devices and digital literacy

Question 10

1 MARK

Goal setting mainly supports performance by

A increasing arousal only
B directing effort and providing a standard for progress
C replacing training
D reducing motivation

3. Section II · Short answer

20 marks. Attempt Questions 11 to 14. Answer in the spaces provided. Use the verb in each question to decide how much to write, and support every point with a named example or dated data.

3.1 Focus Area 1 · Health in an Australian and Global Context

Question 11

4 MARKS

Outline what is meant by a digital health record.

Question 12

6 MARKS

Explain how Medicare supports the social justice principles of access and rights.

3.2 Focus Area 2 · Training for Improved Performance

Question 13

4 MARKS

Outline the difference between an acute response and a chronic adaptation to exercise.

Question 14

6 MARKS

Explain how the FITT principle could be manipulated to target the ATP-PC system in training for a sprinter.

4. Section III · Extended response

12 marks. Attempt Question 15. Answer in the spaces provided.

Question 15

12 MARKS

Analyse how technology and data are changing access to healthcare in Australia.

End of paper.

Attempt record

Date each attempt and record the section marks separately. A single total hides which section is costing you. Note one change for the next attempt.

DATE	SECTION I	SECTION II	SECTION III	TOTAL OUT OF 42	THE ONE CHANGE I AM MAKING

DATE	SECTION I	SECTION II	SECTION III	TOTAL OUT OF 42	THE ONE CHANGE I AM MAKING

5. Marking guidance

Mark your answers after you have finished, not while you write. The sample answers show one way to reach full marks; other accurate, relevant points earn marks too. The criteria for the extended responses are MA99's own, written in the style of HSC marking guidelines.

5.1 Section I

Q	ANSWER	Q	ANSWER
1	C	6	D
2	A	7	B
3	D	8	C
4	B	9	D
5	A	10	B

5.2 Section II

Question 11 · 4 marks

A digital health record stores a person's health information electronically so it can be shared, with the patient's consent, between treating providers. This supports continuity of care by letting a specialist or hospital see relevant history, such as medications, without the patient needing to repeat it.

Question 12 · 6 marks

Medicare supports access by subsidising or fully covering general practitioner visits, public hospital care and many specialist services, so cost does not prevent people from reaching essential care. It supports rights by providing this cover to all Australian citizens and permanent residents on the same basis, reflecting the principle that all people are entitled to the same basic conditions for good health regardless of income.

Question 13 · 4 marks

An acute response is the body's immediate, short-term reaction to a single session, such as a rise in heart rate during exercise. A chronic adaptation is a lasting change built over weeks or months of repeated training, such as a lower resting heart rate.

Question 14 · 6 marks

Intensity should be near maximal, since the ATP-PC system fuels very high intensity effort. Time per effort should be short, around 5 to 10 seconds, matching the system's duration, with long, complete recovery of about 2 minutes between efforts, allowing the system to fully replenish before the next maximal effort.

5.3 Section III

Criteria for a 12 mark response

MARKS	CRITERIA
10 to 12	A sustained, logical response that makes a clear judgement, explains the relationships the question names, and supports every point with accurate, specific and dated evidence and precise syllabus terms.

MARKS	CRITERIA
7 to 9	A logical response with a judgement, explaining most relationships with relevant evidence and correct terms.
4 to 6	Some explanation with general evidence; tends to describe rather than analyse or evaluate.
1 to 3	Relevant points with little explanation or evidence.

Question 15 · a sample response

Technology is changing access to healthcare in Australia in ways that both improve and challenge equity. Telehealth allows people in rural and remote areas to consult specialists without long travel, directly improving access for a group that has historically faced geographic barriers to care. Digital health records improve continuity of care by letting information follow a patient between providers, reducing duplicated tests and missed information when a patient sees a new provider. However, these same technologies can widen the access gap for people affected by the digital divide, including some older Australians and people in areas with poor internet coverage, who may be less able to use telehealth or a digital health record even where in-person alternatives become harder to access. On balance, technology is expanding access to healthcare for many Australians, particularly those facing geographic barriers, but its effectiveness depends on deliberate action to prevent the same technology from disadvantaging those with the least digital access, meaning the change in access is a genuine improvement for most, but not yet an equitable one for all.

5.4 After you mark it

Circle every question where you lost more than a third of the marks. Those are your next session, in that order.

IF YOU LOST MARKS ON	GO TO
Section I	The Glossary and the Summary for that focus area, then the same items again in a week
Explain, analyse and evaluate items	The Exemplar for that focus area: compare your first sentence with its opening judgement
Extended responses	The Topic Notes section the question names, then rewrite your response

About this resource

MA99 EDUCATION

Scope

NSW Health and Movement Science, Year 12. Written to the NSW Health and Movement Science 11-12 Syllabus 2023, both focus areas, for students sitting the HSC in 2027 and later years. Every worked context uses current Australian health data from the AIHW and ABS, each figure dated and sourced, and invented athletes and communities for worked examples, and every number was recomputed from its inputs before printing.

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