

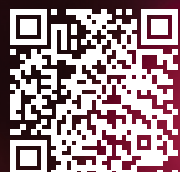


WESTERN SYDNEY
UNIVERSITY



STUDY AT
WESTERN

EXPLORE OUR *PROGRAMS*



DIFFERENT WAYS TO GET INTO UNI

Just because you don't fit the usual entry-mould for uni doesn't mean you can't get in. Maybe you didn't get the ATAR you wanted. Maybe you don't have an ATAR at all. Maybe there were things happening in your life that got in the way of your study.

At Western, there are various pathways into your dream degree. Pathways include:

- Aboriginal and Torres Strait Islander Entry Program
- Schools Recommendation Scheme
- TAFE/Tertiary Education Pathways
- Rural Entry Admission Scheme
- Portfolio and Audition Pathways

westernsydney.edu.au/applicationpathways



SCHOLARSHIPS

Each year, Western offers \$20 million in scholarships for a range of University, government and donor-funded opportunities.

There are over 100 scholarships across a variety of categories:

- Indigenous Scholarships: Dedicated to providing opportunities for Indigenous Australians
- High Potential Scholarships: Recognising excellence, engaged leaders, elite athletes and Western program participants
- Equity Scholarships: To assist students who have experienced disadvantages
- Humanitarian Scholarships: Enabling refugees and asylum seekers to achieve their dreams

westernsydney.edu.au/scholarships

HSC TRUE REWARD

WESTERN'S EARLY OFFER PROGRAM FOR YEAR 12 STUDENTS

Our HSC True Reward program provides an early offer based on your Year 11 or Year 12 subject results relevant to your dream degree, rather than a scaled ATAR.

Apply now to be considered for our upcoming offer rounds.

westernsydney.edu.au/truereward

NEED A BOOST?

See if you're eligible for adjustment factors or special consideration when you apply through UAC.

Receive up to ten adjustment factors, or points added to your ATAR

westernsydney.edu.au/adjustmentfactors



The College

YOUR PATHWAY TO WESTERN.

Kick-start your uni journey with confidence, with smaller class sizes and personalised support.

Our Diploma courses provide a springboard to diverse career options or your pathway into the second year of a Bachelor degree at Western.

westernsydney.edu.au/thecollege



The Academy

FUTURE THINKING. UNLIMITED POSSIBILITIES.

The Academy is a co-curricular program for students who want to learn, grow and transform as leaders and changemakers. Join our community of leaders by applying for membership to The Academy or enrolling in the Bachelor of Creative Leadership.

westernsydney.edu.au/theacademy

LOVE THESE SUBJECTS? SEE WHERE THEY CAN TAKE YOU! FIND YOUR PATH FROM HSC TO UNIVERSITY.

YOU LOVE ENGLISH? *WHY NOT STUDY:*

- B Communication
- B Screen Media (Arts and Production)
- B Education (Primary)
- B Education (Secondary)
- B Arts
- B Arts (Interpreting and Translation)
- B Laws
- B Performing Arts (Acting)
- B Music
- B Design (Visual Communication)
- B Music
- B International Studies

YOU LOVE STUDIES OF RELIGION? *WHY NOT STUDY:*

- B Arts
- B Social Science
- B Education (Primary)
- B Education (Secondary)

YOU LOVE HISTORY? *WHY NOT STUDY:*

- B Arts
- B International Studies
- B Social Science
- B Education (Primary)
- B Education (Secondary)
- B Tourism and Event Management
- B Planning (Pathway to M Urban Management and Planning)

YOU LOVE VISUAL ARTS? *WHY NOT STUDY:*

- B Architectural Design
- B of Design
- B of Design and Technology
- B of Industrial Design (Honours)

YOU LOVE BUSINESS STUDIES? *WHY NOT STUDY:*

- B Business
- B Accounting
- B Education (Primary)
- B Education (Secondary)
- B Tourism and Event Management
- B Construction Management (Honours)

YOU LOVE LEGAL STUDIES? *WHY NOT STUDY:*

- B Criminology
- B Criminal and Community Justice
- B Cyber Security and Behaviour
- B Policing
- B Laws
- B Social Science
- B Humanitarian and Development Studies
- B Education (Primary)
- B Education (Secondary)
- B Construction Management (Honours)
- B Social Work
- B Youth Work

YOU LOVE COMMUNITY AND FAMILY STUDIES STUDIES? *WHY NOT STUDY:*

- B Arts
- B Criminology
- B Nursing
- B Midwifery
- B Psychology (Honours)
- B Psychological and Social Sciences
- B Social Science
- B Youth Work
- B Social Work
- B Humanitarian and Development Studies
- B Education (Early Childhood)
- B Education (Primary)
- B Education (Secondary)

YOU LOVE PHYSICS? *WHY NOT STUDY:*

- B Science
- B Education (Primary)
- B Education (Secondary)
- B Engineering
- B Architectural Design
- B Industrial Design (Honours)
- B Design and Technology

YOU LOVE CHEMISTRY? *WHY NOT STUDY:*

- B Science
- B Medical Science
- B Education (Primary)
- B Education (Secondary)

YOU LOVE HEALTH AND MOVEMENT SCIENCE? *WHY NOT STUDY:*

- B Health Science
- B Health, Physical Education and Sport
- B Exercise Physiology
- B Exercise Science
- B Sport and Performance Science
- B Occupational Therapy
- B Paramedicine
- B Physiotherapy
- B Podiatric Medicine
- B Speech Pathology
- B Traditional Chinese Medicine
- B Nursing
- B Midwifery
- B Education (Primary)

YOU LOVE MATHEMATICS? *WHY NOT STUDY:*

- B Computer Science
- B Data Science
- B Information and Communication Technology
- B Information Systems
- B Mathematics
- B Engineering
- B Education (Primary)
- B Education (Secondary)
- B Planning (Pathway to M Urban Management and Planning)
- B Accounting

YOU LOVE BIOLOGY? *WHY NOT STUDY:*

- B Health Science
- B Health, Physical Education and Sport
- B Occupational Therapy
- B Paramedicine
- B Physiotherapy
- B Podiatric Medicine
- B Speech Pathology
- B Sport and Performance Science
- B Traditional Chinese Medicine
- B Science
- B Medical Science
- B Nursing
- B Midwifery
- B Education (Primary)
- B Education (Secondary)
- B Clinical Science/Doctor of Medicine

At Western, we have a wealth of support services to help you navigate your university journey:

- Programs to help you settle into uni life as well as your studies
- Student Welfare Service
- Counselling and mental health and wellbeing services
- Disability services

- Members of the ADF – Student Veteran Program
 - Elite athletes and performers support
- westernsydney.edu.au/support

2026 HSC Health and Movement Science

Practice Examination

Name: _____

Total marks 40

Reading time 5 minutes

Working time 70 minutes

Total session time 75 minutes

This is a shortened practice examination. All questions are compulsory.

Instructions

Write using black pen.

During reading time, read the paper and plan your approach. Do not write.

For Questions 1-8, choose the best answer and record one letter in the answer grid below. Each question is worth 1 mark.

For Questions 9-14, write in the spaces provided. Extra space is provided on the final page. Clearly label any additional response with its question number.

Use relevant examples and information from a stimulus when the question asks you to do so.

Section	Questions	Marks	Suggested working time
I Multiple choice	1-8	8	14 minutes
II Short answer	9-12	20	32 minutes
III Developed responses	13-14	12	24 minutes

Multiple choice answer grid

Question	1	2	3	4	5	6	7	8
Answer								

Check that you have answered all questions before the end of working time.

Section I

8 marks • Attempt Questions 1-8 • Allow about 14 minutes

Question 1

A health report records the number of people newly diagnosed with bowel cancer in a population during one year. Which measure is being reported?

- A. Prevalence
- B. Incidence
- C. Mortality
- D. Life expectancy

Question 2

The table contains hypothetical, comparable data for Australia and two other OECD countries. Which conclusion is best supported by these data?

Country	Life expectancy at birth (years)	Adult smoking prevalence (%)
Australia	83	12
Country A	84	15
Country B	81	10

- A. Country B has the best overall health status because it has the lowest smoking prevalence.
- B. Lower smoking prevalence explains all differences in life expectancy between these countries.
- C. Country A has poorer health than Australia on both measures.
- D. A country's relative position can differ according to the health indicator used.

Question 3

A local health service wants to support healthy ageing and reduce avoidable future demand for treatment. Which allocation of funding most directly addresses both aims?

- A. An accessible community strength and balance program linked to falls prevention
- B. Additional hospital beds used mainly to treat established injuries
- C. Advertising private hospital options to older residents
- D. A larger ambulance fleet to transport people after falls

Question 4

A public hospital and an Aboriginal Community Controlled Health Service jointly plan follow-up care. Patients identify their goals, and the service helps shape how care is delivered. Which feature most directly supports person-centred healthcare?

- A. The public hospital transfers all responsibility for follow-up to the service.
- B. Every patient follows an identical plan regardless of their preferences.
- C. Patient priorities and Community knowledge help guide coordinated care.
- D. The success of the partnership is measured only by the number of appointments.

Question 5

A recreational participant completes a pre-exercise questionnaire before starting a training program. They report a health condition that may affect exercise. What is the most appropriate use of this information by the fitness professional?

- A. Use the questionnaire result as the participant's aerobic fitness score.
- B. Prescribe the same high-intensity program used by the fittest participant.
- C. Arrange relevant health screening and use the findings to guide exercise prescription.
- D. Treat completion of the questionnaire as evidence that no further assessment is needed.

Question 6

An athlete finishes a prolonged endurance training session and has another demanding session the next day. Which combination most directly addresses glycogen restoration, muscle repair and fluid replacement?

- A. Carbohydrate-rich food, a protein source and appropriate fluid intake
- B. Protein and water, with no carbohydrate source
- C. Carbohydrate and caffeine, with no fluid-replacement plan
- D. Water and micronutrient supplements, with no meal or snack

Question 7

A runner develops an Achilles tendon injury gradually after repeatedly increasing running volume without adequate recovery. There was no single impact or sudden incident. Which classification best fits this injury?

- A. Direct injury involving hard tissue
- B. Direct injury involving soft tissue
- C. Indirect injury involving hard tissue
- D. Overuse injury involving soft tissue

Question 8

In the final week before a target competition, a trained endurance athlete reduces total training volume while retaining brief efforts at competition intensity. What is the main purpose of this change?

- A. To apply a large new training overload immediately before competition
- B. To reduce accumulated fatigue while maintaining readiness to perform
- C. To replace sport-specific preparation with general conditioning
- D. To cause reversibility so that the athlete begins competition fully rested

Section II

20 marks • Attempt Questions 9-12 • Allow about 32 minutes

Question 9 6 marks

The table contains hypothetical age-standardised cardiovascular disease mortality rates for two Australian populations. Rates are deaths per 100,000 people. The figures are for this examination only.

Population	2015	2025
Major cities	80	60
Rural and remote communities	160	120

(a) Describe the change in cardiovascular disease mortality in EACH population from 2015 to 2025. Support your answer with data. (2 marks)

(b) Explain how TWO determinants of health could interact to contribute to the higher cardiovascular disease mortality rate in rural and remote communities. (4 marks)

Section II continued

Question 10 4 marks

Figure 1 shows two body positions of the same swimmer during a glide. A coach asks the swimmer to change from position A to position B. The diagrams are not to scale.

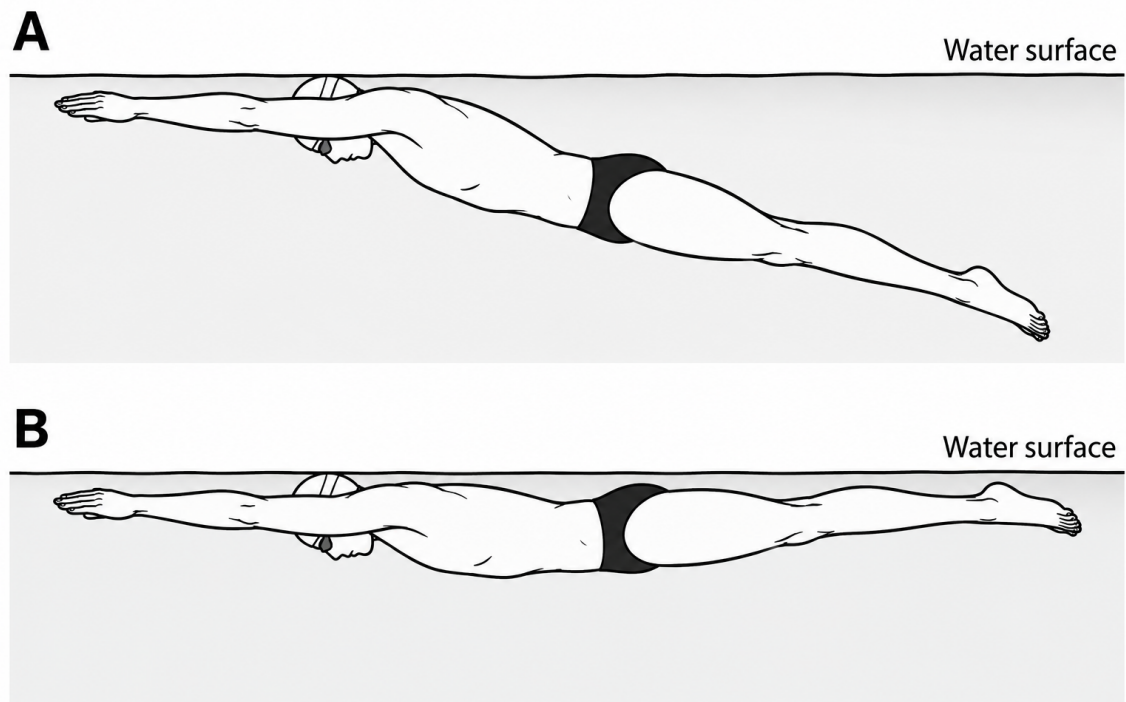


Figure 1 Swimmer body positions during a glide

(a) Using Figure 1, explain why position B could allow the swimmer to maintain the same speed with less effort than position A. (2 marks)

(b) Explain ONE benefit of using video analysis to check whether the swimmer has changed from position A towards position B in Figure 1. (2 marks)

Section II continued

Question 11 4 marks

A health service proposes a shared digital record. Authorised clinicians at participating clinics could view a patient's current medicines and recent test results.

Using the proposal, explain ONE benefit of the shared record for patient care and ONE measure needed to protect the privacy of the health information. (4 marks)

Section II continued

Question 12 6 marks

A recreational runner wants to improve their 5-kilometre time. After health screening and fitness assessment, two possible six-week programs are considered. Each uses three sessions per week, with recovery days between sessions. The runner can already complete the starting workloads comfortably.

Plan A	Plan B
Each session consists of six maximal 6-second running sprints with full recovery between sprints. The same workload is repeated for six weeks.	Each session uses continuous running at an appropriate aerobic training intensity. Duration begins at 20 minutes and gradually increases towards 30 minutes as the runner adapts.

Analyse why Plan B is more likely than Plan A to improve the runner's 5-kilometre performance. Refer to BOTH specificity and progressive overload, and link the training to ONE relevant physiological adaptation. (6 marks)

[illegible]

Section III

12 marks • Attempt Questions 13-14 • Allow about 24 minutes

In this section, develop a reasoned response, apply relevant health and movement science concepts, and support your ideas with the information provided. Organise your answer clearly.

Question 13 6 marks

Health in an Australian and global context

The following information describes a hypothetical Australian community. In a local resident survey, 40% of respondents reported that activity fees limited their participation and 35% reported that nearby walking routes felt unsafe. These groups may overlap. Community groups have asked for more accessible places to meet and be active.

Figure 2 shows the council's proposal for an existing park. Group activity sessions would be free and run only at midday on weekdays. The park has no bus service.

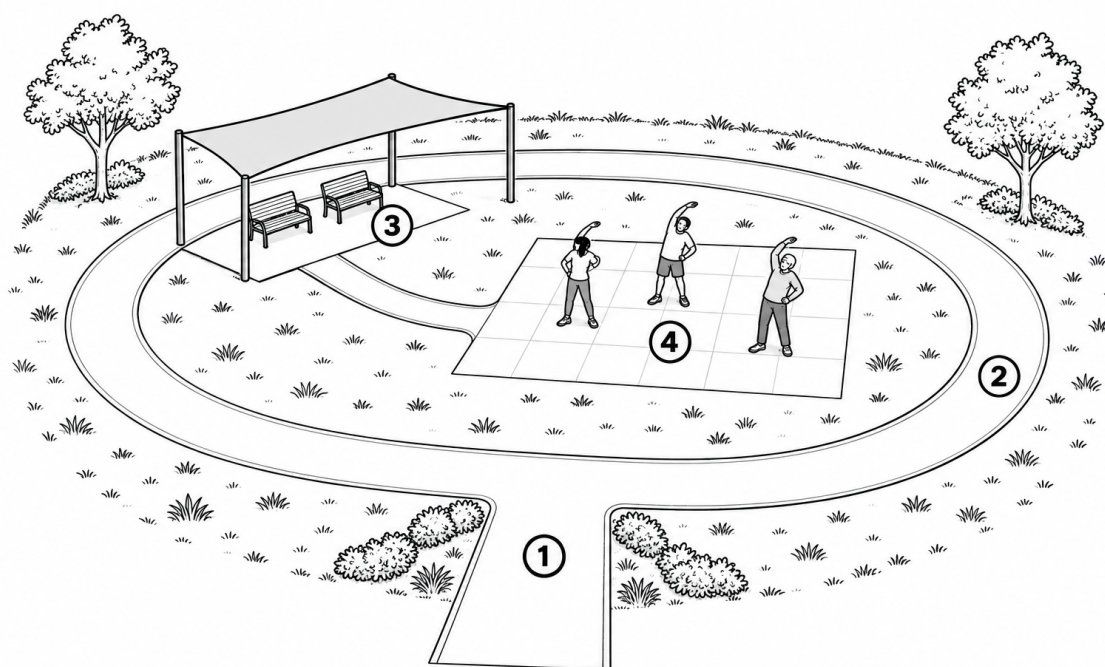


Figure 2 Proposed park features • Illustration not to scale

Key: 1 Step-free entrance 2 Walking loop 3 Shaded seating 4 Group activity area

Evaluate the likely effectiveness of the council's proposal in improving residents' health through SDG 10: Reduced Inequalities and SDG 11: Sustainable Cities and Communities. Use Figure 2 and the community information to support your judgement.

Write your response on the following page.

Question 13 continued

Evaluate the likely effectiveness of the council's proposal in improving residents' health through SDG 10: Reduced Inequalities and SDG 11: Sustainable Cities and Communities. Use Figure 2 and the community information to support your judgement.

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Section III continued

Question 14 6 marks

Training for improved performance

A netball player finishes a demanding match at 7 pm and plays again at 10 am the next day. The player reports feeling mentally tired and has eaten little since lunch.

Their plan is to follow an appropriate fluid-replacement plan, eat only a protein bar, watch match video until midnight and wake at 6 am.

Justify TWO changes to the player's overnight recovery plan that could improve performance in the next match. Use the information provided.

End of questions

Extra writing space

Clearly label each continuation with its question number.

[illegible]