



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.

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

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

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.

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.

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.

- 6) What does **PMS** stand for?
- a. Pre-menopausal Syndrome.
 - b. Post-monthly Symptoms.
 - c. Post-muscular Symptoms.
 - d. Pre-menstrual Syndrome.
- 7) Another name for a **nocturnal emission** is:
- a. Adolescence.
 - b. Masturbation.
 - c. Semen.
 - d. Wet dream.
- 8) The male sex hormone is:
- a. Testosterone.
 - b. Adrenaline.
 - c. Oestrogen.
 - d. Progesterone.
- 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.
- 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.

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

12) Sperm are stored in the epididymis.

T / F

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

T / F

14) Everyone experiences puberty at the same rate.

T / F

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

T / F

16) Hormonal changes during puberty only affect physical development.

T / F

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

T / F

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

T / F

END OF SECTION B

SECTION B

TOTAL MARK

/ 8

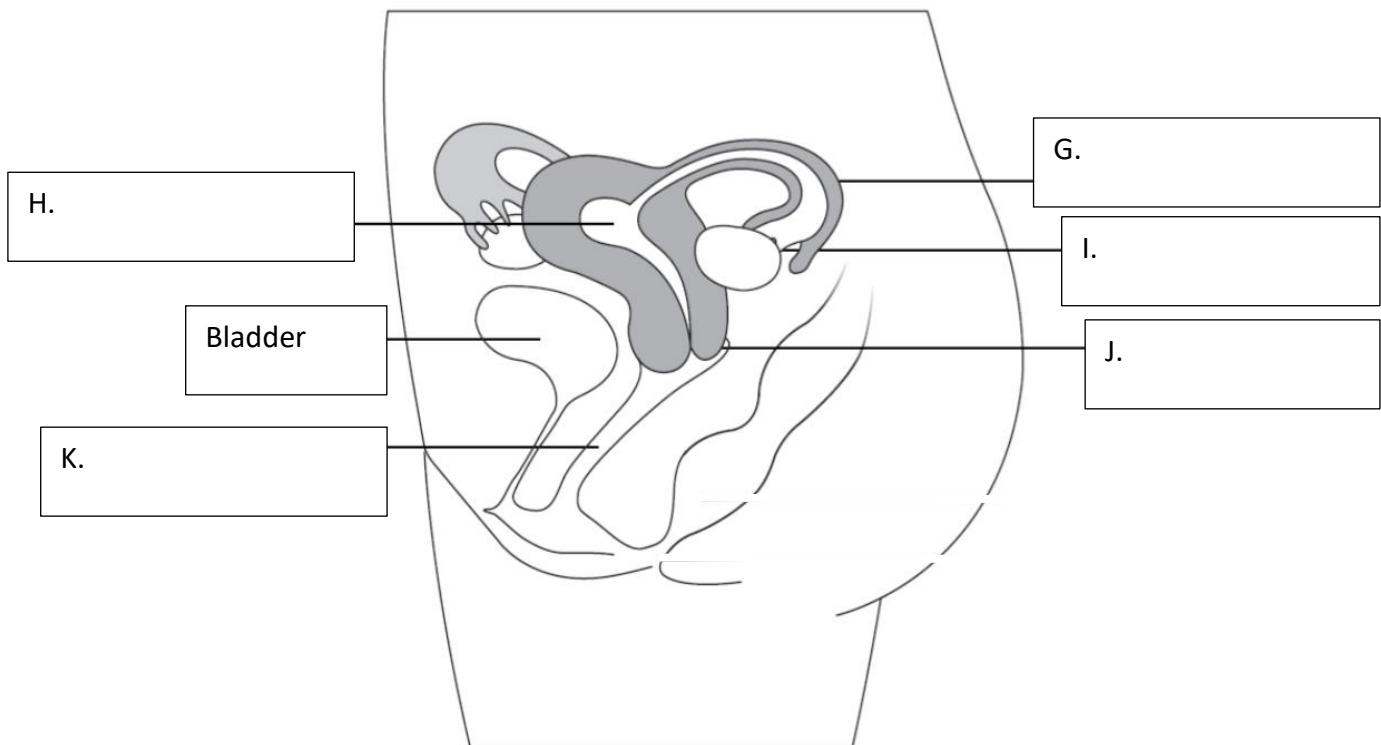
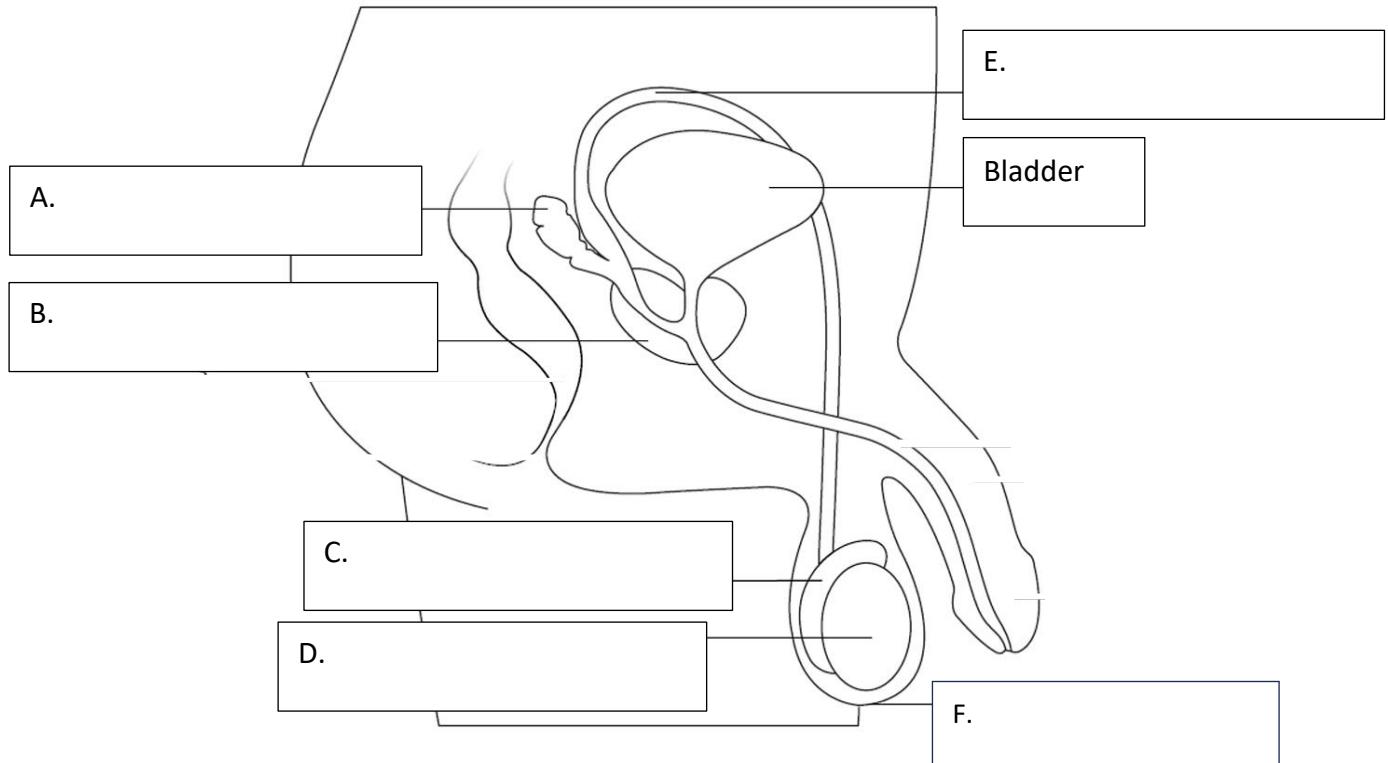
SECTION C: DIAGRAMS and DEFINITIONS

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.

Masturbation

The period during which adolescents reach sexual maturity and become capable of reproduction.

Hormones

Blood fills the spongy tissue inside the penis.

Erection

Monthly shedding of uterine lining associated with reproduction.

Puberty

Physical changes that occur during puberty but aren't involved in reproduction.

Menstruation

A chemical substance produced in the body that controls and regulates cells.

Secondary Sex Characteristics

The stimulation of one's own sexual organs.

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
• _____ • _____	• _____ • _____	• _____ • _____
• _____ • _____	• _____ • _____	• _____ • _____
• _____ • _____	• _____ • _____	• _____ • _____
• _____ • _____	• _____ • _____	• _____ • _____
• _____ • _____	• _____ • _____	• _____ • _____
• _____ • _____	• _____ • _____	• _____ • _____
• _____ • _____	• _____ • _____	• _____ • _____

Question 23 (8 marks)

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

Define consent:

Why consent is important:

Example 1:

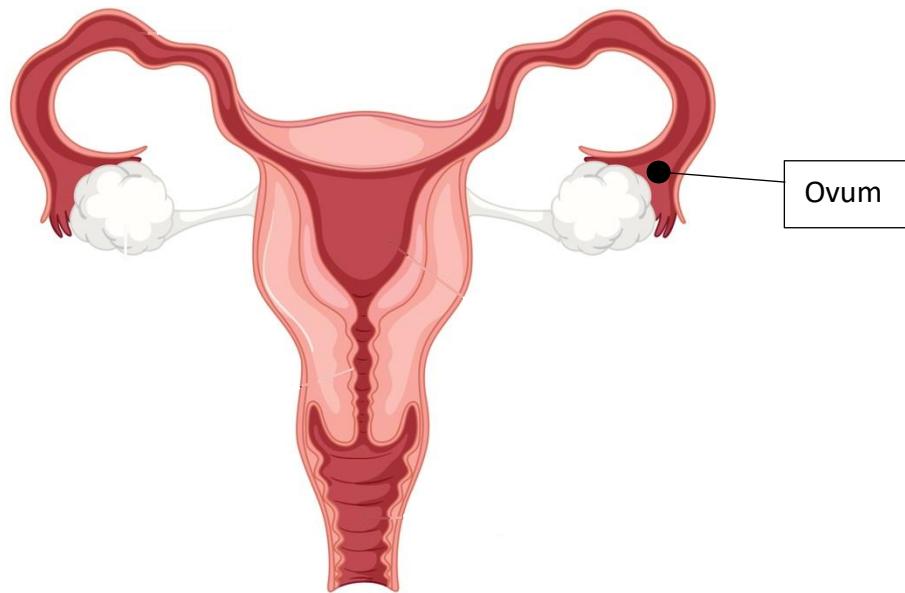
Explanation:

Example 2:

Explanation:

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.



The journey of the ovum:

If fertilisation does occur:

If fertilisation does not occur:

END OF SECTION D

END OF TEST

SECTION D

TOTAL MARK