



DEPARTMENT OF  
EDUCATION

LOWER SECONDARY  
SCHOOL CERTIFICATE  
EXAMINATIONS  
(LSSCE)

PERSONAL  
DEVELOPMENT

Thursday

09 October 2014

Time allowed:

3 hours

Candidates are advised to fully  
utilise the allocated time

PD

### INSTRUCTIONS TO CANDIDATES:

*(To be read out by the external invigilator before the start of the examination)*

There are 50 questions in this paper. Attempt ALL questions even if you are not so sure of some of the answers.

The Examination is divided into three parts:

**PART A: Multiple-Choice (Questions 1 to 25)**

**PART B: Short-Answer (Questions 26 to 45)**

**PART C: Extended Response (Question 46)**

The Answer Sheet is part of the Examination Booklet. Take out the middle pages and remove the Answer Sheet by tearing along the perforation. You may use the blank sheet for rough work.

For each question in **PART A (Questions 1 to 25)** choose the best answer by writing the letter A or B or C or D in the space provided on the **ANSWER SHEET**.

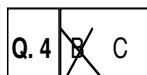
For each question in **PART B (Questions 26 to 45)** work out the answer and write the answer in the space provided on the **ANSWER SHEET**.

For the question in **PART C (Question 46-50)** write your answer in a short paragraph in the space provided on the **ANSWER SHEET**.

If you find a question very difficult, do not spend too much time thinking about it. Leave the question out and go on with the rest of the paper. If you have time in the end, return to the difficult questions and think about them more carefully.

Write your answers in **BLUE** or **BLACK** (pen or biro).

If you decide to change an answer, make your correction as shown below so that it is clearer to the markers what your final answer is. Do **NOT** use correction fluid on your answer sheet.



Use the papers used for rough work at the end of the examination.

**Extra time will NOT be allowed to complete the examination under any circumstances.**

**Penalty for cheating or assisting to cheat in national examinations is non-certification.**

**DO NOT TURN OVER THIS PAGE AND DO NOT  
WRITE UNTIL YOU ARE TOLD TO START.**

**PART A: MULTIPLE CHOICE (Questions 1 to 25) 25 MARKS**

Choose the best answer by writing A or B or C or D in the space provided on your Answer Sheet.

**QUESTION 1**

The FITT principles in training look at Frequency, Intensity, Type of training and Time.

Which of the following statements best describe frequency?

- A. Train hard today, train hard tomorrow.
- B. Push ups now, sit up after.
- C. Jump three times, rest, jump four times, rest.
- D. Run around the field for twenty minutes.

**QUESTION 2**

One way of getting to know yourself better and getting to know you is to use a \_\_\_\_\_.

- A. self-profile
- B. family background
- C. private bank account
- D. personal responsibility

**QUESTION 3**

All human beings have the following needs: Survival, interaction and social.

Which of the following is an example of security?

- A. Belonging
- B. Trusting people
- C. Having food
- D. Feeling useful

**QUESTION 4**

Which of these is a blood vessel that carries oxygen?

- A. Veins
- B. Lungs
- C. Arteries
- D. Heart

**QUESTION 5**

Progressive overload is a principle used when training in sports. It refers to working hard in training in order to improve.

Which of these is the best example of progressive overload?

- A. Jogging three kilometers at a slow pace for five days in a row.
- B. Lifting a two kilogram weight today, five tomorrow, eight the day after.
- C. Sprinting 50m, having a two-minute break, sprinting again and resting.
- D. Lifting a light set of weights continuously until your arms get tired.



**QUESTION 13**

The Village Court uses custom as a means of solving conflicts. It is recognised as part of our PNG laws.

What does it mean when we say custom is law?

It is

- A. recognised by the constitution.
- B. a way of life.
- C. adopted from our ancestors.
- D. dependent on our valuable culture.

**For questions 14 and 15, refer to the following information.**

Culture refers to our way of life. The following are some of its elements.

I. Possessions	V. Religion
II. Institutions	VI. Language
III. Traditional beliefs	VII. Customs
IV. Values	VIII. Arts, crafts, music, dance

**QUESTION 14**

Which of the above elements refer to our usages and practices?

- A. I      B. III      C. IV      D. VII

**QUESTION 15**

Which of the following is **false** about the characteristics of culture?

It \_\_\_\_\_.

- A. explains what life is all about
- B. gives our identity
- C. is passed from one generation to the next
- D. is learned

**QUESTION 16**

The bones in the ribs refer to which type of bones?

- A. Short bones
- B. Flat bones
- C. Irregular bones
- D. Sesamoid bones



**QUESTION 22**

Some of the muscles are called voluntary because

- A. they do things on their own.
- B. they can be controlled.
- C. they do not get tired.
- D. someone else controls them.

**QUESTION 23**

Which of these is an example of immovable joints?

- A. The bones near the elbow
- B. The kneecap
- C. Bones in the face
- D. The spinal column

**QUESTION 24**

Every community or village in our country has its own custom. However, not all customs are good, some are bad.

In which of the following areas are customs applied as a part of our law?

When it is

- A. practiced in a particular community.
- B. strongly connected with the beliefs of the community.
- C. accepted in a single community.
- D. beneficial to the welfare of the general public.

**QUESTION 25**

Tissues such as ligaments \_\_\_\_\_.

- A. attach large muscles to bones.
- B. connect two bones together at joints.
- C. pull on bones to create movements.
- D. form a protective covering at the ends of bones.

**PART B: SHORT ANSWER**

(Questions 26 to 45)

**20 MARKS**

Write the correct answer in the space provided on your answer sheet.

**QUESTION 26**

Rebellious attitude against the norms of the society is known as \_\_\_\_\_.

**QUESTION 27**

An act of promoting an idea that brings about change in a society is called \_\_\_\_\_.

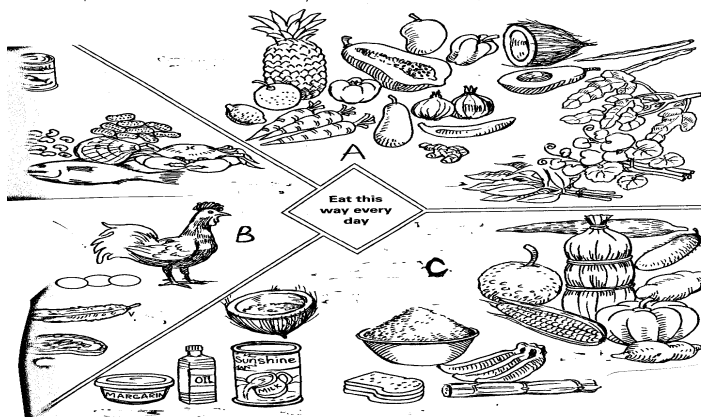
**QUESTION 28**

The ability of an individual to put himself into the shoes of others is referred to as \_\_\_\_\_.

**QUESTION 29**

The act of presenting reasons for a change in position against a conflict is \_\_\_\_\_.

For questions 30 to 31, refer to the diagram below.



**QUESTION 30**

Which of the above A, B or C food group is high in carbohydrates?

**QUESTION 31**

Pawpaw is a good source of Vitamin C and is full of minerals. It is classified under the “A” type of food group.

What is the name of this food group?

**QUESTION 32**

Which level of our court system uses custom as a means of solving conflicts?

**QUESTION 33**

This is the religion that believes in reincarnation. The followers of this religion believe that the soul of a person after death passes to another living thing that is born.

What is the name of this religion?

**QUESTION 34**

According to the law one of the legal rights exercised by an accused is the “Right to Appeal”. An appeal is made when the accused is dissatisfied with the decision made by a lower court and wants to have his or her case reviewed by a higher court.

What is the highest court of appeal in PNG?

**QUESTION 35**

Name the type of joint at which the thighbone and the hip connect.

**QUESTION 36**

The digestive system is made up of a number of parts. These include the large intestine, small intestine, anus, rectum, stomach, mouth, esophagus and gullet.

Where does the digestive system begin?

**QUESTION 37**

Clavicle is the scientific name for \_\_\_\_\_.

**QUESTION 38**

A mother forcing her 12-year-old daughter to sell betel nut is an example of domestic \_\_\_\_\_.

**QUESTION 39**

The crime of having sexual intercourse with a parent, child, sibling or grandchild is called \_\_\_\_\_.

**QUESTION 40**

Personal choice and \_\_\_\_\_ are the two main features of violence.



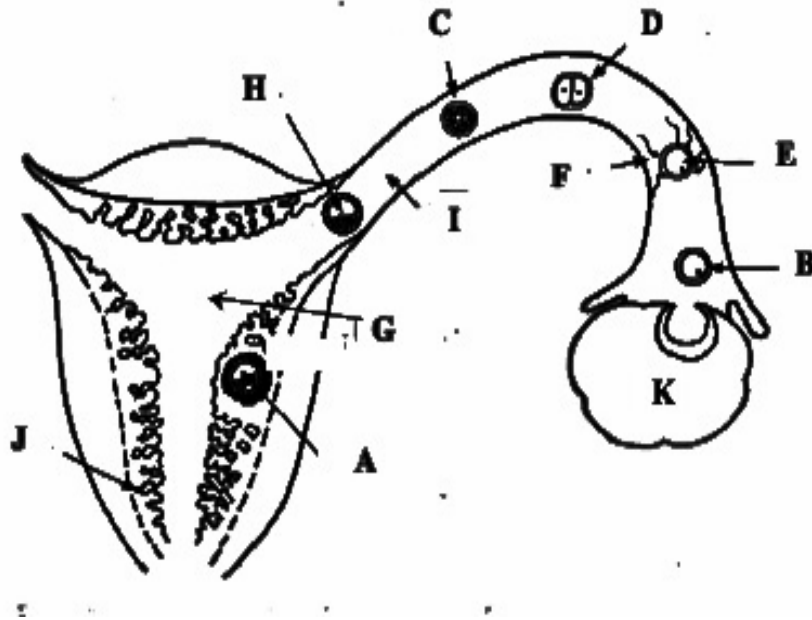
**For questions 41 to 45, use the following words to fill in the blank spaces.**

Biceps, calf, hamstring, movement, thigh
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Muscles in the body assist in the (41) \_\_\_\_\_ of certain body parts. The tibialis anterior is in front of the shin, the gastrocnemius, also called the (42) \_\_\_\_\_ muscle is located behind the lower leg, the quadriceps are on the front of the (43) \_\_\_\_\_ and a group of muscles called the (44) \_\_\_\_\_ are behind the leg below the buttocks. The (45) \_\_\_\_\_ are group of two muscles that put the forearm and bend the elbow.

**PART C: EXTENDED RESPONSE (WORTH 5 MARKS)**

For questions 46 (i, ii, iii, iv and v), refer to the diagram showing the female reproductive system below.



- i) Which letter on the diagram represents the process of conception?
- ii) Which letter on the diagram represents the process of implantation?
- iii) At which letter does the egg in the female's body begin its journey?
- iv) What is the part represented by I?
- v) Name the part represented by the letter G.

**END OF EXAMINATION**

**LOWER SECONDARY SCHOOL CERTIFICATE  
EXAMINATION-2014  
PERSONNEL DEVELOPMENT – ANSWER SHEET**

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**MARKER 1**

YEAR		PROV.		SCHOOL			CAND No.		
<b>1</b>	<b>4</b>								

<b>NAME</b>	
<b>SCHOOL</b>	

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**MARKER 2**

**PART A: (QUESTIONS 1 to 25) Write the letter of your answer next to each question number below.**

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**PART B: (QUESTIONS 26 to 45)**

**Write your answer next to each question number below.**

26	
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**PART C: (QUESTION 46) Write your answer next to each question number below.**

(i)	
(ii)	
(iii)	
(iv)	
(v)	

**DO NOT WRITE ON THIS PAGE**

**YOU MAY DO YOUR ROUGH WORK ON THIS PAGE**

**CAREFULLY TEAR ALONG THIS PERFORATION**

**YOU MAY DO YOUR ROUGH WORK ON THIS PAGE**