

Yr 11 PDHPE Yearly Exam

Things to know:

- 1.5 hrs
- 15 Multiple choice, 4 definitions, short and long answers
- Covers whole year of work:
 - Core #1 Better Health for Individuals (Short Answer Questions)
 - Mortality is the number of deaths in a given population from a particular cause and/or over a period of time.
 - Morbidity is the incidence or level of illness or sickness in a given population.
 - Social-economic status is a measure of an individual's place in society, based on their income, education, employment and other economic factors such as house or car ownership.
 - Life expectancy is the average number of years of life remaining to a person at a particular age, based on current death rates.
 - Core #2 Body in Motion (Short Answer Questions)
 - An Isometric contraction occurs when the muscle fibres are activated and develop force, but the muscle length does not change; that is, movement does not occur.
 - An Eccentric contraction occurs when the muscle lengthens while under tension. The action often happens with the assistance of gravity.
 - A Concentric contraction is the most common type of muscular contraction. During this contraction, the muscle shortens, causing movement at the joint.
 - Isokentic resistance training allows a person to work at a constant speed against a resistance or weight that changes as the muscular force changes throughout the movement range.
 - Option #3 Fitness Choices (Long Responses)
 - Light Exercise is activity that requires approximately three to four times as much energy as rest.
 - Moderate Exercise is activity that requires approximately five to six times as much energy as rest.
 - Vigorous Exercise is activity than requires seven times or more energy as rest.
 - Option #1 First Aid (Long Responses)
 - A Defibrillator is a device that provides an electric shock to a patient whose heart has stopped beating.
 - Chest Compressions are downward thrusts on the centre of the chest that stimulate blood flow to vital organs in the body.
 - Airways: any passage in a mine used for purposes of ventilation; an air course.
 - Breathing: the act of a person or other animal that breathes; respiration.

Make summaries based on your syllabus under the Focus Questions

Teacher's tips:

- Write out a study timetable
- Have GOOD summary notes
- Slow and steady- a little bit a lot- no last minute crams. You should have already started revising
- Practice Questions' from past topic tests, assessments. Learn from them.
- Know your SYLLABUS!
- Eat and sleep well.