



## YEAR 12 Personal Development, Health and Physical Education

### Factors Affecting Performance

<b>Due Date: 26/3/18</b> Term 1 Week 9 Monday 26 <sup>th</sup> March 2018 period 1	<b>Assessment Name:</b> Factors Affecting Performance
<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 (80 minutes allocated)***

- students are expected to be present on the day (Monday 26<sup>th</sup> March, week 9, period 1)
- 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 (5) 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**

<b>Question 1</b>		<b>MARKING GUIDELINES</b>	
<b>Guideline</b>		<b>Mark/Grade</b>	
<ul style="list-style-type: none"> <li>• Makes evident how flexibility can improve athletic performance</li> <li>• Provides an example</li> </ul>		3	
<ul style="list-style-type: none"> <li>• Sketches in general terms about how flexibility can improve performance</li> </ul>		2	
<ul style="list-style-type: none"> <li>• Provides relevant information about flexibility</li> </ul>		1	

## Question 2

<b>MARKING GUIDELINES</b>	
<b>Guideline</b>	<b>Mark/Grade</b>
<ul style="list-style-type: none"><li>• Provides characteristics of the two anaerobic energy systems</li><li>• Shows a similarity and the differences of both anaerobic energy systems</li></ul>	5
<ul style="list-style-type: none"><li>• Shows the differences or a similarity of both anaerobic energy systems</li><li>• Provides characteristics of the two anaerobic energy systems</li></ul>	3-4
<ul style="list-style-type: none"><li>• Sketches in general terms the characteristics of an anaerobic energy system</li></ul>	2
<ul style="list-style-type: none"><li>• Recognises and names an anaerobic energy system OR</li><li>• Provides a characteristic of an anaerobic energy system</li></ul>	1

### Question 3

<b>MARKING GUIDELINES</b>	
<b>Guideline</b>	<b>Mark/Grade</b>
<ul style="list-style-type: none"><li>• Makes evident how the physiological adaptations individuals develop respond to a variety of principles of training</li><li>• Provides examples that demonstrate the relationship between the training principles and the physiological adaptation</li></ul>	9-10
<ul style="list-style-type: none"><li>• Provides characteristics and features of physiological adaptations in relation to the principles of training</li><li>• Provides relevant examples</li></ul>	7-8
<ul style="list-style-type: none"><li>• Provides characteristics and features of principles of training AND/OR physiological adaptations OR</li><li>• Sketches in general terms physiological adaptations to the principles of training</li></ul>	5-6
<ul style="list-style-type: none"><li>• Sketches in general terms a physiological adaptation to a principle of training OR</li><li>• Sketches in general terms physiological adaptation(s) OR principle(s) of training</li></ul>	3-4
<ul style="list-style-type: none"><li>• Recognises and names physiological adaptations AND/OR principles of training OR</li><li>• Sketches in general terms types of training</li></ul>	1-2