



<b>Task Number</b>	3	<b>Task Name</b>	Fitness
<b>Course</b>	SLR	<b>Faculty</b>	PDHPE
<b>Teacher</b>	C. Adams & D. Rose	<b>Head Teacher</b>	J. Eakin
<b>Issue date</b>	Monday week 7	<b>Due date</b>	Friday Week 9
<b>Focus (Topic)</b>	Fitness	<b>Task Weighting</b>	25%

**Outcomes**

- 1.2 explains the relationship between physical activity, fitness and healthy lifestyle
- 2.2 analyses the fitness requirements of specific activities
- 3.2 designs programs that respond to performance needs
- 3.3 measures and evaluates physical performance capacity
- 4.1 plans strategies to achieve performance goal

**Task Outline:**

Part A (10 marks) Identify and demonstrate an understanding of the components of Fitness.

Part B (15 marks) Use your knowledge of the FITT principle to develop a weekly plan to improve one of the components of fitness.

**This task directly links to the syllabus “learn to” points:**

- conduct the measurement of health and skill-related fitness components.
- analyse and interpret results of health and skill-related fitness tests.
- discern the relevance of various fitness and activity programs for groups and individuals.
- apply the FITT principle to design an individual fitness program.
- explain how program design can cater for individual circumstances.
- integrate safety considerations in the design of individual fitness programs.

**Task description:**

This assessment task will consist of two parts, Part A and Part B.

**PART A: (10 marks)**

Students will be required to select **one of the physical fitness components** (see table below) that they would like to improve in and answer the following questions:

<b>Health related components:</b>	<b>Skill related components:</b>
Muscular endurance	Agility
Muscular strength	Balance
Cardiovascular Endurance	Coordination
Body composition	Speed
Flexibility	Power
	Reaction time

**1. Define what is meant by the term 'physical fitness'? (2 marks)**

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**2. Outline the physical fitness component you have chosen. Provide an example of its purpose in fitness. (3 marks)**

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**3. Explain a fitness test that could be used to measure your chosen physical fitness component. Things to include: aim of test, procedure of test? (5 marks)**

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**PART B: 15 marks**

Students are required to design a weekly fitness program that will help them to develop the area of physical fitness component that they have chosen to improve (see template attached). The program must include the following:

- **Outline the activity (use FITT principles)**
- **Identify the equipment required**
- **Identify the safety precautions**
- **Explain how each activity will improve your chosen area of the physical fitness component.**

**KEY TERMS**

**DEFINE:** State meaning and identify essential qualities

**OUTLINE:** Sketch in general terms; main characteristics and features

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

**IDENTIFY:** the characteristics determining what something is

**Marking Guidelines HSC SLR Assessment Task #3****Sports Administration Competition**

Student name: \_\_\_\_\_

Total: \_\_\_\_\_/25

<b>Part A Q.1</b>	<b>Mark</b>
Thorough definition of Physical Fitness with example(s)	<b>2</b>
Basic outline of what Physical Fitness is.	<b>1</b>

<b>Part A Q.2</b>	<b>Mark</b>
Thorough outline of fitness component with example	<b>3</b>
Thorough outline of fitness component without example OR sound outline with example.	<b>2</b>
Sound outline of fitness component without example OR basic outline with example.	<b>1</b>

<b>Part A Q.3</b>	<b>Mark</b>
Extensive explanation of fitness test which is accurately linked with fitness component.	<b>5</b>
Thorough explanation of fitness test which is linked with fitness component.	<b>4</b>
Sound explanation of fitness test which is linked with fitness component.	<b>3</b>
Basic explanation of fitness test which is loosely or incorrectly linked with fitness component.	<b>2</b>
Elementary explanation of fitness test which is loosely or incorrectly linked with fitness component.	<b>1</b>

<b>Part B</b>	<b>Mark</b>
Extensive explanation of the FITT principle matched with a detailed fitness plan that accurately links to an improvement in the chosen fitness component.	<b>13-15</b>
Thorough explanation of the FITT principle matched with a detailed fitness plan that accurately links to an improvement in the chosen fitness component.	<b>10-12</b>
Sound explanation of the FITT principle matched with a fitness plan that mostly links to an improvement in the chosen fitness component.	<b>7-9</b>
Basic explanation of the FITT principle matched with a fitness plan that loosely links to an improvement in the chosen fitness component.	<b>4-6</b>
Elementary explanation of the FITT principle matched with a fitness plan that loosely/may not link to an improvement in the chosen fitness component.	<b>1-3</b>

**Fitness Template Part B.**

<b>Day</b>	<b>Outline of activity (FITT principles)</b>	<b>Equipment</b>	<b>Safety</b>	<b>Explain how will each activity will improve your chosen area of physical fitness</b>
Mon				
Tues				
Wed				

<b>Thur</b>				
<b>Fri</b>				
<b>Sat</b>				
<b>Sun</b>				