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Tasmanian Certificate of Education  
External Assessment 2020

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# HEALTH STUDIES

(HLT315118)

## SECTION A

Pages: 16

Questions: 5

### Introduction to Health / Personal Health

Time recommended for this section: 60 minutes

#### Candidate Instructions

1. A total of **FOUR** questions are to be answered in **Section A**.
2. You **MUST** answer **Questions 1, 2 AND 3**.
3. You **MUST** answer **EITHER Question 4 OR Question 5**.
4. You **MUST** make sure that your responses to the questions in this examination paper will show your achievement in the criteria being assessed.
5. Answers must be written in the spaces provided on the examination paper.
6. You should make sure you answer all parts within each question so that the criteria can be assessed.
7. It is recommended that you spend approximately **60 minutes** in total answering the questions in **Section A**.
8. All written responses must be in English.

On the basis of your performance in this examination, the examiners will provide results on each of the following criteria taken from the course document:

**Criterion 1** Differentiate and analyse key factors that influence the health of individuals.

**Criterion 4** Investigate specific health issues, including options for preventive, curative and treatment strategies.

**Criterion 7** Communicate ideas and information in a variety of forms.

**Criterion 8** Analyse and interpret health related data and information.

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**Question 1** (10 minutes)

This question assesses **Criterion 8**.

Use the information below to answer the questions that follow.

When UV is:

**UV Index 3 or Above**

- Sun protection is a priority
- Most people reduce their risk of low vitamin D through a few minutes of typical day to day activity outdoors
- Remember to slip, slop, slap, seek and slide



When UV is:

**UV Index Below 3**

- Sun protection is generally not required
- Go outdoors in the middle of the day to support vitamin D production
- Being physically active e.g. gardening or going for a walk will help



**UV index in selected Australian cities averaged over the days in each month:**

Location	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Darwin	12.3	12.8	12.5	11	9.2	8.2	8.7	10.2	11.9	12.6	12.3	11.9
Brisbane	11.8	11.2	9.4	6.9	4.8	3.7	4.1	5.4	7.4	9	10.6	11.3
Perth	11.8	10.9	8.6	5.8	3.8	2.8	3	4.3	6.1	8.2	9.9	11.4
Sydney	10.6	9.6	7.5	5.2	3.2	2.3	2.5	3.7	5.4	7.2	8.8	10.1
Canberra	10.9	9.5	7.3	4.8	3	2	2.3	3.4	5.2	7.2	8.9	10.6
Adelaide	11.2	10.1	7.8	5.1	3	2.1	2.3	3.5	5.2	7.3	9.2	10.6
Melbourne	10.3	9.1	7	4.4	2.4	1.6	1.8	2.8	4.3	6.4	8.3	9.8
Hobart™	9.7	8.3	5.8	3.2	1.6	1	1.2	2	3.5	5.5	7.3	9.3

■ UV levels remain below 3

Source: Cancer Council Victoria

(a) What is the table representing?

(1 mark)

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(b) Which city / cities must make sun protection a priority for every month of the year?

(1 mark)

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**Question 1 continues.**

**Question 1 (continued).**

- (c) Which city has recorded the greatest difference in UV index throughout the year? Use data to support your answer. (2 marks)

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- (d) Did all cities record their highest UV index in the same month? Explain using data. (3 marks)

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- (e) Describe the overall trend in UV index across all listed Australian cities. (3 marks)

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<p><b>Question 1 Total</b></p> <p><b>/ 10</b></p>
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**Question 2** (10 minutes)

This question assesses **Criterion 1**.

- (a) Describe ONE personal skill considered invaluable in promoting personal safety for a young person. (2 marks)

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- (b) Outline ONE example of a strategy a young person could use to advocate for their wellbeing. (2 marks)

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- (c) Describe ONE example of a positive risk a young person could engage in and highlight TWO considerations they should acknowledge to increase the likelihood of a positive outcome. (3 marks)

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**Question 2 continues.**

**Question 2 (continued).**

(d) Identify the relationship between health literacy and improving personal health. (3 marks)

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<p><b>Question 2 Total</b></p> <p><b>/ 10</b></p>
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**Answer: EITHER Question 4 OR Question 5**

These questions assess **Criterion 1** and **Criterion 7**.

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**Question 4** (30 minutes)

Risk-taking is not uncommon amongst young people.

- Outline ONE common risk-taking behaviour young people engage in, highlighting why this behaviour is of concern.
- Describe THREE factors that may contribute to a young person's involvement in this behaviour.
- Explain ONE effective health promotion strategy that aims to educate and encourage less involvement in this activity.

(30 marks)

**OR**

**Question 5** (30 minutes)

There are key personal dimensions of health that impact on an individual's wellbeing.

- Define each of the personal dimensions of health.
- For each dimension outline TWO specific behaviours that can be adopted to assist an individual to achieve positive health.
- Using ONE example, demonstrate how these dimensions can interrelate and how this influences an individual's health.

(30 marks)













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# HEALTH STUDIES

(HLT315118)

## SECTION B

### Australian Health

Time recommended for this section: 60 minutes

Pages:	16
Questions:	5

#### Candidate Instructions

1. A total of **FOUR** questions are to be answered in **Section B**.
2. You **MUST** answer **Questions 6, 7 AND 8**.
3. You **MUST** answer **EITHER Question 9 OR Question 10**.
4. You **MUST** make sure that your responses to the questions in this examination paper will show your achievement in the criteria being assessed.
5. Answers must be written in the spaces provided on the examination paper.
6. You should make sure you answer all parts within each question so that the criteria can be assessed.
7. It is recommended that you spend approximately **60 minutes** in total answering the questions in **Section B**.
8. All written responses must be in English.

On the basis of your performance in this examination, the examiners will provide results on each of the following criteria taken from the course document:

**Criterion 2** Analyse influences on health status of populations within Australia.

**Criterion 4** Investigate specific health issues, including options for preventive, curative and treatment strategies.

**Criterion 7** Communicate ideas and information in a variety of forms.

**Criterion 8** Analyse and interpret health related data and information.

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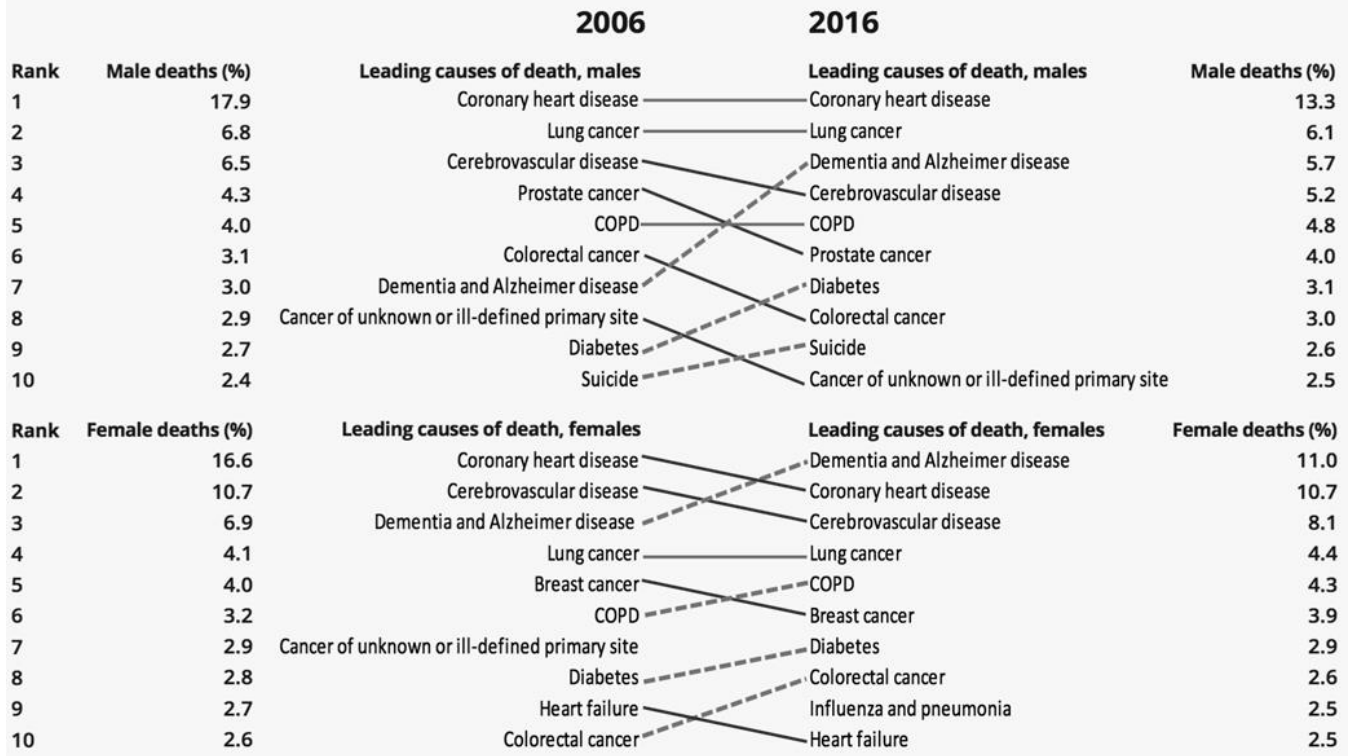
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**Question 6** (10 minutes)

This question assesses **Criterion 8**.

Use the information below to answer the questions that follow.

**Figure 3.2.3: Leading causes of death, by sex, 2006 and 2016**



Source: AIHW Australia's Health 2018 report

(a) Which cause of death entered the Top 10 rankings in 2016? (1 mark)

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(b) Did Diabetes contribute to a greater percentage of deaths in males or females in 2016? (1 mark)

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**Question 6 continues.**



**Question 7** (10 minutes)

This question assesses **Criterion 2**.

- (a) Demonstrate how ONE physical factor could directly impact the health of Australians. (2 marks)

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- (b) Define the World Health Organization (WHO) metric Disability Adjusted Life Year (DALY). (2 marks)

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- (c) Identify ONE medical technology that has been recently introduced and outline how it has improved the health of Australians. (3 marks)

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**Question 7 continues.**

**Question 7 (continued).**

- (d) Using ONE specific example, outline how the National Disability Insurance Scheme (NDIS) aims to support the lives of those experiencing disability. (3 marks)

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<p><b>Question 7 Total</b></p> <p><b>/ 10</b></p>
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**Question 8 Total**

**/ 10**

**Answer: EITHER Question 9 OR Question 10**

These questions assess **Criterion 2** and **Criterion 7**.

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**Question 9** (30 minutes)

There is significant variation in the health status of different population groups in Australia.

Using your knowledge of ONE such group:

- Outline THREE significant health concerns for this group.
- Describe TWO factors that, if addressed, may result in improved health status across this population group.
- Detail ONE action that has been designed to address the inequalities in health for this group.

(30 marks)

**OR**

**Question 10** (30 minutes)

Australia's health care system comprises both a public and private system.

- Describe the key elements of the public component of Australia's health care system.
- Discuss how the public component addresses TWO of the Social Justice Principles (SJPs).

(30 marks)













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# HEALTH STUDIES

(HLT315118)

## SECTION C

### Global Health

Time recommended for this section: 60 minutes

Pages:	16
Questions:	5

#### Candidate Instructions

1. A total of **FOUR** questions are to be answered in **Section C**.
2. You **MUST** answer **Questions 11, 12 AND 13**.
3. You **MUST** answer **EITHER Question 14 OR Question 15**.
4. You **MUST** make sure that your responses to the questions in this examination paper will show your achievement in the criteria being assessed.
5. Answers must be written in the spaces provided on the examination paper.
6. You should make sure you answer all parts within each question so that the criteria can be assessed.
7. It is recommended that you spend approximately **60 minutes** in total answering the questions in **Section C**.
8. All written responses must be in English.

On the basis of your performance in this examination, the examiners will provide results on each of the following criteria taken from the course document:

**Criterion 3** Analyse and compare global health status across populations.

**Criterion 4** Investigate specific health issues, including options for preventive, curative and treatment strategies.

**Criterion 7** Communicate ideas and information in a variety of forms.

**Criterion 8** Analyse and interpret health related data and information.

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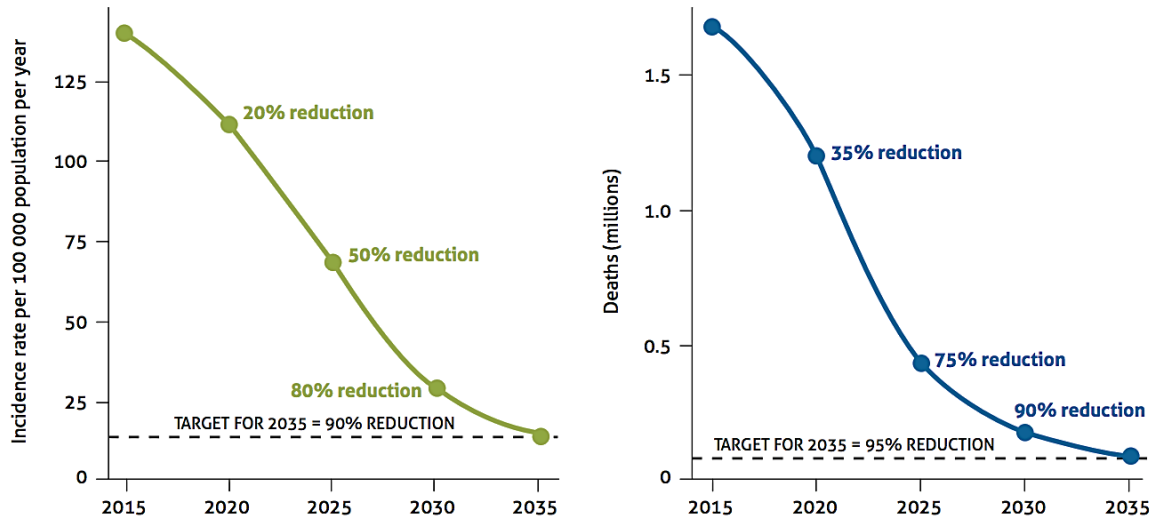
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**Question 11** (10 minutes)

This question assesses **Criterion 8**.

**FIG. 2.1**

**Projected incidence and mortality curves that are required to reach End TB Strategy targets and milestones, 2015–2035**



Source – Global Tuberculosis Report 2019 – World Health Organization

- (a) These projected curves have been developed as part of what strategy? (1 mark)

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- (b) Considering the projections, in which five year band will the greatest percentage reduction in deaths occur? (1 mark)

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- (c) For targets to remain on track, TB deaths must fall to 1 million by which year? (1 mark)

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**Question 11 continues.**

**Question 11 (continued).**

(d) In which year will TB incidence rates be required to halve to reach the 2035 target? (1 mark)

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(e) Complete the table below. (2 marks)

	Projected percentage reduction required in 2030	Projected percentage reduction required in 2035	Percentage reduction difference (2030-2035)
Incidence rate			
Deaths			

(f) Making reference to the data in the graphs, outline the projected trend for both incidence rate and deaths. (4 marks)

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<b>Question 11 Total</b>  <b>/ 10</b>
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**Question 12** (10 minutes)

This question assesses **Criterion 3**.

- (a) Demonstrate how sustainability relates to improvement in global health status. (2 marks)

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- (b) Describe how TWO Primary Health Care (PHC) components can be effectively implemented in Least Developed Countries (LDCs). (4 marks)

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**Question 12 continues.**









**Answer: EITHER Question 14 OR Question 15**

These questions assess **Criterion 3** and **Criterion 7**.

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**Question 14** (30 minutes)

Global health status varies dramatically throughout the world.

- Outline ONE major cause of morbidity or mortality in Least Developed Countries (LDCs), discussing the major contributing factors.
- Demonstrate how working towards achieving TWO Sustainable Development Goals (SDGs) will help to reduce this major cause of morbidity or mortality.

(30 marks)

**OR**

**Question 15** (30 minutes)

Health indicators can be used to identify key differences between Least Developed Countries (LDCs) and More Developed Countries (MDCs).

Choose FIVE key indicators and address the following for EACH:

- Name and define the indicator.
- Provide data to demonstrate the difference between a LDC and a MDC of your choice.
- Provide ONE possible contributing factor for the variance in data.

(30 marks)













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