Exam Technique and Answering a Question
What Do You Already Know?

Activity 1:
- Answer as many of the following questions as you can in the one minute provided.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How much reading time is allowed in the HSC PDHPE examination?</td>
<td></td>
</tr>
<tr>
<td>2. How long is the PDHPE examination, including reading time?</td>
<td></td>
</tr>
<tr>
<td>3. How many marks are allocated to Section I, Part A of the PDHPE exam paper?</td>
<td></td>
</tr>
<tr>
<td>4. What is the suggested time you should allocate for Section I, Part A in the PDHPE exam paper?</td>
<td></td>
</tr>
<tr>
<td>5. What types of questions are in Section I, Part B of the HSC PDHPE exam paper?</td>
<td></td>
</tr>
<tr>
<td>6. Where do you write your answers to Section I, Part B questions?</td>
<td></td>
</tr>
<tr>
<td>7. How many marks are allocated to Section I, Part B of the PDHPE exam paper?</td>
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</tr>
<tr>
<td>8. What is the suggested time you should allocate for Section I, Part B in the PDHPE exam paper?</td>
<td></td>
</tr>
<tr>
<td>9. How many marks are allocated to Section II of the HSC PDHPE exam paper?</td>
<td></td>
</tr>
<tr>
<td>10. What types of questions are asked in Section II of the HSC PDHPE exam paper?</td>
<td></td>
</tr>
<tr>
<td>11. Where do you write your answers to the Section II questions?</td>
<td></td>
</tr>
<tr>
<td>12. What will you be questioned on in Section II of the HSC PDHPE exam paper?</td>
<td></td>
</tr>
<tr>
<td>13. How many questions should you answer from Section II of the HSC PDHPE exam paper?</td>
<td></td>
</tr>
<tr>
<td>14. How many people will mark your answers?</td>
<td></td>
</tr>
<tr>
<td>15. What happens if markers give different marks for your answer?</td>
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</tbody>
</table>
Major Changes to the PDHPE Exam

Activity 1:
- 
- 
- 

Concerns About the HSC Exams

Activity 2:
“I’m afraid I still have more questions than answers
“I had all the right answers, but I had them in the wrong order.”
It is natural to feel nervous about sitting your HSC exams. The changes to the PDHPE exam are only minimal, but it can still be nerve racking not knowing what to expect. If you can overcome any concerns or worries you have about your exams before the day, you will feel much more at ease when the time finally comes.

a. Using the slip of paper you were given at the start of the presentation write down ONE concern you have about the HSC exams.

b. After discussion with the group fill in the table below with the three most common concerns. See if you can think of strategies that a person with these concerns could use to overcome them.

<table>
<thead>
<tr>
<th>Concern</th>
<th>Ways to Overcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>
Support Networks

- Teacher/tutor
- HSC Advice line 13 11 12
- Stuvac study groups
- Textbook/study guides/past papers
- BOS site – coping with stress
- HSC online PDHPE forums
  - Core 1 – Week 8, Term 3
  - Core 2 - Week 10, Term 3
- BOS sample answers

Exam Structure

(Changes highlighted in red)

- Section I: Core 1, Core 2
  - Part A: 20 marks
    - Questions – 20 Multiple choice questions
    - Answer on separate multiple choice answer sheet.
  - Part B: 40 marks
    - Questions – Short answer questions only
    - Answer on lines provided.

- Section II: Options
  - 40 marks
    - One short answer and one extended response question for each option
    - ONLY answer the questions for the TWO options you have studied
    - Answer in a separate writing booklet
Things to ponder

Practicing in exam style conditions is a great way to prepare you for your HSC exams. It is also important to think about how you would like to complete the examination. Timing is an important factor when sitting your HSC exam as you will not want to spend too much time on things like multiple choice questions at the expense of the extended response questions. More marks usually means more time.

Everyone will do the exam differently, so it is important to find what is right for you. Answer the following questions and write down reasons for your responses.

- What will you read in the reading time and why?

- What section will you start first and why?

- What will you do if you draw a blank on a question and why?
Quick Tricks
Slide 8

‘Quick Tricks’
Activity Three:
Assess the role that supportive environments can play in addressing health priority issues in Australia.

Activity 3:
Write down the 6 quick tricks to answering HSC questions

1.
2.
3.
4.
5.
6.
Practicing the Quick Tricks

Activity 4:

- Select ONE of the short answer questions below and practice the ‘quick tricks’. On the lines provided list the things you would include in your response.

Short Answer Questions

Core 1
Explain the current trends associated with cardiovascular disease in Australia. (3 marks)

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Core 2
Select ONE sporting event and identify the dominant energy system used, the source of fuel for that energy system and a cause of fatigue. (3 marks)

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
Tips for Answering HSC Questions

Breakdown the question
- What is the value of the question?
- What is it asking you to DO? – circle the HSC term
- What is it asking you to KNOW? – underline the syllabus related words
- Highlight any other relevant information given in the question that should be addressed? Are there any links that need to be made between syllabus content?
- Re-phrase the question in your own words.

Draw up a plan/mind map
- This should relate to your HSC term and what you are required to do, then your knowledge of the Syllabus points and any other related information. Don’t spend too much time on this as you will be writing it all in your answer eventually and there is no point writing it twice. Try to use this time to work out what concepts link with each other and how you might order things in your response.
- As you answer the question cross off the points you listed on your plan/mind map to ensure that you have fully responded to the question.

Present ideas in a clear and logical way
- Remember to P.E.E.L. The words on the paper are all that the markers have to determine your knowledge and understanding of the PDHPE content. You need to take time to work out a scaffold of what you want to include in your response and show the links between the points being made. It is always a good idea to make time to read through your answers and make sure that you make sense.

Remember more marks means more time
- Don’t spend too long on a question worth 4 marks and then have no time left for a 15 mark question.

Pretend the marker knows nothing
- Don’t assume the marker will know what you are talking about, make sure you show what you know and then apply it to the question.

Use appropriate terminology
- Doing this can gain you marks and helps to show your knowledge of the subject.

Examples, examples, examples
- It is vital that you provide examples throughout your answer to show you understand every thing you have stated. The more you use examples the more understanding you can show of the question and concepts.

Make links to the marking rubric
- Every exam has a rubric that outlines what your answer will be assessed on. The new rubric for the 2010 exam will be publicised on the Board of studies website by the end of term 1 2010. It is likely that the rubric will still ask for students to demonstrate an understanding of health and physical activity concepts.

Hamburger Concept
Presenting Ideas in a Clear and Logical Way

Activity 5:

Wrapper = ______________________________________

Burger Bun = ______________________________________

Layers (Lettuce, tomato, cheese, onion, pickles) = ______________________________________

Patty = ______________________________________

Sauce = ______________________________________

Tips for Answering HSC Questions

P.E.E.L Concept

Each paragraph in your exam responses should show your knowledge and understanding of the question and cover the relevant components from the question. Using the PEEL concept will help you to structure your paragraphs in a clear and logical way.

The PEEL concept is where you incorporate the layers of your hamburger. In other words you incorporate the components from the question into your answer.

Point
• State your point – this may be in the form of identifying a factor, stating a fact, making a statement, proposing a strategy.

Elaborate
• Show what you know about the point made and apply that knowledge to the HSC term and other factors in the question.
• Sometimes the requirements of the HSC term can help you to elaborate. For example, if the question asks to explain, describe, outline, discuss, assess, analyse, compare, evaluate then you need to follow the scaffold of the term to create your response.
• Other factors in the question can sometimes assist or guide your elaboration so it is important to understand what the question is asking you about.

Example
• Provide 1-2 examples to show you understand what you have elaborated on.
• The example should give a practical illustration, real life simulation or reflect a common everyday occurrence to prove what you have elaborated on.

Link
• You should always refer back to the question to conclude your paragraph.
• This is where you can make links to show the relationship between syllabus content. This is also where you can demonstrate your understanding of health and physical activity concepts, where appropriate.
• In most cases, you are showing the outcome of your point as a result of your elaboration.
Activity 6:
**Breakdown the question using the quick tricks**

1. **Read the question**

   Write the question you have chosen here

2. **Identify the marks allocated**

   Write down how many marks is the question worth
3. Circle the HSC term/s, if any, that tell you HOW to answer the question.
Write down what each HSC term requires you to do to answer this question

4. Underline the syllabus points in the question.
List the key areas of the syllabus to address when answering this question

5. Read the question again for key hints
Identify any hints in the question that should be addressed

6. Use acronyms to remember key concepts
Write down any acronyms you can use for this question

Draw up a plan/mind map
Prepare a plan/mind map of points to include in your response. Use lines or arrows to make links between the concepts.
Write a response to your question

Use the lines provided below to write your answer. Remember the hamburger technique.

Remember the more you practice these quick tricks the easier it will be to understand exam questions. However it is important to remember that those questions worth 2 marks or less probably don’t need this much time spent on them.
Marking the HSC

- The exam is written and finalised by October the year before you sit your HSC exams. This means any new information or issues that arise in the year of your exams will not be included, similarly if it is not in the syllabus you cannot be questioned on it.

- Marking guidelines are also developed when the exam is written.

- For the first few days of the marking period, markers “practice” marking copies of real exam responses using the marking guidelines until all markers are marking consistently and at the same level.

- Markers mark the same question for 10 days.

- Every single response is marked by two markers from different teams. If markers give different marks for the same response this is called a discrepancy. Any scripts that have a discrepancy are then marked by a third marker to ensure that the right mark is given.

- The HSC is marked positively. This means that you do not lose marks for writing incorrect information. It also means that anything on the exam paper or booklet is considered when allocating a mark. If you write a plan for your answer it will be considered by markers and may contribute to the marks allocated for that question. If you run out of time but have jotted down some notes in your plan, markers will consider this. So this means bullet points and lists will be marked should you run out of time to write a complete response.
Take Home Activities

The following activities can be done at home as part of your study in preparation for the HSC:

Activity 1
Go to the Board of Studies Test Yourself site and practice answering multiple choice questions from previous HSC papers.

Activity 2
Practice the quick tricks and write a response for each of the short answer questions below.

Past HSC Questions

2009 HSC (4 marks)
Describe how reorienting health services can improve the health of Australians.

2009 HSC (6 marks)
Compare the health status of Aboriginal and Torres Strait Islander peoples with the broader Australian population.

2008 HSC (8 marks)
Explain why injury and diabetes have been identified as national health priority areas.

2008 HSC (5 marks)
Distinguish between prescribed and personal criteria used to judge the quality of a performance.

2008 HSC (3 marks)
Explain the purpose of pre-screening when planning aerobic programs.

2007 HSC (5 marks)
Explain why some Australians may choose to take out private health insurance.

2007 HSC (8 marks)
Explain how characteristics of the learner and the learning environment affect the acquisition of skill.

2006 HSC (4 marks)
Summarise the reasons for the growth of alternative health care approaches in Australia.

2006 HSC (5 marks)
Explain how nutritional supplementation affects the performance of athletes.

2005 HSC (7 marks)
Account for the differences in the health status of men and women in Australia.

2005 HSC (5 marks)
Describe how the FITT principle can be used to plan aerobic training programs.

2004 HSC (15 marks)
Explain how the application of the Ottawa Charter addresses social justice principles in relation to cardiovascular disease in Australia.

2004 HSC (8 marks)
Examine the relationship between body temperature regulation and fluid intake.

2004 HSC (12 marks)
Justify the use of skill-related tests to identify skilled performers for team selection trials.

Activity 3
Practice answering extended response questions from the Standards Packages and compare them to the sample answers and marking criteria provided in the Standards Packages.

Activity 4
Go to the NSW HSC Online PDHPE site during Week 8 and Week 10 of Term 3 and participate in the online discussion forums with other teachers and students from around NSW.

Activity 5
Write a response to the following question and have a friend grade it using the hamburger criteria table provided below.

Example HSC style question (8 marks)
Compare the dietary requirements of TWO athletes in different sports. In your answer consider pre-, during and post- performance needs.

<table>
<thead>
<tr>
<th>Hamburger criteria</th>
<th>YES/NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does the response have a suitable wrapper? Is the response too long or too short for the marks allocated?</td>
<td></td>
</tr>
<tr>
<td>Does the response have a burger bun? Is there an attempt to provide an intro and conclusion</td>
<td></td>
</tr>
<tr>
<td>Does the response have layers? Does the response include components of all the syllabus content?</td>
<td></td>
</tr>
<tr>
<td>Does the response have a meat or veggie patty? Does the response show a comparison?</td>
<td></td>
</tr>
<tr>
<td>Has the response attempted to use the P.E.E.L framework? Do the paragraphs in the response have specific points, and have these points been elaborated on?</td>
<td></td>
</tr>
<tr>
<td>Has the response given an example and made links to show the relationship between syllabus content?</td>
<td></td>
</tr>
<tr>
<td>Has the writer shown the outcome of their elaboration?</td>
<td></td>
</tr>
</tbody>
</table>

Activity 6
Go to the NSW Board of Studies Assessment Resource Centre and access the Standards Packages for PDHPE to review questions and sample answers from previous HSC papers.

Follow the steps below for each sample
Step 1
Examine the question:
- What is the question asking you to do? Underline key words.
- What part of the syllabus does the question draw upon?
- What would you expect to see in a high level response? Refer to the marking guidelines.

Step 2
Examine the example answer:
- read through a student work sample
• identify characteristics and features of the response
• make a judgement about the standard of the response by referring to the marking guidelines.

**Step 3**
Develop a better response by identifying:
• what the student could do to improve the quality of their response?
• the sort of knowledge and understanding that would need to be included to improve the quality of the response
• examples that would strengthen the quality of the response
• places where syllabus terminology could be used to improve the response
• how the key points could be linked better.

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**Supplementary Material**

The following websites will be useful as you prepare for your HSC examination:

**NSW Board of Studies**
http://www.boardofstudies.nsw.edu.au

**NSW Board of Studies Assessment Resource Centre**

**NSW HSC Online: PDHPE node**
http://www.hsc.csu.edu.au/pdhpe/

**Scaffolds to develop extended response answers**
http://hsc.csu.edu.au/pdhpe/study_tech/2604/scaffolds.html

**Test yourself: multiple choice questions**

**Study tips and exam strategies**
http://hsc.csu.edu.au/study/