



# ORANGE HIGH SCHOOL

## ASSESSMENT TASK NOTIFICATION 2025

<b>Subject</b>	STAGE 6 PDHPE
<b>Topic</b>	CORE 2: FACTORS AFFECTING PERFORMANCE
<b>Class Teacher</b>	LYONS/WINSLADE
<b>Head Teacher</b>	MS DRAY
<b>Year</b>	12
<b>Date Given</b>	Wednesday 5th March (WEEK 6)
<b>Date Due</b>	Part A: Wednesday 26th March (WEEK 9) Part B: Wednesday 2nd April (WEEK 10) Part C: Wednesday 2nd April (WEEK 10)
<b>Weighting</b>	25%

**PART A: Complete and submit in your Google Classroom by 9.00am on Tuesday 26th March, 2025.**

**Case Study:** You are to select an Australian athlete and complete research on them under the following syllabus areas. You will be given the format it is to be presented in. This sheet will then be printed by your class teacher and given to you for use in the in class component of the task.

**Task Submission**

1. Size 11 ARIAL NARROW font
2. Headings must remain as is
3. Margins can not be adjusted

**PART B: Complete and submit the following question on your Google Classroom by 9:00am on Wednesday 2nd April, 2025**

Explain how physiological adaptations that occur as a result of the application of training principles can enhance an athlete's performance. In your answer, discuss at least two physiological adaptations, two training principles, and how they work together to improve performance. (1 page 8 marks)

**Task Submission**

1. Size 11 ARIAL NARROW font
2. 1.5 spacing
3. Task is to be submitted ONLINE via your Google Classroom by 9am on Wednesday 2nd April, 2025
4. Bibliography must contain the following information for EACH source. An example of the information to include for each source is listed below. Bibliography is to be included on a separate page.

**PART C: You will be assessed on CQ1, CQ2 and CQ3 content from Core 2: Factors Affecting Performance**

This will occur on **Wednesday 2nd April at 8:20am** promptly in the YAL.

*You will receive a question(s) to the total value of **20 marks** for this section*

**Marking Rubric:**

In your answers you will be assessed on how well you:

- demonstrate your knowledge and understanding of course content
- apply the skills of critical thinking, research, analysing and communicating
- illustrate your answer with relevant examples
- present ideas in a clear and logical way

## HOW TO SHOW EVIDENCE OF YOUR RESEARCH IN YOUR RESPONSE

For example: In the following, if you have referred to pdhpe.net and Atomi, list them in your bibliography as

1. Pdhpe.net
2. Atomi

Then in your response, refer to them specifically as - Health care in Australia provides a wide range of services from surgery to rehabilitation and from pre-natal to aged care. (1) Institutional health care, such as hospitals, provide care for illness, disease and chronic conditions. (2)

**YOU MUST DO THIS PROCESS FOR ALL SOURCES OF INFORMATION USED.**

### Bibliography

FROM A PRINT SOURCE	FROM THE INTERNET
<ul style="list-style-type: none"><li>● author name</li><li>● title of the publication (and the title of the article if it's a magazine or encyclopaedia)</li><li>● date of publication</li><li>● the place of publication of a book</li><li>● the publishing company of a book</li><li>● the volume number of a magazine or printed encyclopaedia</li><li>● the page number(s)</li></ul>	<ul style="list-style-type: none"><li>● author and editor names (if available)</li><li>● title of the page (if available)</li><li>● the company or organization who posted the webpage</li><li>● the Web address for the page (called a URL)</li><li>● the last date you looked at the page</li></ul>

### Outcomes Assessed:

- H7 explains the relationship between physiology and movement potential
- H8 explains how a variety of training approaches and other interventions enhance performance and safety in physical activity
- H10 designs and implements training plans to improve performance
- H11 designs psychological strategies and nutritional plans in response to individual performance needs
- H16 devises methods of gathering, interpreting and communicating information about health and physical activity concepts
- H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation.

### Non-completion of task:

If you know you are going to be away on the day that the task is due, you must make alternative arrangements with your teacher beforehand. If you are suddenly away on the day that the task is due, you must contact your teacher or Head Teacher on your return to school. Documentation will be required in both cases.

**Plagiarism:** Plagiarism, the using of the work of others without acknowledgement will incur serious penalties and may result in zero award. Any cheating will also incur penalties.

**Failure to follow the above procedures may result in a zero award. The policies and procedures that are outlined on the HSC booklet will be followed regarding the non-completion of assessment tasks.**

### KEY VERBS

1. OUTLINE - sketch in general terms
2. DESCRIBE - provide characteristics and features
3. EXPLAIN - show cause and effect
4. DISCUSS - identify issues and provide points for or against
5. COMPARE - show similarities and differences
6. ANALYSE - identify the components, draw out the relationships and relate the implications
7. EVALUATE - make a judgement based on criteria; determine the value of

## **CORE 2 – MARKING CRITERIA**

Explain how physiological adaptations that occur as a result of the application of training principles can enhance an athlete's performance. In your answer, discuss at least two physiological adaptations, two training principles, and how they work together to improve performance. (1 page 8 marks)

<b><u>CRITERIA</u></b>	<b><u>MARK</u></b>
Evidence of research is clear, and response refers to 2+ credible sources of information Makes evident how physiological adaptations that occur as a result of the application of training principles can enhance an athlete's performance Provides a range of relevant sport examples Response is logical and cohesive	<b>8</b>
Evidence of research is clear and refers to credible sources of information Provides characteristics and features of the physiological adaptations that occur as a result of the application of training principles can enhance an athlete's performance Provides a range of relevant sport examples Response is logical and cohesive	<b>6-7</b>
Provides characteristics and features of physiological adaptations AND/OR principles of training OR Describes in general terms physiological adaptations to the principles of training Examples may be unclear or minimal	<b>4-5</b>
Outlines in general terms a physiological adaptation to a principle of training OR Outlines in general terms physiological adaptation(s) OR principle(s) of training	<b>2-3</b>
Identifies the physiological adaptations AND/OR principles of training	<b>1</b>

## **OHS PDHPE - Submission of Drafts**

The submission of draft work is encouraged at Orange High School. Drafts allow feedback to occur and encourage student reflection. Drafts enable students to:

Strive for excellence.

Respond and act on questioning by a review.

Appreciate the value of a reader's viewpoint/critique of their work.

Assess whether or not their work satisfies the intent/criteria of the task.

### *Guidelines for Students*

Expect a teacher to question and prompt you as to what or how you could refine or improve your work, ("not give you the answer").

PDHPE teachers will provide feedback on one draft per assessment. However, individual staff and students may arrange for additional drafts based on teacher discretion.

Drafts are to be submitted to your usual classroom teacher.

Any final draft should be submitted TWO days prior to the submission date. A review process needs to include time for the reader to comment and adequate time for a response to the feedback. Drafts may be submitted closer to the deadline, however, the student must negotiate this with their teacher directly.

Students should not assume that applying teacher feedback will ensure full marks. As students are incredibly diverse in their ability levels, teachers will seek to provide meaningful feedback to ensure they achieve 'their best.'

### *Guidelines for Staff*

Ideally a reply to a draft will be given within 48 hours.

Access to the task and the marking criteria is necessary.

Reading and critiquing drafts is done primarily by the student's class teacher, if they are not available, all Stage 6 PDHPE teachers are able to read the draft and provide feedback

Limit your comments – 3 or 4 most important aspects.

Alert students to missing components.

Feedback will be reflective of the marking criteria

### *Teachers are not expected to:*

Spend time 'proof reading' and correcting simple punctuation/grammatical mistakes.

Rewrite sentences, phrases, provide scaffold sequence of 'to do' steps.

Grade or indicate any sort of judgment on quality/band/mark.