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93501A



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NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

## **Scholarship 2007 Physical Education**

2.00 pm Monday 3 December 2007

Time allowed: Three hours

Total marks: 24

### **ANSWER BOOKLET**

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

Choose any THREE questions from Question Booklet 93501Q to complete.

Each question is worth 8 marks.

You should write ALL your answers in this Answer Booklet.

Start each answer on a NEW page. Number each answer carefully.

Check that this booklet has pages 2–18 in the correct order.

**YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.**

Question THREE

Introduces the concept of "fitness crazes" and the quick fix nature of the issue.

Defines the main terms involved in the issue to set the scene for the argument.

Recognises there are two sides to the issue and introduces what they are going to critically evaluate.

Fitness has become a fickle business, easier easy to sell and buy with the influx of ~~gym~~ ~~marketing~~  
~~not caring~~ ~~the consumers~~, fitness crazes causing the industry to boom. While these ~~new~~ fitness crazes offer sensationalist claims quick fixes that quickly lose the interest of the consumers who come and go like the mounds they shed. When examining ~~fitness~~ and determining the ~~accuracy~~ of this statement, it is first important to determine what 'fitness craze' is in order to attempt to eliminate existing assumptions or preconceptions. Fitness is defined as 'the ability to undertake everyday activities without undue fatigue'. While ~~more~~ ~~a craze is a~~ my research suggests that a craze is a short-term phenomenon, has high popularity and is consumed by the masses ~~initially~~. But genuine popular for a short period only. Fitness crazes have impacted both positively and negatively influenced New Zealand society and I will endeavour to explore their as well as relevant issues within the following paragraph in order to conclude on the ~~accuracy~~ of the statement 'New Zealanders are guilty of being victims of 'fitness crazes' we need to move forward, take action and consider ethical consequences of the ~~the end~~ ~~we~~ we've got' //

Even though the question has set the scene for being critical of fitness crazes, the candidate explores the other side of the issue, eg that physical activity is beneficial.

The candidate touches on "obesity" as an issue without making generalisations and keeps it as an "apparent" issue.

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Considers further benefits of fitness crazes in terms of variety of activities on offer.

off the couch and moving "module". I found ~~that~~ that the top barrier to physical activity was the boredom associated with a variety of workouts. Therefore, fitness crazes such as boxercise, hot yoga and for the more adventurous, pole dancing serve to provide entertainment for participants so that they are more likely to participate, thus helping to promote a healthy and active lifestyle with New Zealand.

positive

Another way that fitness crazes have impacted on New Zealand society is ~~is~~ it is now that due to the commodification of exercise which has seen a substantial boom in the fitness industry over the past ten decades.

The commodification of exercise refers to ~~the~~ fitness becoming a product in the sense that it can be bought and sold - it has become a consumable entity. As a result of this commodification and the resulting industry boom, a vast network of job opportunities have become available, with a personal trainer at Les Mills reporting to earn approximately \$60 per hour, making this form of work a highly feasible ~~and~~ and inviting option for many. The extent of this commodification is evident again in the case of the Les Mills gym chain - it was released last year.

Considers commodification as an impact of this issue on society. In doing so, shows depth of understanding by taking this further in terms of job opportunity and economic contribution to the nation.

that ~~the~~ <sup>the</sup> ~~new~~ <sup>new</sup> craze Les Mills had made a tidy \$400 million dollar revenue thanks to clever marketing and its ability to sell crazes such as 'Boot Camp' targeted at men and 'Look better naked' targeted at women. The commodification of fitness was not only impacted on the job availability in New Zealand society but also it ~~especially~~ helps to ~~support~~ contribute economically to our small nation.

Despite these two very positive impacts, the issue of fitness crazes has not been all positive in terms of its impact on our society. A negative and very apparent impact of fitness crazes is that many, such as the example of Word Train, function under the view of healthism, defined by the NZ Health and PE curriculum as "a set of assumptions based on the belief that health is the sole responsibility of the individual and encompasses the concept that the body is a machine that must be maintained and kept in shape like a car or motorcycle." As a result of these views being two apparent outcomes as a result of this healthism view, the first being that fitness crazes cater often mainly to the physical aspect of hauora and secondly that the ~~the~~ <sup>the</sup> hegemonic view of an ideal body type is ~~is~~ <sup>is</sup> embodied and promoted, both which equally

After considering positive impacts of this issue, the candidate then looks at the negative impacts. In particular how fitness crazes portray the body and the beliefs behind this. The candidate uses "healthism" and further on "hegemonic ideals" to support this.

internalization of our society. I believe that as a result of these media fitness crazes encouraging the flattening their torsos, bodies, the hegemonic view of an ideal body is supported and promoted, leading to incorrect assumptions about fitness and creating the mindsets, which surround body image in this country. As noted by Gerd, 1991 "there is much dissatisfaction and ambivalence dictating that results from the constant pursuit of fitness which has become normative behaviour for many Westernised women".  
I support this insightful statement and inherently believe that this is the fitness crazes which "New Zealanders are guilty of being consumers of" are producing this lack surrounding the perfect body. A clear example of this was when I saw the promotional brochure for 103 Milk's latest campaign is "look better naked". This promotional brochure included pictures of thin, gorgeous, scantily clad female athletes claiming how happy they were with their own body figures. This had a negative impact on me personally as I instantly felt anxious about my own shape. This portrayal of this hegemonic view is not only resulted in the campaign but also originated by Viva-Tech, which claims to have found the elusive "perfect

Candidate uses a quote to back up this argument. The quote is relevant to the argument and justifies prior discussion.

The candidate shows synthesis of ideas by developing the link between hegemonic ideals and the images the fitness industry use to sell their "quick fix" products.

in just 15 minutes. However after participating of i found that my caloric intake remained and upon questioning, the instructor admitted that it needed to be combined with regular cardio vascular ~~active~~ exercise for results to become apparent. //

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This been promotion of the hegemonic view is a clear message portrayed by many fitness crazes and it negatively impacts the society, moreover in particular, as it does not emphasize a healthy body image. It also causes people to dissociate 'fitness' with 'lim', which is a common misconception, and as I already defined fitness as "the ability to undertake physical activity without undue fatigue", this <sup>(t)</sup> is not the case. //

Critiques portrayed of the body further and shows synthesis by coming back to their original definition of fitness to critique "quick fix" crazes.

A second negative influence which fitness crazes are having upon New Zealand society is simply the fact that many of those remain as crazes, rather than becoming established as a long term trend, and therefore once they lose popularity consumers are left searching for the next 'wonder fix' as a long term structure has not been implemented. This is problematic and is clearly evident in today's society of the ~~media~~ despite the number of crazes which exist, 1 in 3 of our children and 1 in 5 of our adults are classified to be obese. Third

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Candidate looks further at the quick fix nature of crazes and how this is problematic.

evidence is undeniable - the crazes do not offer a long term solution and therefore long term healthy behaviour is not being sustained despite the fact that our society incites it more than ever!! ~~& is a negative impact such as this that~~

A major issue surrounding fitness crazes is that they ~~offer~~ foster a very 'one size fits all' mentality due to the fact that these crazes have been manufactured with the purpose of appealing to and being consumed by the masses. This generic nature is inherently seen in the case of VibraTrain, which claims to ~~offer~~ "do something for everybody". ~~These crazes do not do~~ VibraTrain does not follow normative principles or methods of training and the limited variation of 12 different poses available while standing on the vibrating plate ~~does~~ is clearly highlights that this form of exercise has not been designed with ~~the~~ the purpose of catering to the needs of a range of people.

As fitness crazes are created to be consumed by the masses, designed to be sensationalised in popular culture and the media, they tend to be generic so that this mass consumption is possible. Interestingly, this generic nature links to the discussion of the

Candidate critiques the crazes by touching on biophysical concepts such as methods of training. Also critiquing the one size fits all and how variety of needs are not met.

~~Commercialisation of exercise~~ fitness - the industry has become so profit driven that the needs of the consumers are not catered to, rather, like any business, the profit making desires are. This again is evident in the case of Vibra Train, who charge a somewhat exorbitant fee of \$40 per session despite the generic, and in my case disappointing workout that it offers //

Even though earlier in the essay the candidate considered the positive influences of commodification. They also consider the negatives of communication.

I would now like to conclude on my previous points by adopting a stance to the statement.

I believe that the statement is fair and adequate - New Zealanders are guilty of thoughtlessly consuming these fitness crazes, deviating the purported messages of thinness and healthiness with little regard to the profit making agendas of the industry itself. While I do wholeheartedly support the promotion of an active lifestyle, I believe that New Zealanders need to be aware of the sensationalist claims made by many crazes, such as Vibra Train, and rid assumptions about what fitness truly is so that they can make educated decisions about their future participation in the massed produced, one size fits all activities that are fitness crazes //

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The candidate concludes with their own position after they have considered both sides. They return to the original question and statement to conclude their argument.

The candidate has shown both breath and depth of knowledge. This essay is at performance descriptor one (see scholarship standard).

The candidate sets the scene for the critical evaluation with a quote of what outdoor education is and develop this further with some general aims of outdoor education.

Looks at safety and risk and backs this up with a quote.

Introduces the importance of risk management and specifically application of risk management tools.

Candidate introduces what their critical evaluation will entail. This is in line with the actual question which is on the process that occurred.

## Section One.

Outdoor Education is defined by Finest et al (2005) as "the experiential philosophy of learning through doing" as important to this definition, participants do the developing and apply skills which they have acquired in a practical and naturalistic situation. Within an outdoor setting such as this, outdoor learning planning is important in order to ensure that risk is identified and planned for in order to ensure child safety. In outdoor environments, risk is defined to be "the potential to lose something of value" (Haddock C 1993) or as "danger in outdoor situations. However through experience planning and risk management strategies such as risk analysis and management teams (RMT), risk can be reduced to a minimum level, allowing for a meaningful experience for all involved. In the planning process it will be undertaken to explore both the positive and negative aspects of outdoor education (within the planning, implementation processes) as well as the social outcomes of the planning process and take account in the described scenario. //

Outdoor education is a educational and important opportunity that helps people //

Zealander should engage in regularly. As viability noted by Eddie Thompson, New Zealanders live within a close distance to beaches, bushels and rivers and so it makes sense that education should extend into this outdoor environment (if they allow), for positive, meaningful application of skill in a practical situation. As planning before outdoor education experience take place, both in terms of logistical factors and risk management, is essential being able to then apply these skills to demonstrate an understanding of the environment and survival skills in a successful fashion in a practical sense can be highly self validating for all involved, would significantly positive impact on the individual of an individual. For example where I planned for and then implemented my Tramp n Camp experience in the Waitakere Bush. I was incredibly proud when my group (so well) without issues because we had spent time in class extensively planning. It also found that I have retained a lot of knowledge despite this module being at the beginning of the year because applying the skills practically has a lot more meaningful than just sitting in the class room.

Candidate considers the aims of outdoor education and the benefits of education as a positive that these opportunities occur.

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Uses own experience to back up this and justify points.

Over both the planning and implementation process which has taken place both for the children in the service and for myself during my outdoor camp it lead me out to my next point about the benefits of Outdoor Education - it is through the unique experience of planning then through implementation that one develops interpersonal skills such as leadership and communication as well as learning to co-operate and function as part of a team which can be a very self validating process. Through allowing the children to plan the planning tasks undertaken in achieving the outdoor trip, George allowed his pupils to work ~~together~~ ~~as a team~~ together to plan their own gear and equipment. George who has decided than to ask rather to find solutions, focusing a co-operative environment. This I believe that during the implementation of the camp, the unique opportunity to encourage and work together the children will develop important life skills as well as reinforcing their knowledge through practical application. This was the case for me as they will also have a chance to bond with one another in a different environment as they are subject to the same challenges posed by the outdoor environment.

This was certainly the case for me myself

The candidate shows depth of understanding around the benefits of outdoor education and links this to the process that occurred.

I planned and participated in the Tramp-a-Camp experience with my fellow class mates. During the logistical planning prior to undertaking the trip, our group worked together to devise a suitable gear list and equipment list. In fact one of us were responsible for a different section which we then contributed to group planning by researching and developing a suitable equipment list for cooking. I felt a real sense of achievement as I was able to contribute to our plan successfully. During the implementation we had to help one another during tough times and through encouraging others I found the task was easier for myself and I am becoming closer to my peers.

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Candidate shows synthesis by relating the positives of the process to their own experience.

When undertaking an outdoor education experience, it is highly imperative that not only the material factors such as gear, food and equipment are correctly planned for but that all risks that could occur are prepared for and effectively managed effectively to ensure a safe, meaningful experience for all involved. In order to ensure this is possible, ~~the risk management strategy~~ risk management strategy should be compiled for example a RAMP form. A RAMP form divides risk into three groups - environment, people and equipment. All the actual ~~risk~~ possible risks that could occur in such areas are

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RAMP

The candidate develops the importance of risk management to the use of actual risk management tools.

\* During the camp, a camp member slipped and hurt her ankle. However, she had planned for this situation in her risk management and did not panic and was able to handle the injury.

Question number \_\_\_\_\_

Assessor's use only

Identified and a strategy of how to deal with each risk is highlighted. Should any of these occur, employing a risk management strategy is imperative when planning an outdoor education experience, especially when catering for a large group of 30, with the majority of the group are children. Haddock divides risk into three main categories - absolute, real and perceived.

Absolute risk is the amount of risk that is inherent in a situation. Real risk is the inherent amount of risk. When risk management strategies have been employed and perceived risk is the amount of risk that an individual believes to exist in any given situation. Risk is an inescapable presence when it comes to outdoor experience but through careful planning, it can be reduced to a level that allows for a reasonable amount of safety. It must be noted that it is through over-optimism that inherent risk that one gains a sense of success and self-validation. It is known, as Haddock points out, that over in the identification of risk, can result in perceived risk being lower than it actually is, increasing chances of an emergency situation arising that will be very hard to handle. Therefore, it is vital that risk

Candidate discusses the nature of risk and the importance of balancing safety with risk.

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management structures are employed, in order to ensure safety to those involved. //

In terms of this described scenario, there ~~are~~ is a large issue which could compromise the overall safety of the trip. Firstly, the group is incredibly large - 27 children with only three supervising adults. This alone is an issue in itself, as there should be one adult in every 7 children approximately due to this large number. The chance that children could become separated or lost is extremely high as it will be hard to keep track on the whereabouts of every student. The issue of a large group gives rise to the problem of accommodation. As the students sleeping alone would fill the entire tent, sleeping capacity of a hut, the fact that there may be other hikers using the facilities is very problematic. Should the hut be used by others during one or more night of the camp, incidents and teachers alike may be displaced. While if it is not on ground and their tents have been carried on the team, it should have been noted by the teachers that this situation could arise and therefore group sizes should have been cut down, perhaps with the two having smaller duty and using the hut now. This would

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Candidate uses the process setup in the scenario and looks at the issues around this process. Looks at the negatives of the process that has occurred.

have ~~reduced~~ significantly reduced the risks involved with having a large group as well as providing a more logical solution for other than testing for an unknown number should the units be full. //

After considering the positives and negatives of the process that has occurred the candidate concludes with their own position based upon their critical evaluation.

I am now able to conclude on the previous points I have made by expressing my opinion that outdoor education experiences are invaluable and are incredibly important in the lives of young New Zealanders. They offer an invaluable opportunity for self validation as well as the development of important interpersonal skills. They allow for teamwork learnt in class to be applied in a meaningful context that is more likely to be ~~more~~ valued for the individual as a result ~~than~~ how despite inherent risks that accompany any outdoor experience, it is these same risks that allow for the unique challenge offered by outdoor ed. However it is essential that extreme logistical planning as well as the careful establishment of risk management strategies such as R.A.M.S. is completed prior to the experience in order to ensure the mental, social, spiritual and physical safety of all involved. //

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Question Four.

At first New Zealand is in the midst of an obesity epidemic, with 1 in 3 children and 1 and 3 adults classed as overweight or obese. Or so say the media, SFARC and the government. As a result of this supposed 'epidemic', New Zealand has seen a worldwide increase in health promotion in the form of nationwide campaigns such as Push Play, as well as health education through schools or the form of campaigns such as Jump rope for heart. Health promotion can be defined as "a strategy whereby a population is given the tools to make educated decisions in terms of their health and physical & well being" (Addick, 2003) and these campaigns provide us with a clear message of activating health through regular activity. These ~~examples~~<sup>up</sup> two large scale examples have taken place through a smooth and efficient taking action model. Much like the FOGS model you designed in your Action Talkers, a clear example of this process can be seen in this small scenario scenario, in which year 8's were undergoing a specific exercise in order to promote health to year 9's through physical activity. During the following paragraph I will endeavour to critically evaluate this scenario.

The candidate sets the scene for health promotion and taking action by considering the "apparent" obesity epidemic and the national initiatives that are arising because of this.

Candidate defines health promotion by use of a quote. This is taken further by introducing models for taking action.

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Takes the taking action model further by using the example of their own experience around taking action. Emphasising the importance of consideration of barriers and enablers.

The GMAN Tasker model of taking action is a tried and tested theory set of steps which can be undertaken in order to promote health through physical activity. The model begins with the identification into and from the research of a particular population that is in need. This involves in particular the identification of the predators and barriers that are specific to the population while comprising the individual values off the social and active perception in the same planning process when identifying a suitable activity for the year B group. In order to learn about their enablers and barriers, I conducted a survey which allowed me to identify their top 3 barriers and enablers so that I could attempt to mitigate these through my health promotion. Therefore, it is important that this year B class identify the top enablers and barriers which exist for this group so that they have a good chance of participation. //

In terms of the target group of students, it is intended that the Year B's have dinner a year a students. As stated by the Health and PE Text book, VCE, physical activity begins to decline from approximately

the age of 5 onwards especially in female. Despite this fact, the national health promotion campaign of PAIR play is targeted only at the adult age bracket, with no reference to health promotion in adults or children. Unfortunately, this is because there is no implementation of healthy promotion strategies from a young age that physical activity would be developed as other aspects of life seem to take priority. For example, in my year 12 class during 2011 I found ~~that~~ <sup>big</sup> after conducting the survey that much the older girls participate in more extracurricular activities and therefore a top barrier to physical activity was lack of time. Perhaps if this was made apparent just as well as promotion to a younger audience, ~~then~~ the importance of health and active behaviour would be instilled from a young age. In total, of the students - 8 students opposite that they will be more likely to target their 9<sup>th</sup> grade studies towards the sports and approximately 11 were in the 2nd and 3rd year of university. One of these students health promotion //

Develops their discussion on barriers and enablers in term of national significance in health promotion.

Another reason of a lack target for the older girls is apparent for most students of 12 years old. Although this is a result of many factors such as social class of the girl and her residence, one factor is definitely which has been found to be significant and gender neutral in this research. This extra answer page MUST be placed inside the plastic bag with your answer booklet and handed-in.

Candidate considers the benefits of exercise on hauora as an outcome of the action occurring.

Considers the process and the relevance to the target population.

(at Hārea) sports. This means that they will provide a good aerobic cardiovascular benefit, supporting the physical well-being of people. Not only that exercise can help to maintain fitness levels, exercises that cause the heart rate to rise and make breathing harder than usual. This refers to tāra hūra. The sports are also both team activities. In badminton can be played in a group of four or even five players. Diving activities is done in a group. This refers to the tāra whānau, and is better participating with friends. As a top form of physical activity to our year 8 girls. English also that it can be said is assumed that the year 8 girls will be more willing to participate with their friends. Both the activities are moderately challenging and it can be seen when participants overcome these challenges will lead to feelings of success. Supporting them to be successful. ~~because they are challenging~~

An important planning factor needs to consider during the planning process is the targeting of the activities in too large or more specifically what age group they will be appealing to the target group. Aerobic exercise is a high intensity exercise, involving movement that exercise all major muscle groups. The combination also provides a cardiovascular benefit, endurance and aerobic exercise can be performed at a higher fast tempo, while endurance exercise

While this form of physical activity is enjoyed often by overall, it is not a well organized activity. By arm stretch, as it has not been specified whether or not these activities are targeted at males and females, it is a fairly safe assumption that whilst a workout routine to music would appeal to the male sex, this would probably be more exciting in today cricket or soccer. Badminton provides a less strenuous workout for those who do not enjoy aerobics. This choice in two very different activities besides a range of attempts to cater to different needs although a clear flow is that there looks only real appeal for indoor activities and outdoor sports. This highlights the importance of realising that people participate in physical activity for different reasons. In this case it may mean the girl, the age, gender, for participation were // getting fit and losing weight, obviously working against the badminton game of a slim body mass weight. However this is also a different reason; men are more likely to pick up a tennis ball and play it than a girl the said it enjoyment and fun element over from either of the for losing weight. Therefore this is an important issue as the person is more easily persuaded for the fun part of the activity rather than the exercise as it contains a large part of health and ⇒ //

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Considers different needs of participants, although does make some assumptions.

Concludes with the importance of health promotion, however also focussing on the importance of ensuring the process includes consideration of barriers and enablers.

I will now conclude on my concluding points by stating my opinion on health promotion through physical activity. I believe that it is very important as it employs the concept of a healthy active lifestyle. This can be shown by researches such as WHO, who clearly point out the need for physical activity as a clear link is evident between physical and health diseases. However it is important that health promotion is not implemented until all factors have been carefully planned in order to identify barriers and reduce barriers so that participation can be maximised. Also, as a part of the current promotional workout campaign of Play Play, with promotion needs to be targeted to younger age groups rather than just adults so that healthy behaviour can be initiated for life.

(6)