



## YEAR 12 Personal Development, Health and Physical Education

### Option – Improving Performance

Due Date: Monday 3 <sup>rd</sup> June 2019 (Week 6 Term 2)	Assessment Name: Option - Improving Performance
Mark: /20	Weighting: 20 %

#### 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

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

**H17 Devises** methods of gathering, interpreting and communicating information about health and physical activity concepts

#### DIRECTIVES TO BE ASSESSED:

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

**Examine** – to enquire into.

**Analyse** – identify components and relationship between them; draw out and relate implications

#### TASK DESCRIPTION:

##### Question 1 – Use of Performance Enhancing Drugs (PED's) (10 Marks)

Analyse a range of performance enhancing drugs that athletes could use to gain an improved performance, and the potential risks involved. Explain the benefits and limitations of drug testing in sport. Refer to a range of past drug use cases involving elite athletes in sport.

(Word limit up to 1500 words)

##### Question 2 – Use of Technology; Innovation & Equipment (10 Marks)

#### “Ethics change with technology.”

The above quote suggests that our moral thought process is challenged when it comes to using technology to improve athletic performance.

Outline specific training innovations and equipment advances that have been created to improve performance. With reference to these and other advances evaluate the ethical issues associated with the use of technology in sport. In your answer question ideas such as; has technology gone too far? Has it created an unfair level of competition? (Word limit up to 1500 words)

**Question 1:** *Analyse* – identify components and relationship between them; draw out and relate implications (10 marks)

Students learn about:

- use of drugs
  - the dangers of performance enhancing drug use, eg physical effects, loss of reputation, sponsorship and income
  - for strength (human growth hormone, anabolic steroids)
  - for aerobic performance (EPO)
  - to mask other drugs (diuretics, alcohol)
  - benefits and limitations of drug testing

Students learn to:

- justify the reasons drugs are considered to be unethical and carry a range of risks for the athlete
- argue issues related to drug testing such as:
  - at what level of competition should drug testing be introduced?
  - which drugs should be tested for?
  - what are the pros and cons of drug testing?
  - what should be the consequences of drug use?

**Teacher Note:** Students need only a general understanding of the performance-related effects of, and the harm associated with, using drugs. Ethical considerations – such as fair play versus cheating, whether the drug use is for personal success or because sport is ‘big business’ – need to be explored

**Question 2: (H8) Evaluate** - make a judgement based on criteria; determine the value of  
(10 marks)

Use of Technology

- Training Innovation, eg lactate Threshold testing, biomechanical Analysis
- Equipment advances, eg swimsuits  
Golf ball

Describe how Technology has been used to improve performance

Argue ethical issues related to technology use in sport such as

- Has technology gone too far?
- Has access to technology created unfair competition?

#### **ASSESSMENT CRITERIA – STUDENT CHECKLIST:**

In this assessment task you will be assessed on your ability to:

- Analyse a range of performance enhancing drugs that athletes would use to gain an improved performance
- Investigate the risks involved in drug use
- Discuss the benefits and limitations of drug testing in sport.
- Outline training innovations and equipment advances in sport
- Inquire into and draw conclusions about the potential ethical issues surrounding the advancements of technology in sport

## **MARKING CRITERIA**

Check your assessment booklet for the PHS Assessment Policy

<b>Question 1 MARKING GUIDELINES</b>	
<b>Guideline</b>	<b>Mark/Grade</b>
<ul style="list-style-type: none"> <li>Identifies a range of PED's used to improve sporting performance and can relate the implications of this</li> <li>Inquires into and draws a conclusion about the risks involved when using PED's</li> <li>Discusses a range of benefits and limitations of drug testing in sport</li> <li>Supports answer with a wide range of relevant and accurate examples</li> <li>Presents information in a clear and logical manner</li> </ul>	9-10
<ul style="list-style-type: none"> <li>Discusses a range of PED's used to improve sporting performance.</li> <li>Inquires into the risks involved when using PED's</li> <li>Describes some benefits and limitations of drug testing in sport</li> <li>Supports answer with relevant and accurate examples</li> <li>Presents information in a clear manner</li> </ul>	7-8
<ul style="list-style-type: none"> <li>Describes PED's used in sport to improve performance AND/OR their connection to improve sporting performance.</li> <li>Describes the risks involved when using PED's</li> <li>Outlines benefits AND/OR limitations of drug testing in sport</li> <li>Provides examples</li> <li>Presents information in a clear manner</li> </ul>	5-6
<ul style="list-style-type: none"> <li>Outlines PED's used in sport OR their connection to improved performance.</li> <li>Outlines some risks involved when using PED's</li> <li>Identifies benefits AND/OR limitations to drug testing</li> <li>Provides example(s)</li> </ul>	3-4
<ul style="list-style-type: none"> <li>Recalls basic information about PED use</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>About the risks involved with PED use</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Provides general information about Drug Testing in Sport</li> </ul>	1-2

<b>Question 2 MARKING GUIDELINES</b>
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Guideline	Mark/Grade
<ul style="list-style-type: none"> <li>• Outlines a range of technological training innovations and equipment advances and how they improve and athlete's performance</li> <li>• Inquires into and draws a conclusion about the ethical issues surrounding technology in sport</li> <li>• Provides a wide range of relevant and accurate examples to justify the ethical viewpoints</li> <li>• Presents information in a clear and logical manner</li> </ul>	9-10
<ul style="list-style-type: none"> <li>• Outlines technological training innovations and equipment advances to improve an athlete's performance.</li> <li>• Discusses the ethical issues surrounding technology in sport</li> <li>• Provides relevant and accurate examples to justify ethical viewpoints</li> <li>• Presents information in a clear manner</li> </ul>	7-8
<ul style="list-style-type: none"> <li>• Identifies technological training innovations AND/OR equipment advances.</li> <li>• Describes ethical issues surrounding technology in sport.</li> <li>• Provides examples to support ethical ideas</li> <li>• Presents information in a clear manner</li> </ul>	5-6
<ul style="list-style-type: none"> <li>• Identifies some technological training innovations OR equipment advances.</li> <li>• Outlines the ethical issues surrounding technology</li> <li>• Provides examples to support the ideas presented</li> </ul>	3-4
<ul style="list-style-type: none"> <li>• Recalls general information about technological training innovations OR equipment advances</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• Recalls general information about ethical issues in sport</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• Provides general information about technology improving sport</li> </ul>	1 - 2