



PRACTICE QUESTIONS FOR VCE

HEALTH AND HUMAN DEVELOPMENT

Unit 3: Area of Study 1
Understanding health
and wellbeing

SET 1

Question 1 (10 marks)

a. Describe spiritual health and wellbeing.

2 marks

b. Explain the interrelationships between the dimensions of health and wellbeing.

5 marks

- c. Outline one way in which optimal health and wellbeing can act as a resource at each of the following levels.

3 marks

Individual _____

National _____

Global _____

Question 2 (4 marks)

<p>Smoking: Quit program</p>	<p>The Quit program has worked hard to phase out tobacco advertising on television and radio. It has also encouraged changes to laws regarding plain packaging and non-smoking areas and has a Quitline that offers support and advice for those trying to give up smoking.</p>
<p>Skin cancer: SunSmart program</p>	<p>The SunSmart program encourages schools to have policies such as ‘no hat no play’ and advocates for shade when planning outdoor spaces. SunSmart also has an app that informs people of the UV levels for the day and a catchy slogan, ‘slip, slop, slap, seek and slide’, which encourages people to slip on a shirt, slop on some sunscreen, slap on a hat, seek shade and slide on sunglasses.</p>
<p>Road safety: Driver Reviver program</p>	<p>The Driver Reviver program opens up to 220 Driver Reviver sites each holiday season. These are located along popular routes and offer places for drivers to stop and refresh, with free tea, coffee, snacks and toilet facilities. The Driver Reviver program involves volunteers from the State Emergency Service (SES), Country Fire Authority (CFA) and Lions Club. It also has tips online for driving safely.</p>

Explain how one of the programs above could lead to optimal health and wellbeing as a resource individually, nationally and globally.

ANSWERS

Question 1a.**Sample response**

Spiritual health and wellbeing is not material in nature, but relates to ideas, beliefs, values and ethics that arise in the minds and consciences of human beings. It includes the concepts of hope, peace, a guiding sense of meaning or value, and reflecting on one's place in the world. Spiritual health and wellbeing can be highly individualised; for example, in some spiritual traditions health may relate to organised religion, a higher power and prayer. In other practices it can relate to morals, values, a sense of purpose in life, connection or belonging.

Mark allocation: 2 marks

- 1 mark for each of the following: ideas or beliefs; values or ethics; sense of purpose in life; connection or belonging (up to 2 marks)

**Tip**

- *You will not be asked to define the dimensions of health and wellbeing but must be able to describe them using key words.*

Question 1b.**Sample response**

The interrelationship between the dimensions of health and wellbeing can be seen in the example of a student who breaks their leg. The student would not be able to function effectively, which would have a detrimental effect on their physical health and wellbeing. Not being able to do daily activities, such as getting from one class to another, may cause them to get upset over things they wouldn't normally; for example, having to wait in a queue (perhaps causing pain and distress, which reduces emotional health and wellbeing). Knowing they are frustrated and upset about things that they would normally find easy may negatively impact their mental health and wellbeing, due to decreased confidence in dealing with school. This could mean not attending school, which could reduce the strength of their relationships with peers (negatively impacting social health). This lack of relationships at school may decrease the feeling of connectedness with school (negatively impacting spiritual health). As a result, once they are ready to return to school on crutches, they may experience some anxiety about how people will treat them (negatively impacting mental health).

Mark allocation: 5 marks

- 4–5 marks for a response that demonstrates how multiple or all dimensions of health and wellbeing impact each other
- 2–3 marks for an explanation of more than one dimension of health and wellbeing and how they impact each other
- 1 mark for an explanation of one dimension of health and wellbeing

Note: Responses can discuss positive or negative impacts or a mix of both.

**Tip**

- *You must be able to show the interrelationships between dimensions, including clear links on how one dimension affects another.*

Question 1c.

Sample response

Possible responses are outlined in the table below.

Individual	National	Global
<ul style="list-style-type: none"> • work productively • gain an education • earn an income • exercise • effectively run a household (e.g. shopping, cleaning, caring for children) • spend time with friends • work towards a purpose in life • increase leisure time • live independently • sleep well • maintain positive thought patterns 	<ul style="list-style-type: none"> • economic benefits • increased productivity, less absenteeism from work • higher average incomes • fewer people relying on social security • health system savings, more money spent on education • social benefits • increased social participation • reduced stress and anxiety in the community • longer, healthier lives and increased life expectancy 	<ul style="list-style-type: none"> • promotes social development • promotes economic development • assists in promoting peace and stability • promotes sustainability • reduces risk of disease transmission between countries

Mark allocation: 3 marks

- 1 mark for outlining one way optimal health and wellbeing can act as a resource at an individual level
- 1 mark for outlining one way optimal health and wellbeing can act as a resource at a national level
- 1 mark for outlining one way optimal health and wellbeing can act as a resource at a global level

Question 2

Sample response

The Quit program decreasing the number of people smoking may lead to a lower incidence of lung cancer and respiratory diseases. This means that, at the individual level, there is an increase in a person's ability to work and earn an income because they are not sick from smoking-related conditions. At a national level, having fewer smokers can lead to increased productivity due to fewer breaks and sick days. If more countries experience an increase in productivity at the national level, then there may be positive economic developments at the global level.

Mark allocation: 4 marks

- 1 mark for linking a program to health and wellbeing as an individual resource (examples include working productively, gaining an education, earning an income, exercising, effectively running a household, spending time with friends, working towards their purpose in life, increasing leisure time, living independently, sleeping well and maintaining positive thought patterns)
- 1 mark for linking a program to health and wellbeing as a national resource (examples include economic benefits, increased productivity, less absenteeism from work, higher average incomes, fewer people relying on social security, health system savings, more money being spent on education, social benefits, increased social participation, reduced stress and anxiety in the community, longer and healthier lives, and increased life expectancy)
- 1 mark for linking a program to health and wellbeing as a global resource (examples include benefits on a global level, promoting social development, promoting economic development, assisting in promoting peace and stability, promoting sustainability and reducing risk of disease transmission between countries)
- 1 mark for describing optimal health and wellbeing