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

**End of paper**