



## YEAR 12 Personal Development, Health and Physical Education

### Factors Affecting Performance

<b>Due Date: 26/3/19</b> Term 1 Week 9 Tuesday 26 <sup>th</sup> March 2019 Period 4	<b>Assessment Name: Factors Affecting Performance</b>
<b>Mark: /18</b>	<b>Weighting: 25 %</b>

#### SYLLABUS OUTCOMES TO BE 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  
**H17 Devises** methods of gathering, interpreting and communicating information about health and physical activity concepts

#### DIRECTIVES TO BE ASSESSED:

- Describe** – Provide characteristics and features  
**Compare** – Show how things are similar or different  
**Explain** – Relate cause and effect, make the relationship between things evident, provide why and/or how

#### TASK DESCRIPTION:

***In class task completing three extended response questions (75 minutes allocated)***

- students are expected to be present on the day (Tuesday 26<sup>th</sup> March, week 9, period 4)
- students are allowed to bring their summary worksheets to assist them prepare for the first 5 mins of the lesson

#### ***Visual Summary of the Factors Affecting Performance (Core 2)***

Your summary should cover:

- Types of training and training methods
- Energy systems
- Physiological adaptations in response to training
- Principles of training

**Maximum** of three (3) separate A4 pages with hand written notes **One sided**

**Question 1: (H7)** **(3 marks)**

**Describe** – Provide characteristics and features

**Question 2: (H8)** **(5 marks)**

**Compare** – Show how things are similar or different

**Question 3: (H3)** **(10 marks)**

**Explain** - Relate cause and effect, make the relationship between things evident, provide why and/or how

#### ASSESSMENT CRITERIA – STUDENT CHECKLIST:

You will be assessed on your ability to:

- Describe relevant types of training and training methods
- Analyse each energy system
- Examine the relationship between principles of training, physiological adaptations and improved performance