



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION

Subject	STAGE 6 PDHPE
Topic	CORE 2: FACTORS AFFECTING PERFORMANCE
Class Teacher	BAKER/DRAY/WINSLADE
Head Teacher	MS DRAY
Year	12
Date Given	8/3/2019
Date Due	29/3/2019
Weighting	25%

Assessment Outline

Task Description

You have been appointed the role of Exercise Scientist for a professional athlete in a sport of your choice. This athlete can be in an individual sport eg athletics, golf, swimming, etc OR play one position in a team sport eg fullback in rugby league, centre in netball, etc.

You are to research and present a written report examining the factors that must be considered in developing a training program for the athlete. Your report should be able to be used in an initial consultation with the athlete and their coach as a guide to forming an effective training program to achieve their performance goals.

Your report must address the following components:

- An OUTLINE of the sport and/or the positional requirements of your athlete. EXPLAIN the dominant energy system involved in performance of the main movement patterns. Half a page – 6 marks
- ASSESS 3 relevant types of training and training methods (aerobic OR anaerobic training AND flexibility AND strength) that will result in a positive effect on the athlete's performance. Assess only ONE of the examples for each type of training. 1 page -10 marks
- Choose THREE principles of training. DESCRIBE how these can be applied in either the aerobic or resistance training components of your athlete's sport. 1 page – 6 marks
- DESCRIBE TWO psychological strategies that are relevant to your athlete to enhance motivation and manage anxiety. Half a page – 6 marks
- Using at least TWO credible sources, CRITICALLY EVALUATE the dietary requirements of your athlete COMPARED to an athlete in a different sport. Consider pre, during and post-performance needs. 1 page – 8 marks

Your report should be clear and logically presented using headings and sections. A quality report will provide relevant examples to support the information and include a bibliography listing sources of information for the report.

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

H16 Devises methods of gathering, interpreting and communicating information about health and physical activity concepts

Task Submission

- Each question is to be submitted on a separate page
- Size 11 font
- 1.5 spacing
- Narrow margins
- Task is to be submitted to the OHS library between 8.30am - 9.00am on
- 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.*

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

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 classes.

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 ROSA booklet will be followed regarding the non-completion of assessment tasks.

CORE 2 - MARKING CRITERIA

A. <u>Outline</u> a specific sport and <u>explain</u> the importance of energy systems to the performance of an elite athlete	
Clearly outlines the nature of the chosen sport	5-6
Very detailed explanation showing cause and effect of the energy systems in the performance of the athlete	
Identifies a sport and describes energy systems in relation to athlete's performance in the sport	3-4
States a sport, little or no general information on the energy systems.	1-2
B. <u>Assess</u> relevant training methods to improve performance in the stated sport	
Demonstrates a depth of knowledge and accurate assessment of a range of relevant training methods (3) in the stated sport with clear links to enhanced performance. Response is logical and cohesive Supports the response with a range of specific examples of training methods	8-10
Shows the cause and effect of the effectiveness of training methods Links to enhanced performance may not be consistent Supports response with examples of training methods	5-7
Provides characteristics and features of the effectiveness of training methods in the stated sport Response may lack cohesion Examples may not be consistent	3-4
Little or no evidence of training methods knowledge or assessment of training in relation to performance A basic overview of training or training methods.	1-2

C. Choose THREE principles of training. <i>Describe</i> how these can be applied in either the aerobic or resistance training components of your athlete's sport.	
Provides characteristics and features of how THREE principles of training can be applied to aerobic or strength training Response is logical and cohesive Provides a range of relevant examples	5-6
Sketches in general terms how 3 principles of training can be applied to aerobic or strength training Examples may be missing or not relevant	3-4
Provides some information on the principles of training	1-2

D. <i>Describe</i> TWO psychological strategies that are relevant to your athlete to enhance motivation and manage anxiety	
Provides detailed characteristics and features of sports psychology in enhancing motivation and managing anxiety in the specific athlete. A description of relevant examples of strategies the athlete could use to improve performance	5-6
Sketches in general terms the features of motivation and anxiety strategies in sport. Supports response with an example of sports psychology	3-4
Little or no information describing the importance of sport psychology. Little or inaccurate information regarding the impact of motivation or anxiety on performance.	1-2

E. <i>Critically evaluate</i> the dietary requirements of your athlete COMPARED to an athlete in a different sport. Consider pre, during and post-performance needs in enhancing your athlete's performance.	
A detailed comparison and critical evaluation of the importance of nutrition in enhancing performance in the stated sport. Response includes specific detail evaluating the importance of pre, during and post-performance dietary requirements to ensuring peak performance of the athlete. Specific examples show a detailed understanding of how diet can enhance performance Response is logical and cohesive	7-8
Shows an understanding of the cause and effect of nutrition on sporting performance. Response compares detail regarding pre, during and post performance nutritional considerations Examples show an understanding of how diet can enhance performance	5-6
Shows some understanding of nutrition and the link to performance in the stated sport. Provides characteristics and features of nutritional requirements, but evaluation of pre, during and post performance dietary requirements of the stated athlete may not be evident Uses some examples	3-4
Basic or incomplete discussion of nutritional requirements in sport. Little or no link to dietary requirements and the impact on performance of the athlete	1-2