

# HEALTH STUDIES Level 3

## Common Assessment Task

### Work Requirements:

N/A

### Assessment Type:

Short answer questions

### Criteria being assessed:

- Criterion 1 - all elements

### Suggested conditions:

- This task should take learners 45 minutes.
- Responses should be digitally available.
- This task requires an individual response from each learner.

### Task Description:

You must respond to the short answer questions about Personal Health.

### What you need to do:

Complete all the short answer questions in a separate document. You must clearly identify each question.

You will have 5-minutes of reading time followed by 40 minutes for your responses.

#### Question 1

- An individual's mental health is a pivotal dimension in terms of overall health. Use examples to describe why positive mental health is important. (3 marks)
- Physical and socio-cultural environments influence overall health. Give an example for both and describe how they can affect an individual's health. (4 marks)
- Describe a leading cause of morbidity relevant to young people. Provide evidence to demonstrate its prevalence in today's society. (3 marks)

#### Question 2

- There are health issues that require their profile to be raised in order to decrease the number of incidences. Provide an example of such an issue and state how this may be achieved. (3 marks)
- Using examples, describe how an individual's physical health may impact on their mental /emotional health. (3 marks)
- For a current health issue, highlight an example of health promotion. (4 marks)

### Question 3

- a) Outline 2 reasons young people may engage in risk-taking behaviour. (2 marks)
- b) Describe the difference between biological and behavioural determinants and provide one (1) example to illustrate each. (4 marks)
- c) Discuss 2 ways health promotion could influence an individual's health. (4 marks)

### Question 4

- a) Describe 1 personal skill considered invaluable in promoting personal safety for a young person. (2 marks)
- b) Outline 1 example of a strategy a young person could use to advocate for their wellbeing. (2 marks)
- c) Describe 1 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)
- d) Identify the relationship between health literacy and improving personal health. (3 marks)

(Source: Adapted from TASC website: <https://www.tasc.tas.gov.au/learners/courses/health-and-physical-education/hit315118-3/>, accessed March 2022)

**Teacher use only - What needs to be submitted for assessment?**

Learners respond to the questions in a separate document, clearly identifying each question.

A reflection task to support learners after assessment task is provided in Appendix I.

## Appendix I: Personal reflection task

### Question 1. Preparation

- Did you feel you were well prepared?
- What areas could you improve?

### Question 2. Terminology

- Did you feel you recognised, described, and used terminology comfortably and appropriately?

### Question 3. Noise

- Were you distracted by the extra visual information, administrative text, and/or layout of the questions?

### Question 4. Time Management

- How well did manage your time?
- What would you do differently next time?

### Question 5. Answering approach

- How effective and efficient were your strategies for responding and answering?

### Question 6. Areas to revisit

- Which areas did you identify that may need additional revision?