In your answers you will be assessed on how well you:

- demonstrate an understanding of health and physical activity concepts
- apply the skills of critical thinking and analysis
- illustrate your answer with relevant examples
- present ideas in a clear and logical way

Question 25 — Sports Medicine (20 marks)		Marks
(a)	Outline the differences between direct and indirect sports injuries.	3
(b)	Discuss the role that physical preparation plays in the prevention of sports injury.	5
(c)	Evaluate the policies and procedures that regulate when an athlete returns to play after injury.	12
Question 26 — Improving Performance (20 marks)		
(a)	Outline the physiological characteristics of an overtrained athlete.	3
(b)	Discuss how athletes could use plyometric training techniques to enhance performance.	5
(c)	Evaluate the use of technology in training sessions that are designed to improve skill.	12
Question 27 — Equity and Health (20 marks)		
(a)	Outline how 'advocating' can be used to enhance the health of a disadvantaged group.	3
(b)	Discuss how socioeconomic status AND access to health care influence the health status of Aboriginal and Torres Strait Islander peoples.	5
(c)	Evaluate the characteristics of effective health promotion strategies for improving the health of people living in rural and remote locations.	12

## End of paper