



PDHPE ASSESSMENT TASK NOTIFICATION YEAR 12 PDHPE 2021/22

Task Number: 1
Topic/s: Factors Affecting Performance
Weighting: 25%
Date: Wednesday December 8, 2021
Time: Hand In - Google Classroom before 8.45am.

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

H10 - designs and implements training plans to improve performance

H11 - designs psychological strategies and nutritional plans in response to individual performance needs

H16 - devises methods of gathering, interpreting and communicating information about health and physical activity concepts

H17 - selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation.

Task: Digital hand in via Google Classroom

Step 1:

- Create a document and place your student number in the header.
- Title the document Year 12 2022 PDHPE Assessment Task 1
- Include a table with the details of the event as per the example at the top of the document.
- Start each question on a new page. Stick to the word limit.
- Include a bibliography and appropriate referencing.

Step 2: Upload the document to the Year 12 PDHPE Assessment Task Google Classroom before the due date and time.

Step 3: Your tasks will be printed at 8.45am on Wednesday 8th December. A paper copy will be marked and returned to you in person.

NB: Plagiarism checker will be activated in Google Classroom

Please Note:

1. The College policy regarding malpractice, including cheating and plagiarism, late submission and absenteeism will apply. Please refer to moodle.pmaclism.catholic.edu.au (Assessment Tasks – Rules and Procedures). Stage 6 students should also refer to their *2022 Assessment Handbooks*.
2. Email is NOT an accepted form of assessment task submission.
3. If you are going to be away for any reason, including school based activities, you must fill in a “Planned Absence Notification” form and submit to the Assistant Principal Curriculum or the Leader of Curriculum. This form can be found at <https://moodle.pmaclism.catholic.edu.au/mod/page/view.php?id=17637>

Task Description

Hand in task: Students select a recent sporting event and an athlete competing in this event. Students are required to provide information for the table below and answer the following questions.

Name of the event	
Name and position of the athlete	
When the event was held	
Duration of the event	
Other relevant information	

Question 1 (500 words)

Explain how the principles of progressive overload, training thresholds and specificity may be applied to an athlete training for this event? (6 marks)

Question 2 (400 - 450 words)

Assess the effect arousal will have on an athlete performing in this event. (6 marks)

Question 3 (600 words)

Compare two psychological strategies that could be used to enhance motivation and manage anxiety in this event. (8 marks)

Please note: that mental rehearsal / visualisation and imagery are considered one strategy

Question 4: (750 words)

Analyse the nutritional considerations for this athlete in this event. (8 marks)

Question 5: (300 - 400 words)

Describe the importance of incorporating the performance elements into the training of this athlete for this event. (4 marks)

Bibliography: It is expected that if you use any external sources you reference these materials in a bibliography to ensure academic integrity.

Task Context

Students have been studying **Core 2: Factors Affecting Performance** and relating it to a range of physical activity and sporting contexts. In this task, students will be required to apply this knowledge to the event they have chosen in order to demonstrate their knowledge and understanding of these factors.

Content to be examined:

CQ1 - How does training affect performance?

CQ2 - How can psychology affect performance?

CQ3 - How can nutrition and recovery strategies affect performance?

CQ4 - How does the acquisition of skill affect performance?

Marking Rubric

In your answer you will be assessed on how well you:

- Demonstrate knowledge and understanding of the health and physical activity concepts relevant to the questions
- Apply the skills of critical thinking and analysis
- Communicate ideas and information using relevant examples
- Present a logical and cohesive response within the word limit

Preparation

In order to help you prepare you will need to:

- research the most appropriate sporting event carefully so that you can answer all questions effectively
- complete all class tasks
- stay up to date with bookwork
- compile study notes under the syllabus headings
- follow the suggested timeline to support you.
- refer to the marking criteria provided when formulating your responses and stick to the word limit.

You should attempt to follow the timeline for answering responses set out below to ensure that you are on track.

Week 4	Question 1
Week 5/6	Question 2
Week 7/8	Question 3
Week 8/9	Question 4
Week 9/10	Question 5

Marking Criteria

Question 1

Explain Explain how the principles of progressive overload, training thresholds and specificity may be applied to an athlete training for this event.? (6 marks) **500 words**

CRITERIA	MARKS
<ul style="list-style-type: none"> ● Clearly shows the relationship between the three principles of training and an effective training program. ● Displays an extensive knowledge & understanding of the principles of training ● Uses a variety of specific and relevant examples ● Presents a clear and logical response within the word limit 	6
<ul style="list-style-type: none"> ● Shows the relationship between the three principles of training and an effective training program. ● Shows how the three principles of training can be applied to an athlete training for this event. ● Displays a thorough knowledge and understanding of the principles of training ● Uses a variety of relevant examples 	4 - 5
<ul style="list-style-type: none"> ● Describes the principles of training and their use in a training program. ● Displays a sound knowledge and understanding of the principles of training ● Uses some examples 	3
<ul style="list-style-type: none"> ● Outlines the principles of training and their use in a training program. ● Displays a basic knowledge and understanding of the principles of training ● Uses an example 	2
<ul style="list-style-type: none"> ● Some relevant information provided 	1
<ul style="list-style-type: none"> ● Not attempted OR no relevant information 	0

Question 2**Assess** the effect arousal will have on an athlete performing in this event. (6 marks)**(400 - 450 words)**

CRITERIA	MARKS
<ul style="list-style-type: none">• Makes a clear judgement about the effect that arousal will have on the athlete performing in this event• Displays an extensive knowledge and understanding of the effects of arousal on performance• Uses a variety of specific and relevant examples• Presents a clear and logical response within the word limit	6
<ul style="list-style-type: none">• Makes a judgement about the effect that arousal will have on the athlete• Displays a thorough knowledge and understanding of the effects of arousal on performance• Uses a variety of relevant examples	4 - 5
<ul style="list-style-type: none">• Gives characteristics and features of the effect of arousal on performance.• Displays a sound knowledge and understanding of the effects of arousal on performance• Uses a some examples	3
<ul style="list-style-type: none">• Outlines the effect of arousal on performance.• Displays a basic knowledge of the effects of arousal on performance• Uses an example	2
<ul style="list-style-type: none">• Some relevant information provided	1
<ul style="list-style-type: none">• Not attempted OR no relevant information	0

Question 3

Compare two psychological strategies that could be used to enhance motivation and manage anxiety in this event. (8 marks) **600 words**

Please note: that mental rehearsal / visualisation and imagery are considered one strategy

CRITERIA	MARKS
<ul style="list-style-type: none">Clearly shows the similarities and differences between two psychological strategies that can be used to enhance motivation and manage anxiety in <i>this</i> eventDisplays an extensive knowledge and understanding of two psychological strategies that can be used to enhance motivation and manage anxiety in <i>this</i> eventUses a variety of specific and relevant examplesPresents a clear and logical response within the word limit	8
<ul style="list-style-type: none">Shows the similarities and differences between two psychological strategies that can be used to enhance motivation and manage anxiety in <i>this</i> eventDisplays a thorough knowledge and understanding of two psychological strategies that can be used to enhance motivation and manage anxiety in <i>this</i> eventUses a variety of relevant examples	6 - 7
<ul style="list-style-type: none">Describes two psychological strategies that can be used to enhance motivation and manage anxiety.Displays a sound knowledge and understanding of two psychological strategies that can be used to enhance motivation and manage anxiety.Uses some examples	4 - 5
<ul style="list-style-type: none">Outlines psychological strategies that can be used to enhance motivation and manage anxiety.Displays a basic knowledge and understanding of the psychological strategies that can be used to enhance motivation and manage anxiety.Uses an example	2 - 3
<ul style="list-style-type: none">Some relevant information provided	1
<ul style="list-style-type: none">Not attempted OR no relevant information	0

Question 4:**Analyse** the nutritional considerations for this athlete in this event. (8 marks) **750 words**

CRITERIA	MARKS
<ul style="list-style-type: none">Clearly draws out the implications of nutritional considerations and relates them to the performance of athletes in this event.Displays an extensive knowledge and understanding of the nutritional requirements for an athlete in this eventUses a variety of specific and relevant examplesPresents a clear and logical response within the word limit	8
<ul style="list-style-type: none">Draws out the implications of nutritional considerations and relates them to the performance of athletes in this event.Displays a thorough knowledge and understanding of the nutritional requirements for an athlete in this eventUses a variety of relevant examples	6 - 7
<ul style="list-style-type: none">Describes the nutritional requirements for this athlete in this event.Displays a sound knowledge and understanding of the nutritional requirements for an athlete in this eventUses some examples	4 - 5
<ul style="list-style-type: none">Outlines the nutritional requirements for athletes in this eventDisplays a basic knowledge and understanding of the nutritional requirements for an athlete in this eventUses an example	2 - 3
<ul style="list-style-type: none">Some relevant information provided	1
<ul style="list-style-type: none">Not attempted OR no relevant information	0

Question 5:

Describes the importance of incorporating the performance elements in the training of this athlete for this event. (4 marks) **300 - 400 words**

CRITERIA	MARKS
<ul style="list-style-type: none">Clearly gives the characteristics and features of the importance of incorporating the performance elements into the training of this athlete for this eventDisplays a thorough knowledge and understanding of the performance elementsUses a variety of specific and relevant examplesPresents a clear and logical response within the word limit	4
<ul style="list-style-type: none">Gives the characteristics and features of the importance of incorporating the performance elements into the training of this athlete for this eventDisplays a sound knowledge and understanding of the performance elementsUses some examples	3
<ul style="list-style-type: none">Outlines the importance of incorporating the performance elements into the training of this athlete for this eventDisplays a basic knowledge and understanding of the performance elementsUses an example	2
<ul style="list-style-type: none">Provides some relevant information	1
<ul style="list-style-type: none">Not attempted OR no relevant information	0