YEAR 12 Personal Development, Health and Physical Education

Factors Affecting Performance

Due Date: 26/3/19
Term 1 Week 9
Tuesday 26th March 2019 Period 4

Assessment Name: Factors Affecting Performance

Mark: /18
Weighting: 25 %

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 26th 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

Check your assessment booklet for the PHS Assessment Policy