



WILLETTON SHS

Year 7 Health Education – Assessment Task 3 – 20%

Puberty Topic Test

Name: _____

Date of Test: _____

TIME ALLOWED FOR THIS TEST:

Reading time before commencing: 5 minutes.

Minutes for working on paper: 55 minutes.

MATERIALS REQUIRED/RECOMMENDED FOR THIS TEST:

TO BE PROVIDED BY THE TEACHER.

This question/answer booklet.

TO BE PROVIDED BY THE STUDENT.

Standard items: Pens, pencils, eraser or correction fluid, ruler highlighter.

Special items: Nil.

IMPORTANT NOTE TO STUDENTS:

No other items may be used during the test.

It is your responsibility to ensure that you do not have any unauthorised notes or other items of a non-personal nature during the test. If you have any unauthorised material with you, hand it to the teacher BEFORE reading any further.

FINAL TEST MARK

/ 62

Structure of this test:

Section	Suggested working time	Number of questions available	Number of questions to be attempted	Marks
Section A: Multiple Choice	10 minutes	10	10	10
Section B: True / False Answer	5 minutes	8	8	8
Section C: Diagrams & Definitions	10 minutes	2	2	17
Section D: Short Answer Response	25 minutes	3	3	27
[Total marks]				62

Instructions to students:

1. The rules for the conduct of tests and assessments at Willetton Senior High School are detailed in your diary under the assessment policy. Sitting this test implies that you agree to and abide by these rules.
2. Write your answers to each section in this Question/Answer Booklet.
3. If you need more paper, please ask your teacher. Write your full name and clearly label the question on any spare paper that you use.

THIS SPACE HAS BEEN LEFT BLANK INTENTIONALLY.

SECTION A: Multiple Choice

Attempt **ALL** questions in this section. Each question is worth **ONE (1)** mark.

Place either (a), (b), (c), or (d) in the box to indicate your answer. No marks will be allocated if more than one answer is completed for any question.

Suggested working time for this is 10 minutes **[10 marks]**.

1) The term **puberty** means:

- a. **The process characterised by the maturing of the sexual organs and the appearance of the secondary sexual characteristics.**
- b. The changes that happen to a person when they turn 12.
- c. When you are emotionally ready to reproduce.
- d. Menstruation and erections can happen at any time.

A

2) What is the purpose of the testes during puberty?

- a. Produce eggs.
- b. **Produce sperm.**
- c. Store urine.
- d. Filter blood.

B

3) What is the term for the release of a mature egg from the ovary in females?

- a. **Ovulation.**
- b. Menstruation.
- c. Fertilisation.
- d. Implantation.

A

4) Ejaculation is:

- a. A male is urinating.
- b. Only possible when a male wants it to happen.
- c. **The release of semen from the penis.**
- d. A rare change during puberty.

C

5) Which of the following changes occurs to BOTH males and females during puberty?

- a. **Develop pubic hair.**
- b. Testicles get bigger.
- c. Hips get wider.
- d. Shoulders broaden.

A

6) What does **PMS** stand for?

- a. Pre-menopausal Syndrome.
- b. Post-monthly Symptoms.
- c. Post-muscular Symptoms.
- d. **Pre-menstrual Syndrome.**

D

7) Another name for a **nocturnal emission** is:

- a. Adolescence.
- b. Masturbation.
- c. Semen.
- d. **Wet dream.**

D

8) The male sex hormone is:

- a. **Testosterone.**
- b. Adrenaline.
- c. Oestrogen.
- d. Progesterone.

A

9) What is the primary purpose of puberty?

- a. To allow us to develop our relationships.
- b. **To make our bodies capable of reproducing.**
- c. To allow young people to become more resilient.
- d. To make our bodies stronger and taller.

B

10) The two hormones that are released in females to trigger the development of the secondary sex characteristics are:

- a. Testosterone and Oestrogen.
- b. Adrenaline and Progesterone.
- c. **Oestrogen and Progesterone.**
- d. Progesterone and Testosterone.

C

END OF SECTION A

SECTION A
TOTAL MARK

/ 10

SECTION B: TRUE / FALSE ANSWER

Attempt **ALL** questions in this section. Each question is worth **ONE (1)** mark.

Place either **T** (for True) or an **F** (for False) in the box to indicate your understanding of the statement. No marks will be allocated if more than one answer is completed for any question.

Suggested working time for this is 5 minutes **[8 marks]**.

11) Circumcision refers to the removal of the female's fallopian tubes.

T / F

F

12) Sperm are stored in the epididymis.

T / F

T

13) The urethra is part of the female reproductive system.

T / F

F

14) Everyone experiences puberty at the same rate.

T / F

F

15) The scrotum is a sac of loose skin that protects the testicles.

T / F

T

16) Hormonal changes during puberty only affect physical development.

T / F

F

17) Puberty ends when we reach our full adult height.

T / F

F

18) On average, a menstrual cycle lasts 28 days.

T / F

T

END OF SECTION B

SECTION B

TOTAL MARK

/ 8

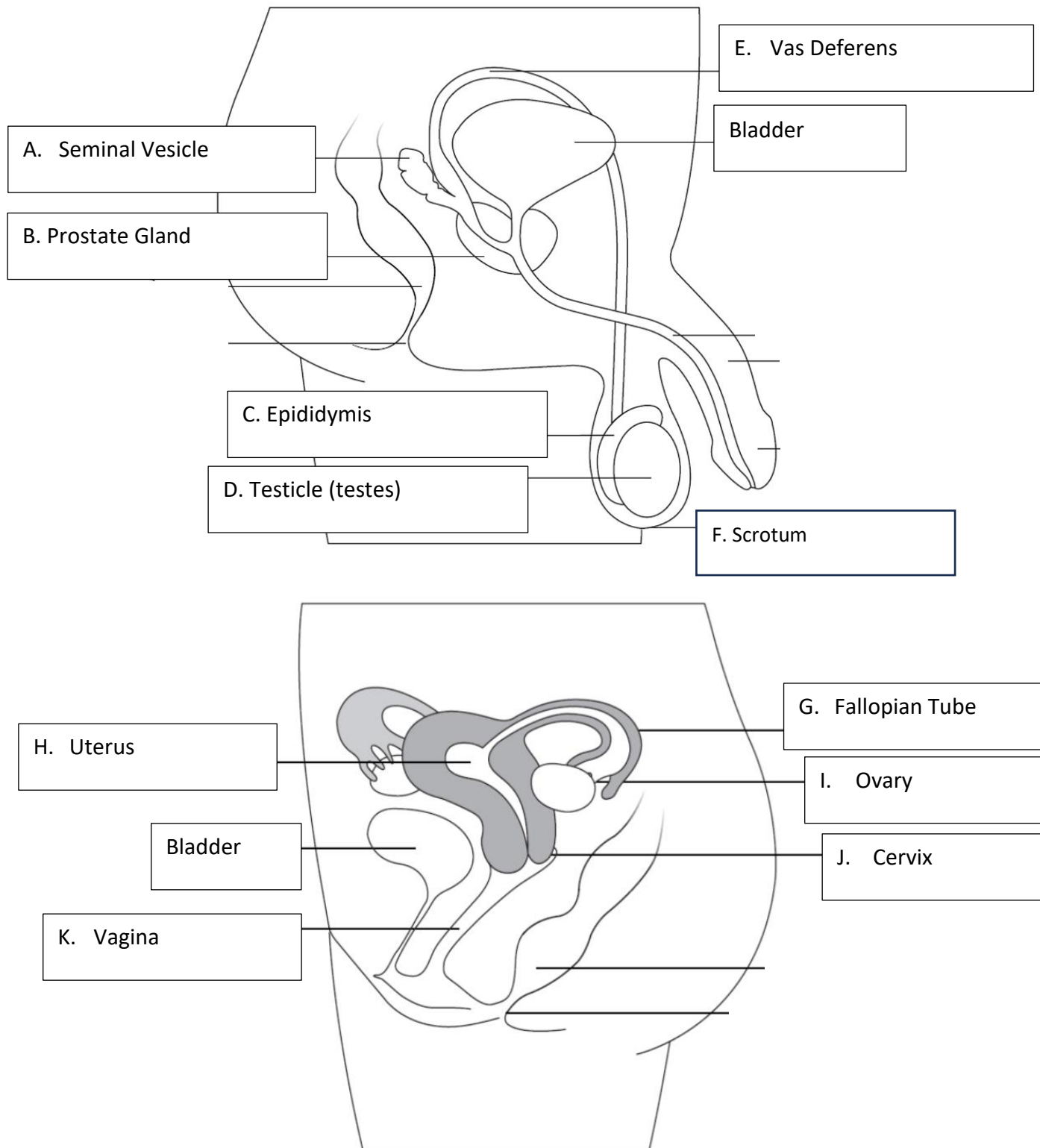
SECTION C: DIAGRAMS and DEFINITIONS

Attempt **ALL** questions in this section. Write your answers in the space provided.

Suggested working time for this is 10 minutes **[17 marks]**.

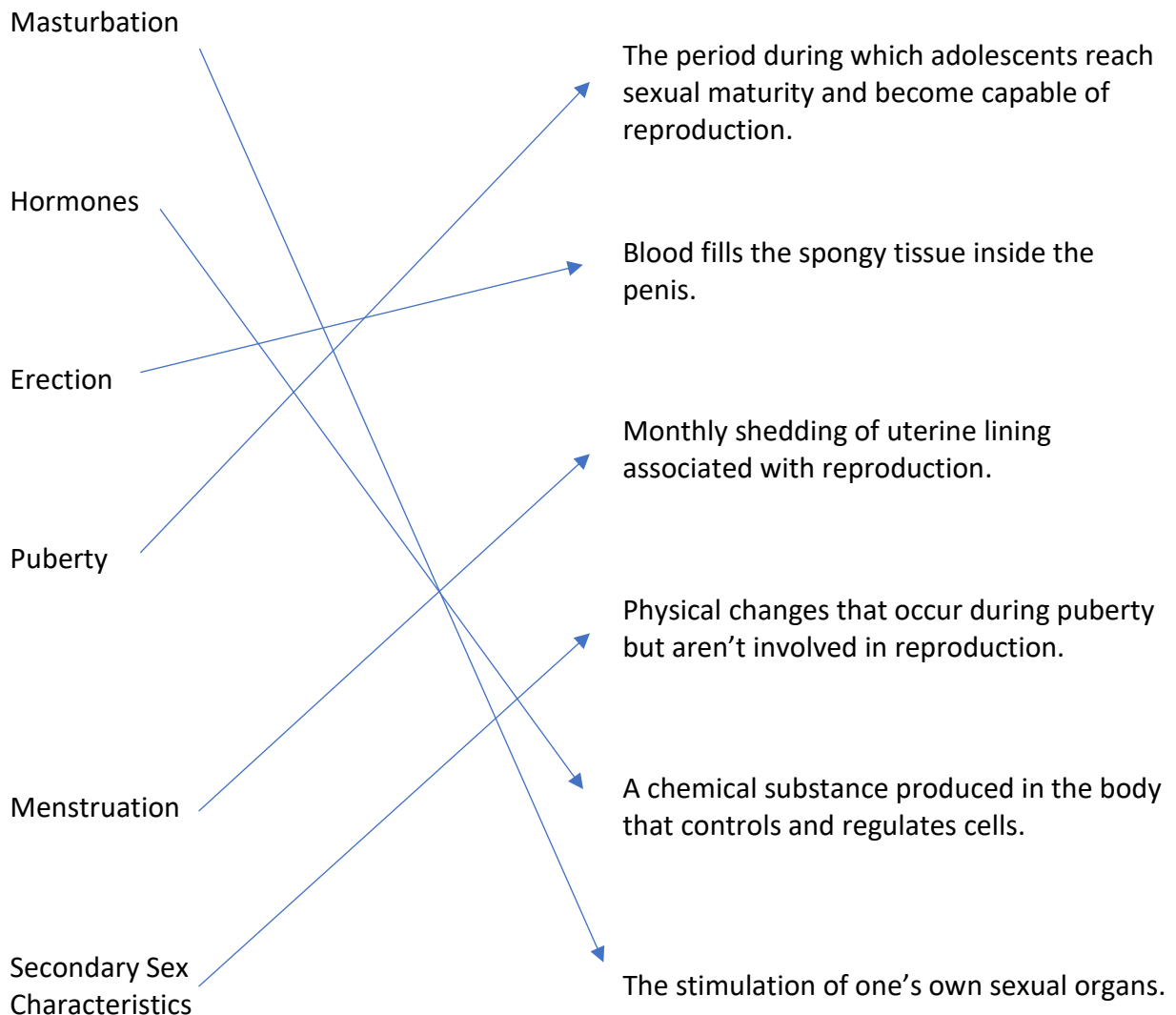
Question 19 (11 marks)

Label the required spaces on the diagrams of the male and female reproductive systems below:



Question 20 (6 marks)

Draw lines to **clearly** match the word with the correct definition.



END OF SECTION C

SECTION C
TOTAL MARK
/ 17

SECTION D: SHORT ANSWER

Attempt **ALL** questions in this section. Write your answers in the space provided.

Suggested working time for this is 20 minutes **[27 marks]**.

Question 22 (15 marks)

List 5 x physical changes for males, 5 x physical changes for females and 5 x social/emotional changes for adolescents that occur during puberty in the table below:

PHYSICAL CHANGES MALE	PHYSICAL CHANGES FEMALE	SOCIAL/EMOTIONAL CHANGES
<ul style="list-style-type: none">• Growth spurt• Testicle growth• Penis growth• Facial and body hair• Voice deepens• Pubic hair• Adam's apple develops• Increased muscle mass• Acne• Sweat glands develop• Sperm production• Shoulders broaden	<ul style="list-style-type: none">• Menstruation/period• Breast development• Growth spurt• Hips widen• Pubic hair• Vaginal changes (growth and discharge)• Acne• Sweat glands develop	<ul style="list-style-type: none">• Mood swings• Development of relationships with friends• Desire to challenge authority/rebel• Confidence/self-esteem may decrease• Body image concerns• Want more independence• Become interested in romantic relationships• Social comparison• Develop identity• Develop social skills• Explore sexual orientation
Any other acceptable answers	Any other acceptable answers	Any other acceptable answers

Question 23 (8 marks)

Define **consent** in the context of relationships and why it is important. List and explain two examples of situations of where receiving consent is crucial.

Define consent:

Consent in relationships refers to voluntary and clear agreement between individuals to engage in specific activities, respecting each other's boundaries and choices. **(1)**

Why consent is important:

It is crucial because it ensures all parties involved feel comfortable, respected, and safe. **(1)**

Example 1: In a romantic relationship **(1)**

Explanation:

Obtaining consent before initiating physical intimacy, such as kissing or hugging, is vital. This ensures that both partners are comfortable with the level of intimacy and respects each other's boundaries. **(2)**

Example 2: In a group project **(1)**

Explanation:

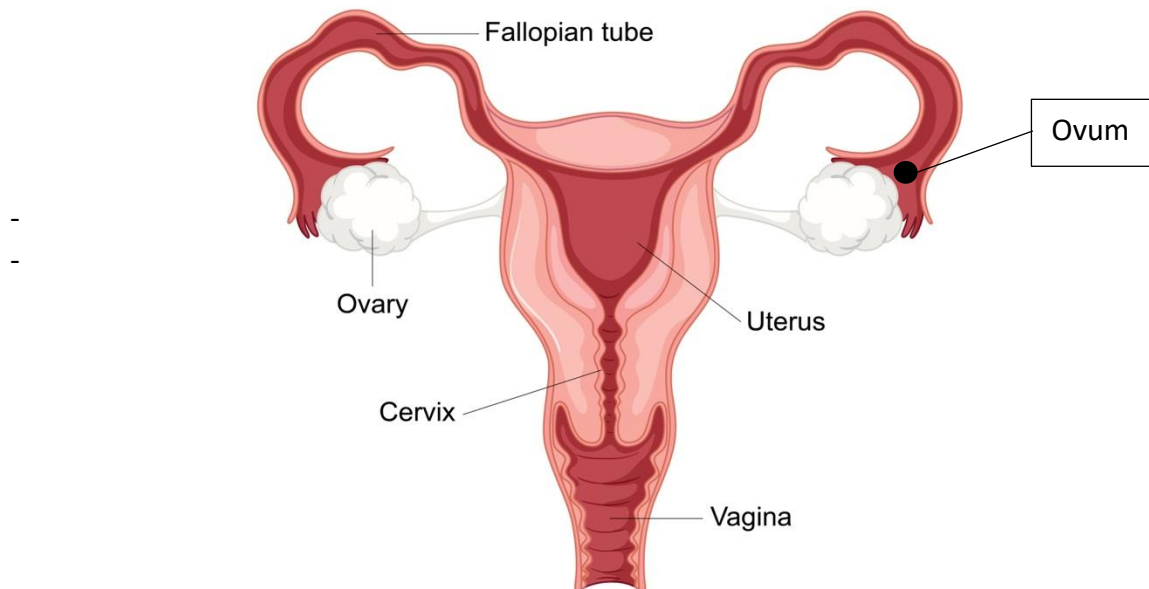
Obtaining consent before sharing someone's ideas or work publicly acknowledges their contribution and respects their intellectual property. This promotes a collaborative and respectful working environment. **(2)**

Any other acceptable examples.

Question 24 (8 marks)

Explain the journey of the ovum during menstruation and include what happens if fertilisation occurs. Be sure to use correct terminology. Use the diagram to help you.

****full sentence answers or dot points are acceptable. Students need to identify the key processes that occur.**



The journey of the ovum:

- Menstruation typically lasts 28 days **(1)** and it consists of several phases.
- The egg/ovum is released from the ovary, this is called ovulation. **(1)**
- The ovum then travels through the fallopian tube into the uterus. **(1)**

If fertilisation occurs:

- Fertilisation occurs in the fallopian tube. **(1)**
- The fertilised egg then moves into the uterus and attaches to the endometrium (a.k.a. uterine lining). **(1)**
- This rich blood supply helps the development of a foetus.

If fertilisation does not occur:

- The uterus still prepares for pregnancy by thickening the lining of the uterus/endometrium. **(1)**
- If there is no fertilised egg, this lining exits the female body via the vagina through menstruation, or a period. **(1)**
- Menstruation typically lasts for 4-7 days. **(1)**

END OF SECTION D

END OF TEST

SECTION D

TOTAL MARK

/ 27