

**Explain the immediate physiological responses to maximal and submaximal exercise for both a fit and unfit person. (8 marks)**

### **Tips for Answering HSC Questions**

#### **Breakdown the question**

- What is the value of the question?
- What is it asking you to DO? – circle the HSC term
- What is it asking you to KNOW? – underline the syllabus related words
- Highlight any other relevant information given in the question that should be addressed? Are there any links that need to be made between syllabus content?
- Re-phrase the question in your own words.

#### **Draw up a plan/mind map**

- This should relate to your HSC term and what you are required to do, then your knowledge of the Syllabus points and any other related information. Don't spend too much time on this as you will be writing it all in your answer eventually and there is no point writing it twice. Try to use this time to work out what concepts link with each other and how you might order things in your response.
- As you answer the question cross off the points you listed on your plan/mind map to ensure that you have fully responded to the question.

#### **Present ideas in a clear and logical way**

- Remember to P.E.E.L. The words on the paper are all that the markers have to determine your knowledge and understanding of the PDHPE content. You need to take time to work out a scaffold of what you want to include in your response and show the links between the points being made. It is always a good idea to make time to read through your answers and make sure that you make sense.

#### **Remember more marks means more time**

- Don't spend too long on a question worth 4 marks and then have no time left for a 15 mark question.

#### **Pretend the marker knows nothing**

- Don't assume the marker will know what you are talking about, make sure you show what you know and then apply it to the question.

#### **Use appropriate terminology**

- Doing this can gain you marks and helps to show your knowledge of the subject.
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#### **Examples, examples, examples**

- It is vital that you provide examples throughout your answer to show you understand every thing you have stated. The more you use examples the more understanding you can show of the question and concepts.

#### **Make links to the marking rubric**

- Every exam has a rubric that outlines what your answer will be assessed on. How well you:
- Demonstrate knowledge and understanding of health and physical activity concepts
  - Apply the skills of critical thinking and analysis
  - Communicate ideas and information using relevant examples
  - Present ideas in a logical and cohesive response

## Hamburger Concept

### Presenting Ideas in a Clear and Logical Way

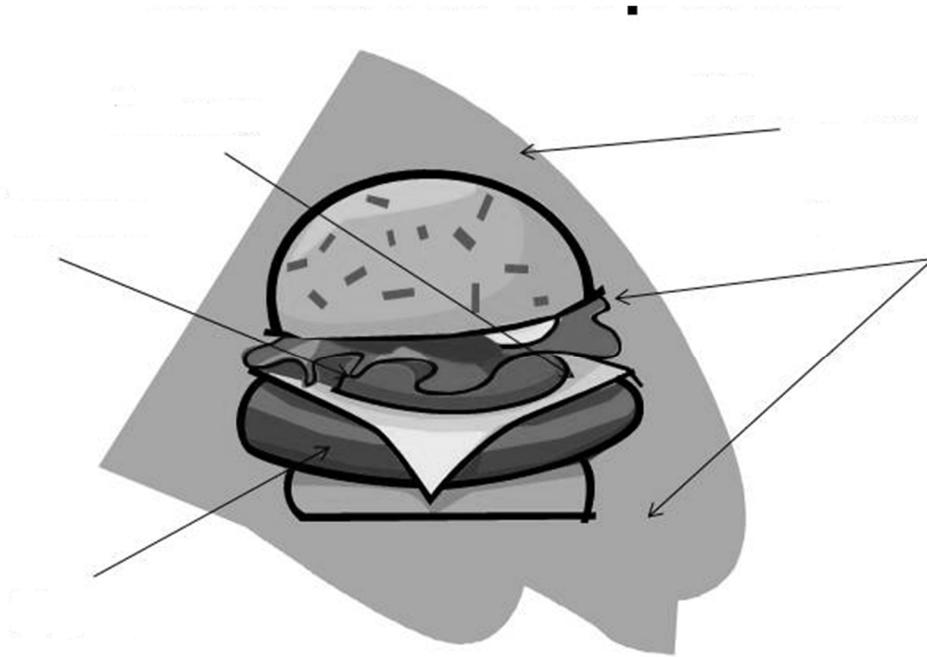
Wrapper = \_\_\_\_\_

Burger Bun = \_\_\_\_\_

Layers (Lettuce, tomato, cheese, onion, pickles) = \_\_\_\_\_

Patty = \_\_\_\_\_

Sauce = \_\_\_\_\_



## P.E.E.L Concept

Each paragraph in your exam responses should show your knowledge and understanding of the question and cover the relevant components from the question. Using the PEEL concept will help you to structure your paragraphs in a clear and logical way.

The PEEL concept is where you incorporate the layers of your hamburger. In other words you incorporate the components from the question into your answer.

### Point

- State your point – this may be in the form of identifying a factor, stating a fact, making a statement, proposing a strategy.

### Elaborate

- Show what you know about the point made and apply that knowledge to the HSC term and other factors in the question.
- Sometimes the requirements of the HSC term can help you to elaborate. For example, if the question asks to explain, describe, outline, discuss, assess, analyse, compare, evaluate then you need to follow the scaffold of the term to create your response.
- Other factors in the question can sometimes assist or guide your elaboration so it is important to understand what the question is asking you about.

### Example

- Provide 1-2 examples to show you understand what you have elaborated on.

- The example should give a practical illustration, real life simulation or reflect a common everyday occurrence to prove what you have elaborated on.

### **Link**

- You should always refer back to the question to conclude your paragraph.
- This is where you can make links to show the relationship between syllabus content. This is also where you can demonstrate your understanding of health and physical activity concepts, where appropriate.
- In most cases, you are showing the outcome of your point as a result of your elaboration.

### **Breakdown the question using the quick tricks**

Explain the immediate physiological responses to maximal and submaximal exercise for both a fit and unfit person. (8 marks)

#### **1. Read the question**

*Write the question you have chosen here*

#### **2. Identify the marks allocated**

*Write down how many marks is the question worth*

#### **3. Circle the HSC term/s, if any, that tell you HOW to answer the question.**

*Write down what each HSC term requires you to do to answer this question*

#### **4. Underline the syllabus points in the question.**

*List the key areas of the syllabus to address when answering this question*

#### **5. Read the question again for key hints**

*Identify any hints in the question that should be addressed*

#### **6. Use acronyms to remember key concepts**

*Write down any acronyms you can use for this question*



## **More Questions**

**Do these for exam revision and hand them in for feedback**

DP 1

1. Analyse the relationship between physical fitness and movement efficiency
2. To what degree is fitness a predictor of performance
3. What is the purpose and benefit of testing physical fitness?
4. Outline the difference between health and skill related components of fitness

DP2

1. Explain how the FITT Principle can be applied to an aerobic training program.
2. Describe the four different types of aerobic training giving examples of when they can be used effectively to improve performance
3. Compare the relative importance of aerobic and anaerobic training for two different sports (eg gymnastics and soccer)
4. Describe the differences between aerobic and anaerobic training

DP 3

1. Examine the reasons for changing heart rate and respiration during and after submaximal physical activity.
2. Explain the relationship between heart rate stroke volume and cardiac output during submaximal exercise.
3. Explain the effect of increased lactate during maximal physical activity

## Other CQ2 Questions