



DEPARTMENT OF EDUCATION

LOWER SECONDARY  
SCHOOL CERTIFICATE  
EXAMINATIONS

PERSONAL  
DEVELOPMENT

Thursday

13<sup>th</sup> October 2011

Time allowed:

3 hours

Candidates are advised to  
fully utilise the allocated  
time

P D

### INSTRUCTIONS TO CANDIDATES:

*(To be read out by the external invigilator before the start of the examination)*

There are 50 questions in this paper. Attempt ALL questions even if you are not so sure of some of the answers.

The Examination is divided into two parts:

**PART A: Multiple-Choice (Questions 1 to 25)**

**PART B: Short-Answer (Questions 26 to 45)**

**PART C: Extended Response (Question 46)**

The Answer Sheet is part of the Examination Booklet. Take out the middle pages and remove the Answer Sheet by tearing along the perforation. You may use the blank sheet for rough work.

For each question in **PART A (Questions 1 to 25)** choose the best answer by writing the letter A or B or C or D in the space provided on the **ANSWER SHEET**.

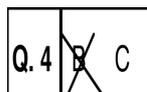
For each question in **PART B (Questions 26 to 45)** work out the answer and write the answer in the space provided on the **ANSWER SHEET**.

For each question in **PART C (Question 46)** work out the answer and write the answer in the space provided on the **ANSWER SHEET**.

If you find a question very difficult, do not spend too much time thinking about it. Leave the question and go on with the rest of the paper. If you have time in the end, return to the difficult questions and think about them more carefully.

Write your answers in BLUE or BLACK (pen or biro).

If you decide to change an answer, make your correction as shown below so that it is clearer to the markers what your final answer is. Do NOT use correction fluid on your answer sheet.



Hand in BOTH the Answer Sheet and the papers used for rough work at the end of the examination.

**Extra time will NOT be allowed to complete the examination under any circumstances.**

**Penalty for cheating or assisting to cheat in national examinations is non-certification.**

**DO NOT TURN OVER THIS PAGE AND DO NOT  
WRITE UNTIL YOU ARE TOLD TO START.**

**For each question choose the best answer and write A, B, C, or D in the space provided on your answer sheet.**

**QUESTION 1**

Grief is the response we have to a significant loss in our lives. The responses are 'feelings, thoughts, behaviour and physical signs. Listed below are the examples of the responses.

- |                   |                        |
|-------------------|------------------------|
| i. sadness        | v. feeling of weakness |
| ii. lack of focus | vi. cry a lot          |
| iii. fear         | vii. headaches         |
| iv. forgetful     |                        |

Which of the choices consist of an example from each of the four responses?

- |                   |                    |
|-------------------|--------------------|
| A. i, ii, v, vi   | B. ii, iv, vi, vii |
| C. iv, v, vi, vii | D. iii, ii, iv, vi |

**QUESTION 2**

Which of these are communicable diseases?

- A. malaria, typhoid, diabetes, heart attack
- B. diabetes, heart attack, anaemia, cancer
- C. typhoid, syphilis, cholera, gonorrhoea
- D. common flue, gonorrhoea, cancer, malaria

**QUESTION 3**

Which of the following changes does NOT occur during puberty?

- |                              |                           |
|------------------------------|---------------------------|
| A. longer hair on the scalp. | B. wider hips in girls.   |
| C. deeper voices for boys.   | D. ovulation for females. |

**QUESTION 4**

Pathogens are \_\_\_\_\_ that make people sick.

- |             |             |
|-------------|-------------|
| A. bacteria | B. virus    |
| C. systems  | D. microbes |

**QUESTION 5**

Microbes are classified under five main groups, fungi, bacteria, virus, protozoa and algae. Not all microbes are harmful. Some are useful to man.

Which of these is useful in making bread and in the production of penicillin?

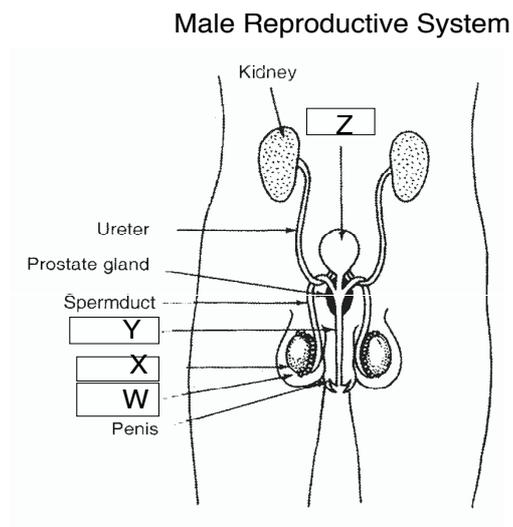
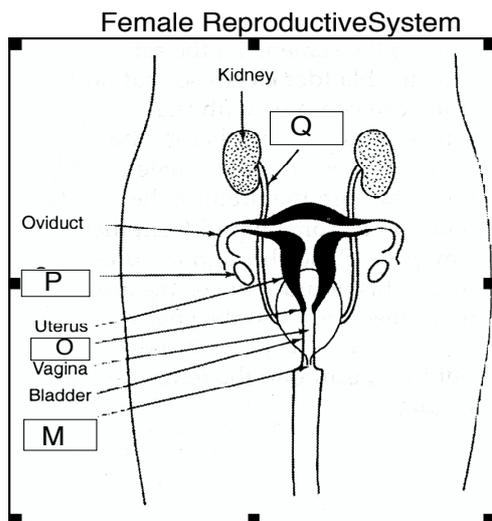
- A. virus
- B. algae
- C. fungi
- D. bacteria

**QUESTION 6**

People who are equal to you either in age or status are

- B. friends.
- B. peers.
- C. brothers.
- D. cousins.

**For Questions 7 to 8, refer to the diagrams of a male and female reproductive system.**



**QUESTION 7**

What letter is representing scrotum in the male reproductive system?

- A. Z
- B. X
- C. Y
- D. W

**QUESTION 8**

The lower portion of the uterus is called the cervix and is a common site of cancer in women. The cervix is represented by

- A. O
- B. Q
- C. P
- D. M

**QUESTION 9**

R-I-C-E is a sequence treatment used on soft tissue injuries. 'Rest, ice, compression, elevation.'

In which situation would all four treatments be used?

- A. eye injuries
- B. cramps
- C. internal bleeding
- D. strain

**QUESTION 10**

The tube that carried both sperm and urine outside the body is called \_\_\_\_\_.

- A. sperm duct
- B. urethra
- C. prostate gland
- D. urether

**QUESTION 11**

The large pumping chambers of the heart are

- A. ventricles.
- B. atrium.
- C. aorta.
- D. pulmonary

**QUESTION 12**

A human being is an organism built up of different parts.

Which of the descriptions show correct sequence of build up to an organism?

- A. cell  $\Rightarrow$  organ  $\Rightarrow$  tissue  $\Rightarrow$  organism  $\Rightarrow$  organ system
- B. organ  $\Rightarrow$  organism  $\Rightarrow$  organ system  $\Rightarrow$  tissue
- C. organ system  $\Rightarrow$  tissue  $\Rightarrow$  organism  $\Rightarrow$  cell  $\Rightarrow$  organ
- D. cell  $\Rightarrow$  tissue  $\Rightarrow$  organ  $\Rightarrow$  organ system  $\Rightarrow$  organism

**QUESTION 13**

The admirable qualities that we see in others often make us determined to work towards possessing the same qualities.

What is the name given to these particular people we admire?

- A. artists
- B. celebrity
- C. sportsman
- D. role models

**QUESTION 14**

Papua New Guinea hosted the 1991 South Pacific Games which is an event that comprises of many different sports, including Athletics. An example of an athletics event is

- A. swimming
- B. marathon
- C. weight lifting
- D. lawn tennis

**QUESTION 15**

A man and woman living together even though they are not married. They even have children. This type of family is called a \_\_\_\_\_ family.

- A. extended
- B. nuclear
- C. defector
- D. polygamy

**QUESTION 16**

Danger, response, airway, breathing and circulation (DRABC) is a safety and first aid technique when dealing with an unconscious person. Which of these statements refers to response?

- A. Check breathing, watch for movement in the abdomen and chest and listen and feel for air escaping through the nose or mouth.
- B. Asses the situation quickly to ensure your own safety and that of the casualty, where it is unsafe, move the cause from the casualty or move the casualty away.
- C. The unconscious casualty is in danger of a blocked airway. Turn him or her over into the lateral recovery position to ensure a clear passage of air to the lungs.
- D. The most important observation to be made is whether the casualty is conscious or not. Shake the casualty gently or shout a simple command to check if the casualty obeys or not.

**QUESTION 17**

Contraception refers to

- A. the period at the beginning of adolescence when hormonal changes occur.
- B. techniques which allows couples to have children.
- C. care given to women before childbirth.
- D. methods that are used to avoid unwanted pregnancies.

**For Question 18 refer to the case study.**

Peter is a peer group leader. He is big, loud and talented. Sam, who is in the same group, confides in Peter when they are alone that he really likes Christie but he doesn't know how to approach her. Peter says nothing, but when the members of the group are hanging around the corner shop the next day, Christie walks past. Peter turns to the group and booms, hey guys, that's who Sam wants. Come on, Sam, don't be a woosie. Go and chat her up. Sam glares at Peter.

**QUESTION 18**

\_\_\_\_\_ is having the ability to do something or make something happen.

- A. Power
- B. Discernment
- C. Submission
- D. Provision

**QUESTION 19**

The main function of the testicles is to produce

- A. sperm.
- B. hormones.
- C. semen.
- D. urine.

**QUESTION 20**

Where does baby develop in the mother's body?

- A. oviduct
- B. ovary
- C. ureter
- D. uterus

**QUESTION 21**

There are three main types of muscle tissues. These are smooth, cardiac and skeletal muscle tissues.

Pick out from the choices below, a list consisting all the 3 muscles tissues.

- A. stomach, heart, biceps
- B. triceps, calf muscle, thigh muscle
- C. uterine walls, intestine, oesophagus
- D. heart, veins, arteries

**QUESTION 22**

Ligaments are

- A. crunchy, structure found at the end of the bones at joints.
- B. tough band of fibres that join one bone to another at joints.
- C. pink tissue that contract and relax to enable movement.
- D. tough band of fibres that attach a muscle to a bone.

**QUESTION 23**

There are 11 components that are used when trying to define the term 'physical fitness'. These are classified into two major groups. Health-related fitness and skill related fitness.

Which of these components can be classified into skill-related fitness?

- A. cardio-vascular fitness                      B. flexibility and body composition  
C. strength and muscular endurance        D. balance and coordination

**For Questions 24 to 25, refer to the information given.**

- I. Show willingness to listen to the opinion of others  
II. Impatience.  
III. Seek advice from adult members of the family or community.  
IV. Always think before you act.  
V. When tasks are difficult, never give up without a challenge.  
VI. Dislike someone for correcting your mistakes.

**QUESTION 24**

One of the social skills needed for appropriate behaviour is patience. Which of the following displays this skill?

- A. I, II and V                                      B. III, V and VI  
C. I, IV and V                                    D. II, III and V

**QUESTION 25**

People in all societies have social motives. These determine our actions and influence the way we think. This can lead to societal stereotypes, prejudice and discrimination.

Which of the above would show discrimination?

- A. I and III                                        B. II and VI  
C. III and V                                      D. IV and VI

**PART B: SHORT ANSWERS (Questions 26 to 45)**

**For Questions 26 to 45, work out the answer and write it in the space provided on the ANSWER SHEET.**

**For Questions 26 to 29, use the following words.**

Embryo, implantation, menstruation, conception

**QUESTION 26**

The lining of the uterus thickens in preparation for a fertilized egg. If the egg is not fertilized by the sperm cell, it will leave the body together with the lining of the uterus and small amount of blood. This is called \_\_\_\_\_.

**QUESTION 27**

When an egg is moving down the oviduct, one of the sperms may combine with it to form a fertilized egg. When this happens it is called \_\_\_\_\_ and as a result the woman will be pregnant.

**QUESTION 28**

The fertilized egg takes about a week to pass down the oviduct to the uterus. The egg divides many times to make a ball of cells called the \_\_\_\_\_.

**QUESTION 29**

The embryo that is being formed sinks into the soft lining of the uterus which has grown to receive it. This is called \_\_\_\_\_.

**QUESTION 30**

Blood vessels are the networks that allow for blood to be circulated throughout all parts of the body. The vessels which carry oxygen rich blood are called \_\_\_\_\_.

**QUESTION 31**

A good guideline to follow in all your relationships is \_\_\_\_\_.

**QUESTION 32**

Mary is a female and is the second eldest of the girls in the family. Symbols are used to represent male and female (  $\Delta$  = male , O = female). Put a circle around the symbol to where Mary fits in.

$\Delta$   $\Delta$   $\Delta$  O O O  $\Delta$

**For questions 33 to 35, refer to the following information.**

Here are some list of physical, economical and social consequences of teenage pregnancy and early child bearing.

- Often the baby will be born premature and underweight.
- Pelvis of young girls is too narrow.
- Limits employment opportunities.
- Most young women drop out of school.
- They and their children more likely to be poor.
- Young mother, and mother may experience social stigma and exclusion from their family and community.
- Medical care, less productive workforce.

**QUESTION 33**

Identify an economical consequence of teenage pregnancy and early child bearing from the list above.

**QUESTION 34**

List down any social consequences of teenage pregnancy and early child bearing from the list above.

**QUESTION 35**

From the list above identify a health concern of teenage pregnancy and early child bearing.

**For Questions 36 to 40, choose from the list of words to fill in the blank spaces.**

Negotiation, Prejudice, Consensus, Aggressive, Assertiveness.

**QUESTION 36**

\_\_\_\_\_ is the formation of an opinion or feeling without sufficient knowledge, thought or reason.

**QUESTION 37**

\_\_\_\_\_ is a general agreement made by most of the members of a group.

**QUESTION 38**

\_\_\_\_\_ is the technique of finding a solution to a problem that is agreeable to all concerned and involves everybody giving in a little.

**QUESTION 39**

\_\_\_\_\_ people want to win at all costs.

**QUESTION 40**

\_\_\_\_\_ is the ability to stand up for your own rights without putting down the person you are communicating with.

**QUESTION 41**

The ability of your muscles, ligaments and tendons to stretch so that your joints allow large movements is called \_\_\_\_\_.

**QUESTION 42**

Name the sickness that occurs when sugar in the body is not changed to energy properly?

**QUESTION 43**

Listed are some common diseases.

Malaria, gastroenteritis, typhoid, tuberculosis, grille, sexually transmitted diseases.

Which of these diseases are spread by coughing that puts droplets into the air?

**QUESTION 44**

What does HIV stand for?

**Read the following information to answer question 45.**

There are two main classifications for energy systems: the aerobic energy system and the anaerobic system. The aerobic energy system is used for long duration or endurance exercise that uses oxygen to break down glucose (simple carbohydrates). It is the most important energy system for endurance athletes.

The anaerobic energy system is used for exercise that involves short duration or stops and starts. This system is broken into two types. The first is commonly known as the lactate energy system which relies on the use of glycogen for energy, with lactic acid as the by-product. The second type is commonly known as the phosphate energy system. It relies on stores of creatine phosphate as the energy source and is used in very fast or explosive movements.

The energy system that is used is determined by the type, duration (length of time), and intensity (how hard) of the exercise performed. A combination of these energy systems is used for participation in most sports or physical activities.

**QUESTION 45**

There are two main classifications for energy system; the aerobic energy system is one type. What is the other system called?\_\_\_\_\_.

**PART C: EXTENDED RESPONSE QUESTION (Questions 46)**

**For Question 46 fill in the blanks with the words given below.**

Safe, express, respect, feelings, positive

Healthy relationships are built on \_\_\_\_**(i)**\_\_\_\_. Respecting other people's \_\_\_\_**(ii)**\_\_\_\_, their right to be safe and the right to \_\_\_\_**(iii)**\_\_\_\_ their thoughts, and opinions and who they are will lead to \_\_\_\_**(iv)**\_\_\_\_ relationships. It is important, both people in a relationship to do these things so each person feels happy and \_\_\_\_**(v)**\_\_\_\_ in that relationship.

**END OF EXAMINATION**