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# Level 2 Health, 2018

## 91235 Analyse an adolescent health issue

2.00 p.m. Thursday 22 November 2018
Credits: Five

| Achievement | Achievement with Merit | Achievement with Excellence |
|---|---|---|
| Analyse an adolescent health issue. | Analyse in depth, an adolescent health issue. | Analyse comprehensively, an adolescent health issue. |

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

**You should attempt ALL parts of the question in this booklet.**

Pull out Resource Booklet 91235R from the centre of this booklet.

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet has pages 2–11 in the correct order and that none of these pages is blank.

**YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.**

**TOTAL**

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**INSTRUCTIONS**

In this examination, you are required to analyse the adolescent health issue of **body image**.

Read **Resource Booklet 91235R** before answering the question in this booklet. Refer to the resource material and the information given in the scenario, as well as your own knowledge, to support your analysis when answering (a) to (c).

Space for planning your answers is provided on page 3.

Begin your answers on page 4.

**Kate's Scenario**

Kate is a Year 12 student at a large co-educational school. Her favourite activity is dancing, and she has been involved with a local dance company for many years. She shares this passion with her two closest friends. They spend hours practising alongside YouTube tutorials and following dancers on Instagram and Facebook. Kate also has a great deal of respect for her dance teacher, who is an older lady that Kate feels she can learn a lot from, so she often stays after class to talk to her.

Kate and her two closest friends have decided to audition for the lead dance role in this year's school production. However, walking to class one day, Kate overhears some boys comparing her body shape to other dancers, and laughing about how unrealistic it would be for her to get the lead role. She begins to feel self-conscious, and decides to join the gym with her brother to increase her fitness levels, and to tone her body. While running on the treadmill at the gym, she watches music videos, and notices that the males are muscular, and the females are slim and petite. She also notices a poster on the wall that reads: "We care for your body, mind, and soul".

Kate wants to make a career out of dancing, however she feels anxious about her body size. Her mother has high expectations and often tells her to watch what she eats. Her dad jokes about her thighs being too big, and laughs when she talks about becoming a professional dancer. Kate is a perfectionist and strives for approval from her parents.

| **PLANNING** (OPTIONAL) |
| --- |
| Personal, interpersonal, and societal influences on Kate's body image in the scenario: |
| |
| Short-term and long-term consequences of body image for the well-being of Kate, others in the scenario, and the community: |
| |
| Personal, interpersonal, and societal health-enhancing strategies that could promote overall well-being, in relation to body image: |
| |

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## QUESTION

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(a) Explain how personal, interpersonal, and societal influences could affect Kate's body image.

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(b) Explain the short-term and long-term consequences of body image for the well-being of Kate, others in the scenario, and the community.

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(c) Recommend personal, interpersonal, and societal strategies that could promote overall well-being, in relation to body image.

Within your answer, justify why the strategies are health-enhancing, and consider the influences and consequences you have explained in (a) and (b).

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**Extra space if required.**
**Write the question number(s) if applicable.**

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