### Due Date:
Thursday 10\textsuperscript{th} September 2015
12.40pm - 2.40pm

### Syllabus Component:
- Preliminary Core 1
- Preliminary Core 2
- First Aid, Fitness Choices

### Outcomes Assessed:
- **P1** identifies and examines why individuals give different meanings to health
- **P2** explains how a range of health behaviours affect an individual’s health
- **P3** describes how an individual’s health is determined by a range of factors
- **P4** evaluates aspects of health over which individuals can exert some control
- **P5** describes factors that contribute to effective health promotion
- **P6** proposes actions that can improve and maintain an individual’s health
- **P7** explains how body systems influence the way the body moves
- **P8** describes the components of physical fitness and explains how they are monitored
- **P9** describes biomechanical factors that influence the efficiency of the body in motion
- **P10** plans for participation in physical activity to satisfy a range of individual needs
- **P12** demonstrates strategies for the assessment, management and prevention of injuries in first aid settings
- **P15** forms opinions about health-promoting actions based on a critical examination of relevant information
- **P16** uses a range of sources to draw conclusions about health and physical activity concepts
- **P17** analyses factors influencing movement and patterns of participation.

### Task:
Yearly Preliminary HSC examination

### Weighting:
40% of assessment mark

### Marks available:
75

### In this task you will be assessed on how well you:
- Demonstrate your understanding of the health and physical activity concepts developed in the Core and Option components throughout the preliminary PDHPE course.
- Knowledge and understanding of:
  - Factors that affect health
  - The way the body moves
- Skills in:
  - Influencing personal and community health
  - Taking action to improve participation and performance in physical activity.
- Skills in critical thinking, research and analysis

### Task Description
2 sections:
- 15 Multiple Choice- 15 marks (Core 1 and 2)
- 10 Short answer questions- 40 marks (Core 1 and 2)
- 2 Long Response questions- 20 marks (First Aid and Fitness Choices).

### Duration:
2 hours

### Assessment Rules
1. If you are absent on the due date of an assessment task, you must bring a medical certificate to the Head Teacher to explain your absence, and submit the assessment or sit the examination on the first day you return to school.
2. Late assessment tasks, without valid documentation, will be awarded zero marks. N Award warning letters will be sent to parents.
3. Refer to the Assessment Policy in your course and school handbook. All guidelines must be followed.