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NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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For Supervisor's use only

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 Four:

New Zealand is in the midst of an obesity epidemic, with 1 in 3 children and 1 out of 5 adults classed as overweight or obese, or so say the media, SPARC and the government. As a result of this supposed 'epidemic', New Zealand has seen a remarkable increase in health promotion in the form of nationwide campaigns such as Push Play, as well as health promotion through schools in 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" (Haddock, 1993) and these campaigns provide a short cut to this message of achieving health through regular activity. These ~~well-known~~ two large scale examples have taken place through a simple and efficient taking action model. Such as the Fitter Model designed by Gillian Tait. A clear example of this process can be seen in this small scenario, in which year 13's have undertaken a specific project in order to promote health to year 9's through physical activity. During the following paragraphs I will endeavour to critically evaluate this taking action process.

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.

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 Gillian 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 then the research of a particular population that is in need. This involves in particular the identification of the enablers and barriers that are specific to the population. When completing the model, nothing turns off the action and action is participated in the same planning process when identifying a suitable activity for the year 13 group. In order to learn about their enablers and barriers, I conducted a pre survey which allowed me to identify their top 3 barriers and enablers so that I could attempt to minimise these through my health promotion. Therefore, it is important that this year 13 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 interesting that the Year 13s have chosen a year 9 students. As stated by the Health and PE text book, VPE, the physical activity begins to decline from approx-

the age of 5 onwards especially in female. Despite this fact, the national health promotion campaign of P.A.S. Play is targeted only at the adult age bracket, with no regard to health promotion in adults or children. Unfortunately, because there is no implementation of health promotion strategies from a young age that physical activity levels is decrease as other aspects of life seem to take priority. For example, in my class I have found that after lunch the pressure that women of the age don't participate in many extracurricular activities and therefore a top barrier to physical activity and lack of time. Perhaps if there was more emphasis put on health promotion to a younger audience, the importance of healthy and active behaviour would be instilled from a young age. In terms of the strategy, it is more appropriate but the way B's have chosen to target their 9-14 year olds, the statistics are approximately 14 years of age and 12 years old or younger are the primary age of health promotion //

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

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As the cause of action taken by the U.S. B's is appropriate for their promotion of it, it is appropriate that aspects of health promotion or social cause of health - low is identified as a barrier to activities which have been shown to be important and another is the very physical //

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

(at times) sports. This means that they will provide a good ~~of~~ cardiovascular workout, supporting the national message of ~~being~~ ~~fit~~ ~~and~~ ~~well~~ ~~and~~ ~~that~~ ~~exercise~~ ~~is~~ ~~important~~ ~~for~~ ~~everyone~~ ~~to~~ ~~do~~ ~~and~~ ~~that~~ ~~exercise~~ ~~that~~ ~~causes~~ ~~the~~ ~~heart~~ ~~rate~~ ~~to~~ ~~rise~~ ~~and~~ ~~making~~ ~~breathing~~ ~~harder~~ ~~than~~ ~~usual~~ ~~that~~ ~~leads~~ ~~to~~ ~~tired~~ ~~and~~ ~~frustrated~~. The sports are also both team activities - in badminton can be played in groups of four or even play doubles and another is done in a group. This refers to ~~the~~ ~~team~~ ~~work~~ ~~and~~ ~~is~~ ~~about~~ ~~participating~~ ~~with~~ ~~friends~~ ~~and~~ ~~a~~ ~~top~~ ~~priority~~ ~~of~~ ~~physical~~ ~~activity~~ ~~to~~ ~~our~~ ~~year~~ ~~9~~ ~~and~~ ~~10~~ ~~students~~ ~~and~~ ~~that~~ ~~it~~ ~~can~~ ~~be~~ ~~reason~~ ~~assumed~~ ~~that~~ ~~the~~ ~~year~~ ~~9~~ ~~will~~ ~~be~~ ~~quite~~ ~~willing~~ ~~to~~ ~~participate~~ ~~with~~ ~~their~~ ~~friend~~. Both the activities are ~~be~~ ~~normally~~ ~~challenging~~ ~~and~~ ~~so~~ ~~refer~~ ~~to~~ ~~some~~ ~~challenges~~ ~~and~~ ~~overcoming~~ ~~these~~ ~~challenges~~ ~~will~~ ~~lead~~ ~~to~~ ~~feeling~~ ~~of~~ ~~success~~ ~~supporting~~ ~~the~~ ~~message~~ //

Considers the process and the relevance to the target population.

~~Badminton is a high intensity~~
An important planning factor ~~to~~ ~~consider~~ ~~during~~ ~~the~~ ~~planning~~ ~~process~~ ~~is~~ ~~the~~ ~~relevance~~ ~~of~~ ~~the~~ ~~activity~~ ~~to~~ ~~the~~ ~~group~~ ~~or~~ ~~more~~ ~~specifically~~ ~~whether~~ ~~or~~ ~~not~~ ~~they~~ ~~will~~ ~~be~~ ~~applying~~ ~~to~~ ~~the~~ ~~target~~ ~~group~~. Badminton is a high intensity activity, involving movements that exercise all major body muscles. The combinations also provide a stimulating mental challenge and develop various skills such as coordination with a partner, fast tempo, ~~and~~ ~~endurance~~ ~~music~~ //

While this form of physical activity is enjoyed often by females, it is not a male dominated activity or not these activities are enjoyed at males and female pupils. It is a fairly safe assumption that doing a workout routine to music would appeal to the male sex, who would probably be more excited by rugby, cricket or soccer. Bothinton provides a less strenuous workout for those who do not enjoy running. This choice in two very different activities ~~provides a range~~ attempts to cater to different needs although a clear flow is that there looks only well appeal for minimum energetic and painful work. This highlights the importance of realizing that people participate in physical activity for different reasons. In the case of my interview to girls, the top reasons for participation were // getting fit and losing weight, obviously wanting to be more attractive, being a slim body model. Interviewer said to have a different look; they are more likely to pick up a higher ball and pass it on and for the sake of enjoyment and to achieve something other than for losing weight. Therefore this is an important issue as it means is more than planned for in the process of the activities. Being able to appeal to ~~provides~~ a large for ~~participation~~ //

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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 then on my following points by stating my opinion on health promotion through physical activity. I believe that it is highly important as it emphasises the concept of a healthier active lifestyle. This view is shared by organisations such as WHO, who clearly point out the need for physical activity as a clear link is evident between inactivity and many diseases. However it is important that health promotion is not implemented until a path has been carefully planned in order to prevent obstacles and reduce barriers so that participation can be maximised. Also, as the current international workout campaign of Fun Play, health promotion needs to be targeted at younger age groups rather than just adults so that healthy behaviour can be instilled for life. //

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