



## SAMPLE ASSESSMENT TASKS

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HEALTH STUDIES  
GENERAL YEAR 12

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## Sample assessment task

### Health Studies – General Year 12

#### Task 2 – Unit 3 and Unit 4

**Assessment type:** Response

**Conditions:** the task will be completed over three weeks

**Task weighting:** 10% of the school mark for this pair of units

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#### Health Belief Model

(42 marks)

Investigate the use of the Health Belief Model and how it can be used in health promotion to design interventions and prevention programs. Use the model to design a prevention activity that focuses on behaviour change for a specific health behaviour.

Choose one health behaviour to focus on, such as improving breast cancer screening rates in women over 50, increasing the uptake of free vaccinations among parents of young children, or reducing alcohol-related harm among young people.

1. Outline the **six** elements of the Health Belief Model. Explain how each element relates to your chosen health behaviour. The following example is for smoking and illustrates how the first step in the model (perceived susceptibility) relates to smoking behaviour. (18 marks)

*Perceived susceptibility: refers to the risk a person has to a particular disease or health outcome. Smokers may not believe they are at risk; however, the risks of smoking have been well established through many years of research and include heart disease, lung disease, poor circulation and cancer. A health intervention that seeks to encourage smokers to quit needs to make sure that smokers see themselves as being at risk of these particular conditions.*

2. Use the Health Belief Model to inform the design of a prevention activity. This could take the form of a community forum, pamphlet/letter/brochure, conference poster, television or radio commercial or billboard/advertising material. Seek advice from your teacher about the amount of detail required in your activity. The activity needs to address all elements of the model. (12 marks)
3. Explain how the prevention activity uses the Health Belief Model to encourage healthy behaviour. Refer to each element of the model in your explanation. (12 marks)

## Marking key for sample assessment task 2 – Unit 3 and Unit 4

Description	Marks
1. Outline the six elements of the Health Belief Model. Explain how each element relates to your chosen health behaviour.	
For each of the <b>six</b> elements:	
<ul style="list-style-type: none"> <li>clearly and accurately outlines the element</li> </ul>	1
<ul style="list-style-type: none"> <li>clearly and accurately explains how each element relates to the health behaviour</li> <li>provides a simple explanation with some relevant information</li> </ul>	2 1
<b>Subtotal</b>	<b>/18</b>
2. Use the Health Belief Model to inform the design of a prevention activity.	
For each of the <b>six</b> elements of the Health Belief Model:	
<ul style="list-style-type: none"> <li>provides clear and detailed evidence, and relates the prevention activity to the element of the Health Belief Model</li> </ul>	2
<ul style="list-style-type: none"> <li>provides mostly accurate and appropriate evidence, with some links to the element of the Health Belief Model</li> </ul>	1
<b>Subtotal</b>	<b>/12</b>
3. Explain how the prevention activity uses the Health Belief Model to encourage healthy behaviour. Refer to each element of the model in your explanation.	
For each of the <b>six</b> elements:	
<ul style="list-style-type: none"> <li>clearly and accurately communicates the intention of each element of the Health Belief Model and explains, in detail, how the activity relates to it</li> </ul>	2
<ul style="list-style-type: none"> <li>communicates the intention of each element of the Health Belief Model and explains in simple terms, how the activity relates to it</li> </ul>	1
<b>Subtotal</b>	<b>/12</b>
<b>Total</b>	<b>/42</b>

## Sample assessment task

### Health Studies – General Year 12

#### Task 4 – Unit 3 and Unit 4

**Assessment type:** Inquiry

**Conditions:** the task will be completed over three weeks

**Task weighting:** 10% of the school mark for this pair of units

#### Community development agency and program profile

(27 marks)

Successful community development involves actively working with members of the community to identify their needs, make decisions and take action. Across Australia and internationally, there are many organisations involved in community development projects. In this task, you will profile one such organisation involved in designing and implementing community development projects.

Within your chosen local organisation, you will also investigate a community development program or activity referring to the application of the principles of community development:

- sustainability
- diversity
- social justice
- human rights
- addressing disadvantage and valuing local culture
- knowledge
- skills and resources.

#### Tasks

Use reliable information sources to find one **local** organisation (within Western Australia or Australia) involved in community development and complete the following:

1. For your chosen organisation, describe its role, values/mission. (4 marks)
2. Provide **two** examples of the type of work it does. (2 marks)
3. Choose **one** specific program or project it is involved in. Describe the program/project and outline **two** aims, outcomes or goals. Include **two** specific activities which it is involved with. (6 marks)
4. Describe **three** community development principles that are relevant to the specific program/project selected. Explain how these principles are embodied in the specific activities of the program/project. (12 marks)
5. Explain what the organisation is striving to achieve by being involved in community projects. (3 marks)

Present your findings in a way negotiated with your teacher.

Examples of agencies involved in community development include:

- Mission Australia
- Caritas Australia (and other Church-related organisations)
- Red Cross (Australia)
- Oxfam (Australia)
- local governments.

## Marking key for sample assessment task 4 – Unit 3 and Unit 4

Description	Marks
1. For your chosen organisation describe its role, values/mission.	
For the chosen organisation:	
• provides clear and detailed description of the role of the organisation	2
• provides some details in the description of the role of the organisation	1
• provides clear and detailed description of the values/mission of the organisation	2
• provides some details in the description of the values/mission of the organisation	1
<b>Subtotal</b>	<b>/4</b>
2. Provide <b>two</b> examples of the type of work it does.	
• provides <b>two</b> detailed and relevant examples which effectively capture the work of the organisation	1–2
<b>Subtotal</b>	<b>/2</b>
3. Choose one specific program or project it is involved in. Describe the program/project and outline two aims, outcomes or goals. Include <b>two</b> specific activities which it is involved with.	
• provides clear and detailed program description	2
• provides some details in the description of the program/project	1
• provides two aims, outcomes or goals	1–2
• provides two activities which the program/project is involved with	1–2
<b>Subtotal</b>	<b>/6</b>
4. Describe three community development principles that are relevant to the specific program/project selected. Explain how these principles are embodied in the specific activities of the program/project.	
For each of <b>three</b> community development principles:	
• clearly and comprehensively describes the principle and its relevance to the specific program/project	2
• accurately describes the principle and its relevance to the specific program/project	1
• comprehensively and accurately explains how principles are applied in specific program activities	2
• generally explains how principles are applied in specific program activities with some detail	1
<b>Subtotal</b>	<b>/12</b>
5. Explain what the organisation is striving to achieve by being involved in community projects.	
• provides clear, accurate and comprehensive explanation	3
• provides clear and mostly accurate explanation with some detail	2
• provides limited explanation or contains inaccuracies	1
<b>Subtotal</b>	<b>/3</b>
<b>Total</b>	<b>/27</b>

## Sample assessment task

### Health Studies – General Year 12

#### Task 5 – Unit 3 and Unit 4

**Assessment type:** Project

**Conditions:** the task will be completed over four weeks

**Task weighting:** 20% of the school mark for this pair of units

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#### Health promotion project

(41 marks)

Your task is to plan a health promotion event that will raise awareness about the importance of prevention of a common chronic condition experienced by Australians.

#### What you need to do

Choose a common chronic condition from the following list:

- Breast cancer
- Bowel cancer
- Cervical cancer
- Prostate cancer
- Skin cancer
- Type 2 Diabetes
- Obesity

Complete the following:

#### Part A: Background research

1. Describe the purpose of the *National Strategic Framework for Chronic Conditions*. (2 marks)
2. Profile your chosen chronic condition and include:
  - a description of how it is detrimental to health
  - a description of the burden of disease to society
  - **two** health behaviours that are associated with the condition
  - a sample of current Australian epidemiological data. (8 marks)
3. Outline the **three** preventive strategies — screening, immunisation and health education — and explain how each one could be applied to prevent your chosen chronic condition. (9 marks)

#### Part B: Health Promotion Event

You are to plan a health promotion event to be held on one day, similar to R U OK? Day or Red Nose Day. Your aim is to raise awareness and educate people about how to prevent your chosen chronic condition.

1. Nominate your target group and justify why they have been chosen. (Who are you aiming your health promotion at and why are they the best choice?) (3 marks)

2. Explain your event using the categories below:
  - i. Outline **two** of your main goals for what you hope to achieve
  - ii. Describe how your health promotion event, and awareness raising merchandise, appeal to your chosen group
  - iii. Present your information in a way that would engage the target group and motivate it to take action
  - iv. Describe **two** activities you will include in the day
  - v. Design **four** merchandise and other awareness raising tools
  - vi. Outline when and where your event will take place. (i.e. Will it be at one specific place or will it be a nation-wide event where organisations are encouraged to take up your suggested activities?)
  - vii. Explain how your event will specifically target preventive strategies

(19 marks)

Example Health Promotion Event examples

<https://www.ruok.org.au/>

<https://rednoseday.com.au/>

<https://www.daffodilday.com.au/>

<https://1010.org.au/>



## Marking key for sample assessment task 5 – Unit 3 and Unit 4

Description	Marks
<b>Part A: background research</b>	
1. Describe the purpose of the <i>National Strategic Framework for Chronic Conditions</i>	
<ul style="list-style-type: none"> <li>describes the purpose accurately and with detail, providing all relevant information</li> </ul>	2
<ul style="list-style-type: none"> <li>outlines the purpose accurately but briefly with some detail</li> </ul>	1
<b>Subtotal</b>	<b>/2</b>
2. Profile your chosen chronic condition	
For the chosen chronic condition:	
<ul style="list-style-type: none"> <li>provides a detailed description of how the condition is detrimental to a person's health with appropriate links</li> </ul>	2
<ul style="list-style-type: none"> <li>provides a simple description of how the condition is detrimental to a person's health with some detail</li> </ul>	1
<ul style="list-style-type: none"> <li>provides a thorough description of how the condition may be a burden to society</li> </ul>	2
<ul style="list-style-type: none"> <li>provides a simple description of how the condition may be a burden to society with some relevant information included</li> </ul>	1
<ul style="list-style-type: none"> <li>provides <b>two</b> relevant health behaviours associated with the condition</li> </ul>	1–2
<ul style="list-style-type: none"> <li>includes appropriate epidemiological data and makes links to the condition</li> </ul>	2
<ul style="list-style-type: none"> <li>includes some data with minimal links to the condition</li> </ul>	1
<b>Subtotal</b>	<b>/8</b>
3. Outline the three preventive strategies screening, immunization and health education and explain how each one could be applied to prevent your chosen chronic condition.	
For each of the <b>three</b> preventive strategies:	
<ul style="list-style-type: none"> <li>provides a clear, accurate outline of the strategy</li> </ul>	1
<ul style="list-style-type: none"> <li>provides a thorough explanation of how the strategy could be applied to prevent the condition</li> </ul>	2
<ul style="list-style-type: none"> <li>provides a simple explanation with minimal detail provided</li> </ul>	1
<b>Subtotal</b>	<b>/9</b>
<b>Part B: Health Promotion Event</b>	
1. Nominate your target group and justify why they have been chosen.	
<ul style="list-style-type: none"> <li>selects appropriate target group to suit the condition</li> </ul>	1
<ul style="list-style-type: none"> <li>provides a thorough justification with appropriate links between the chosen group and the condition</li> </ul>	2
<ul style="list-style-type: none"> <li>provides a simple justification with some links between the chosen group and the condition</li> </ul>	1
<b>Subtotal</b>	<b>/3</b>
2. <b>Explain your event using the categories below:</b>	
i. Outline <b>two</b> of your main goals for what you hope to achieve <ul style="list-style-type: none"> <li>provides two goals appropriate to the event and condition</li> </ul>	1–2
ii. Describe how your health promotion event, and awareness raising merchandise, appeals your chosen group <ul style="list-style-type: none"> <li>provides a thorough description, making appropriate links to the target group</li> <li>provides a simple description with minimal links to the target group</li> </ul>	2 1
iii. Information is presented in a way that would engage the target group and motivate it to take action <ul style="list-style-type: none"> <li>presents information that is appropriate to the target group and attempts to motivate individuals to take action</li> <li>presents information that is somewhat appropriate to the target group, making some attempt to motivate individuals to take action</li> </ul>	2 1

Description	Marks
iv. Describe <b>two</b> activities the day will include For each of the <b>two</b> activities: <ul style="list-style-type: none"> <li>• provides a thorough description that is appropriate to the condition selected and the target group</li> <li>• provides a simple description with some links to the condition and target group</li> </ul>	2  1
v. Design of <b>four</b> merchandise and other awareness raising tools For each of the <b>four</b> tools: <ul style="list-style-type: none"> <li>• provides an outline of the design of an appropriate merchandise or awareness raising tool</li> </ul>	1–4
vi. Outline when and where your event will take place. <ul style="list-style-type: none"> <li>• outlines an appropriate timeline and venue for the event</li> <li>• outlines an appropriate timeline or venue for the event</li> </ul>	2 1
vii. Explain how your event will specifically target preventive strategies <ul style="list-style-type: none"> <li>• provides a comprehensive, clear explanation of methods through which the event targets preventive strategies with links to the condition selected</li> <li>• provides a thorough explanation of some methods through which the event targets preventive strategies and simple links to the condition selected</li> <li>• provides a simple explanation of a method through which the event targets preventive strategies</li> </ul>	3 2 1
<b>Subtotal</b>	<b>/19</b>
<b>Total marks</b>	<b>/41</b>