



# VCE HEALTH AND HUMAN DEVELOPMENT UNITS 3&4 [2021]

Unit 3 AOS 1: Progress check 1

**YOUR NAME:** Panayiota Matheou

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## STRUCTURE OF EXAM

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Section A - Short Answer

2 questions

11 marks

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**11 marks**

## WHEN YOU FINISH

Get your marks, and view solution videos that explain the answer to each question at:

**[edrolo.com.au/e5586](https://edrolo.com.au/e5586)**

## SECTION A – SHORT ANSWER

**Question 1** (8 marks)

Tina has recently migrated from Vietnam. She lives in Melbourne with her husband and 2 year old son. Tina has started up her own business, a nail salon that has been successful, one hour from home. She works very long hours often 6 days a week and has recently found out she is pregnant which was not planned. Tina is not eating well due to a lack of time and has a reoccurring cold that she cannot shake. Tina is feeling very stressed due to running her business and the long hours away from her family. Tina is a Buddhist and since coming to Australia has had trouble finding the time to engage in Buddhist practices and rituals such as meditation. Despite this, Tina generally feels content, safe and optimistic about a good life ahead for her family in Australia. Her customers have been welcoming; she has made new friends and improved her English language skills.

**Question 1.a**

2 marks

Using an example from the case study identify a characteristic of emotional and physical health and wellbeing.

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**Question 1.b**

1 mark

Tina's customers have been welcoming and she has made new friends in the community and her English language skills have improved. Identify the dimension of health and wellbeing that this could be associated with.

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**Question 1.c**

2 marks

Explain how the dimension of health and wellbeing identified in the previous question could impact on Tina's mental health and wellbeing.

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**Question 1.d**

3 marks

Tina is struggling to find time to practice her rituals associated with her Buddhist religion. Explain the importance of optimal spiritual health and wellbeing and how this can promote optimal physical and emotional health and wellbeing.

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**Question 2**

3 marks

The concepts of health, wellbeing and illness are often seen as dynamic and subject to different interpretations. Justify this statement.

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