



**DEPARTMENT OF
EDUCATION**

**SCHOOL CERTIFICATE
EXAMINATIONS**

**PERSONAL
DEVELOPMENT**

12th October 2010

Time allowed: 3 hours

**Candidates are advised to fully
use the time allocated**

PD 10

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 two parts:

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

PART B: Short-Answer (Questions 26 to 50)

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 50)** work out the answer and write the answer 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.



Hand in BOTH the Answer Sheet and 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 (Questions 1-25)

For questions 1 to 25, choose the best answer by writing A or B or C or D in the space provided on your answer sheet.

QUESTION 1

Sterilisation is one method of contraception. There are two types of operation. What is the name of the operation done on the male reproductive organ?

- A. appendectomy B. episiotomy C. vasectomy D. tubal ligation

QUESTION 2

Sexual relationships can be wonderful when they include

- A. trust, respect, commitment, intimacy.
B. commitment, faithfulness, self-satisfaction, respect.
C. intimacy, force, trust, commitment.
D. respect, faithfulness, trust, greed.

QUESTION 3

In which organ of the female reproductive system does the growth and development of the embryo take place?

- A. cervix B. oviduct C. uterus D. urethra

QUESTION 4

Which of these statements is not true about sexual feelings?

- A. Aware of your own body, touching your body and thinking about others.
B. Dream about being sexual with someone else.
C. Attracted to a number of different people.
D. Attracted to someone of the same sex only.

QUESTION 5

Bella is an overweight child who insists on fatty food for her meals. Which of the following diseases is she likely to get?

- A. diabetes B. pneumonia C. heart disease D. lung cancer

For Questions 6 and 7, refer to the following list of 'Rights and Responsibilities' in sexual relationships.

- I. To be loved and accepted for who you are.
- II. To ignore what your partner wants.
- III. To provide and be safety conscious when having sex.
- IV. To see someone as a sexual object.

QUESTION 6

Which of these is seen as a person's 'right'?

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

QUESTION 7

Which of these is seen as a person's 'responsibility'?

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

QUESTION 8

Teenagers admire different role models and try to emulate them in dressing, walking, talking and so on. Which of the following is not a common characteristic of role models?

- A. qualities they possess B. their success stories
C. their needs D. type of work they do

For Questions 9 and 10, refer to the following information.

A risk is any action with an unpredictable outcome. Potentially harmful risk taking is any unsafe action, or stupid, thoughtless and careless behaviour. There are two types of risks taken: acceptable risk-taking which helps you to become a responsible individual. Destructive risk-taking is one that is self destructive or destructive to others. Not all risks are bad but one must work out or calculate the risk involved and avoid danger or injury.

QUESTION 9

Which of the following is an example of a destructive risk taking exercise?

- A. unprotected sex B. forming new relationships
C. learning something new D. going for a swim

QUESTION 10

Calculated risk involves

- A. feeling high and acting on impulse. B. self pride.
C. comparing yourself with others. D. obeying rules and safety precautions.

For Questions 11 to 14, refer to the information given below.

As you get older, you will be required to make choices about things such as your diet, career, friends and whether you drink alcohol or smoke. You will need to be able to calculate the risks associated with the areas of your life in order to make informed decisions. Making decisions follows a certain procedure to reach a solution.

The steps for making decisions below are not in the correct order.

- I. Assess the pros and cons.
- II. Choose the solution that best fits their needs at the time.
- III. Decide on what the problem is.
- IV. Weigh up all their options by talking to people and doing some research.

QUESTION 11

Which sequence presents the logical order in which a decision should be carried out?

- | | |
|----------------------|----------------------|
| A. III, IV, I and II | B. I, II, III and IV |
| C. II, III, IV and I | D. IV, III, II and I |

QUESTION 12

“To name the situation” is the same as step number

- | | | | |
|------|-------|--------|-------|
| A. I | B. II | C. III | D. IV |
|------|-------|--------|-------|

QUESTION 13

Which of the stages would be the “experimenting” part of the procedure?

- | | | | |
|------|-------|--------|-------|
| A. I | B. II | C. III | D. IV |
|------|-------|--------|-------|

QUESTION 14

A person is only able to let go of a circumstance after they have decided to do so. Which of these stages is appropriate here?

- | | | | |
|------|-------|--------|-------|
| A. I | B. II | C. III | D. IV |
|------|-------|--------|-------|

QUESTION 15

Which of the following illustrates a function of the muscular system?

- | | |
|--|-------------------------------------|
| A. regulates blood circulation | B. allows for movement to occur |
| C. provides covering to the vital organs | D. acts as a regulator to the bones |

QUESTION 16

There are 10 major systems of the body. Which of these is responsible for controlling movement?

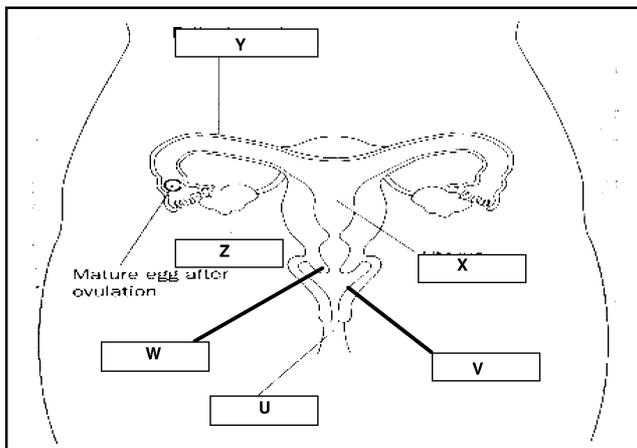
- A. muscular B. skeletal C. respiratory D. circulatory

QUESTION 17

Building respect requires hard work and skills. One of those skills is to

- A. be silent while working. B. concentrate only on your work.
 C. talk a lot more than listen. D. be an active listener.

For Questions 18 and 19, use the diagram given below.



QUESTION 18

What is the name given to the organ marked W?

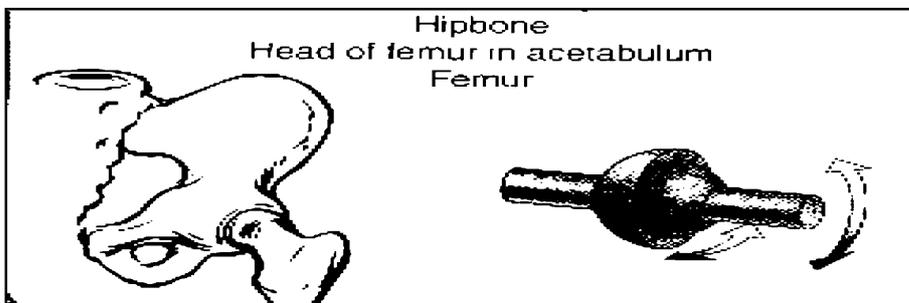
- A. uterus B. oviduct
 C. cervix D. ovary

QUESTION 19

Identify the correct route or path taken by the ovum after the ovary releases it?

- A. X, W and V B. X, Y and Z C. U, V and W D. Z, Y and X

QUESTION 20



The type of joint shown in the diagram is a

- A. Saddle. B. Hinge. C. Pivot. D. Ball and socket.

Questions 36 refer to the article below.

FOUR ARRESTED FOR INCITING TROUBLE DURING DISTRICT TREASURY LAUNCH.

THREE public servants and a local youth from Kagua district, Southern Highlands Province, have been arrested for inciting trouble during the district treasury launch in Kagua.

Provincial police commander Chief Supt Samson Mapi said the three public servants arrested included a district patrol officer, department of agriculture and livestock officer and senior district education officer.

They were allegedly drunk when they provoked a fight that developed into a stone-throwing contest, threatening the safety of Government ministers. Mr Mapi said the four were arrested last Thursday and brought to Mendi. They were charged and allowed bail of K500 each.

Mr Mapi said the public servants allegedly bought beer for the youths to cause a disturbance during the ceremony, blaming their “local Kagua politics”. Kagua-Erave MP James Lagea said he was ashamed to see the action of the public servants in front of such a high-profile delegation, led by Finance and Treasury Minister Patrick Pruaitch and Governor Anderson Agiru.

BAS means:

- B – Behaviour - consistently acting in a manner that coincides with your values.
 A – Attitudes - respecting and valuing yourself
 S – Strategies - surrounding yourself with people who treat you with respect

QUESTION 36

The passage clearly shows that BAS is breached. Which of these characteristics would best describe the actions displayed? *Name one only.*

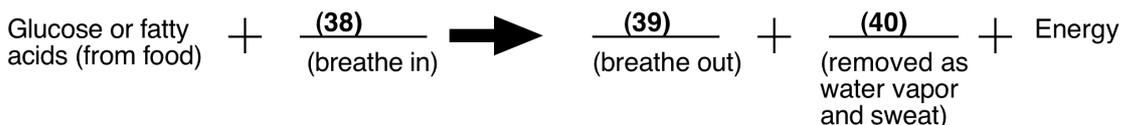
honesty, truthfulness, defensiveness, irresponsibility, humbleness

QUESTION 37

Name one body fluid that transports HIV.

For Questions 38 to 40, refer to the given information.

Complete the process involved in the Aerobic Energy production. Use the correct scientific symbols.



QUESTION 41

Name the type of organism that causes AIDS.

For Questions 42 and 43, refer to the following article.

TEEN PREGNANCY ALARMS SCHOOLS

GLOUCESTER. Massachusetts: The mayor of the US town of Gloucester is to discuss teen pregnancy with school and public health officials after the high school principal said in a published report that some girls made plans to have babies.

The meeting yesterday comes after an alarming 17 girls – four times the usual number – became pregnant this year.

School counsellors, teachers and families have not come up with information to back comments that the students planned to get pregnant together – AP

QUESTION 42

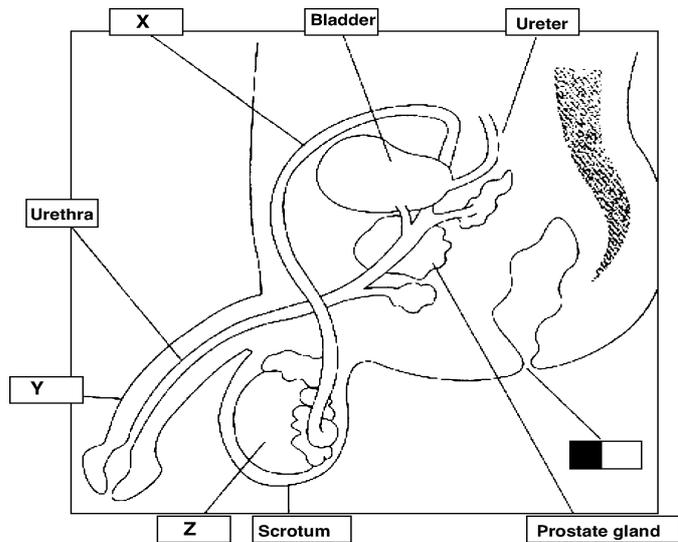
In relation to pregnancy, what was one of the risky behaviours which the girls may have practiced?

QUESTION 43

Provide one potential effect of the girls’ behaviour.

QUESTION 44

What is the name of the organ marked Z?



For Questions 45 to 48, refer to the diagram.

QUESTION 45

What is the purpose of the mucus lining the inside of the lungs?

QUESTION 46

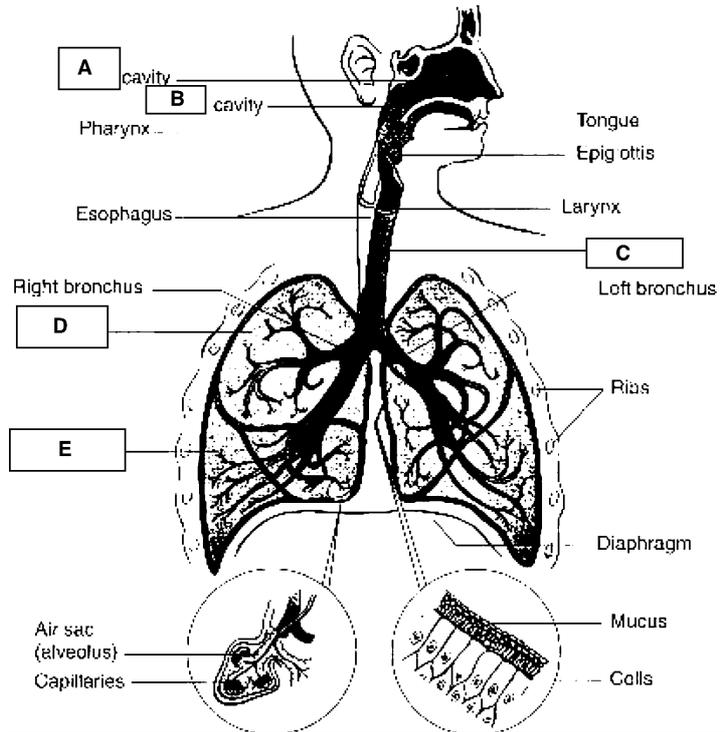
What process occurs in the alveoli?

QUESTION 47

What component of cigarette smoke reduces the efficiency of this process?

QUESTION 48

Name one disease that a high proportion of long-time smokers are at increased risk of developing?



Questions 49 and 50 refer to the given information.

Why do smokers find it difficult to give up smoking? Complete the following sentence to give your answer.

Smokers find it difficult to give up smoking because the drug **49** _____,
found in cigarette smoke, is **50** _____.

END OF EXAMINATION