**Homebush Boys High School**  
**Faculty:** PDHPE  
**Assessment Notification**  
**Year and Subject:** 12 PDHPE  
**Assessment Task Number:** 2

<table>
<thead>
<tr>
<th>Due Date:</th>
<th>Syllabus Component:</th>
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<tbody>
<tr>
<td>Thursday 3rd March 2016 (during examination period) 11.15- 12.45pm</td>
<td>Core 2: Factors Affecting Performance</td>
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<tr>
<th>Outcomes Assessed:</th>
<th>Task:</th>
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<tr>
<td>H7 explains the relationship between physiology and movement potential</td>
<td>Extended response from prepared information. Students are to receive the question 2 weeks prior to responding to it in an examination setting. They are to prepare a response using available resources over the two weeks.</td>
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<tr>
<td>H8 explains how a variety of training approaches and other interventions enhance performance and safety in physical activity</td>
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<td>H17 Selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation.</td>
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<tr>
<th>Weighting:</th>
<th>Marks available:</th>
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<tr>
<td>25%</td>
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**In this task you will be assessed on how well you:**
- Link information from different components of the syllabus
- Express your understanding of the Types of Training and training methods, Principles of Training
- Clearly and logically demonstrate the understanding of the syllabus content through the use of relevant examples.
- Address the verbs in each question:
  - **Outline:** Sketch in general terms; indicate the main features of
  - **Compare:** show how things are similar or different
  - **Analyse:** Identify components and the relationship between them; draw out and relate implications

**Task Description**
**Answer the following questions:**

a) **Outline** the involvement of the *energy systems* and the *causes of fatigue* for each of these systems over a marathon race. (5 marks)

b) Compare the *types of training* and *training methods* for ONE aerobic and ONE anaerobic sport. (8 marks)

c) **Analyse** how the *principles of training* can be applied to both aerobic and resistance training. (12 marks)

**Duration:** 1.5 hour plus 5 minutes reading time.

**Marking Criteria**

Note: The following is a brief overview of what is required to achieve full marks for each question.

a) **5 marks:** All systems are outlined, with their contributions at various key stages of a race clearly stated. The possible causes of fatigue for each system are identified. There are strong examples from a marathon context given and justified. 2 marks will be awarded for the outline of the energy systems and 1 mark for identifying the cause of fatigue of each system (with a marathon example).

b) **8 marks:** types of training (including aerobic and anaerobic) are identified including the training methods for each being compared. Which types of training are best suited to different sports(1 mark), which training method(s) would be most appropriate and why?(4 marks) How would this training affect performance? A justification on the similarities and differences is made between the types of training (3 marks).

c) **12 marks:** Identifies and shows the relationship between the principles of training and how it is applied to both aerobic and resistance training. 2 marks will be given for each in depth analysis of the principles of training. Students will need to critically examine how the principles of training will affect performance in relation to aerobic and resistance training. Relevant examples including specific sports must be provided throughout and must be structured in clear and logical way.

**Assessment Rules**
1. If you are absent on the due date of an assessment task, you must bring a medical certificate to the Head Teacher to explain your absence, and submit the assessment or sit the examination on the first day you return to school.
2. Late assessment tasks, without valid documentation, will be awarded zero marks. N Award warning letters will be sent to parents.
3. Refer to the Assessment Policy in your course and school handbook. All guidelines must be followed.