



**Assessment Task Notification**  
**RICHMOND RIVER HIGH CAMPUS**

<b>Task Number</b>	2	<b>Task Name</b>	Sports Physiology Report
<b>Course</b>	12 PDHPE	<b>Faculty</b>	PDHPE
<b>Teacher</b>	J. Eakin	<b>Head Teacher</b>	J. Eakin
<b>Issue date</b>	Week 4	<b>Due date</b>	Friday 21 <sup>st</sup> March Week 8 PDHPE Staffroom or in google classroom by 9:00am
<b>Focus (Topic)</b>	Core 2: Factors Affecting Performance	<b>Task Weighting</b>	25%

**Outcomes**

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  
H9 explains how movement skill is acquired and appraised  
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 Description**

You have been appointed the role of Sports Physiologist for a professional athlete in a sport of your choice. You are to present a written report examining the factors that must be considered in training of the athlete that will affect their performance in their sport. Your report should be able to be used in an initial consultation with the athlete and their coach as a guide to their training and to establish realistic and achievable performance goals.

Your report should include the following;

1. An outline of the sport and analysis of the energy systems involved in performance of the main movement patterns. **8 marks.**
2. Assessment of the relevant types of training and training methods to result in a positive effect on the athlete's performance. **10 marks.**
3. Examine how the principles of training and physiological adaptations can impact on improved performance. **10 marks.**
4. Describe the importance of psychological strategies to enhance motivation and manage anxiety, including concrete examples. **10 marks.**
5. Critically analyse the dietary requirements of the athlete in the chosen sport, with consideration to pre-, during and post performance needs. **10 marks.**

Your report should be clear and logically presented using headings and sections. A quality report will provide relevant examples to support the information and include a bibliography listing sources of information for the report.

**Area of Study**

**HSC Core 2: Factors Affecting Performance**

- energy systems
- types of training and training methods
- principles of training
- physiological adaptations in response to training
- psychological strategies to enhance motivation and manage anxiety
- nutritional considerations

## Assessment Criteria / Rubric

You will be marked on your ability to;

Outline a specific sport and analyse the importance of energy systems to the performance of an elite athlete in the stated sport.

Critically assess relevant training methods to improve performance in the stated sport.

Examine in detail the relationship between the principles of training, physiological adaptations and improved performance.

Describe the value of psychological strategies to enhance motivation and managing anxiety

Critically analyse dietary requirements of the athlete pre-, during and post performance in the stated sport.

## Marking Criteria

Question 1. Outline a specific sport and analyse the importance of energy systems to the performance of an elite athlete. 8 marks.

Clearly outlines the nature of the chosen sport. An extensive analysis of the energy systems in the performance of the athlete.	7 - 8
Outlines a sport with a thorough analysis of the energy systems in the performance of the athlete.	5 - 6
Identifies a sport and discusses energy systems in relation to athlete's performance in the sport.	3 - 4
States a sport, limited information and a basic understanding of the energy systems.	0 - 2

Question 2. Critically assess relevant training methods to improve performance in the stated sport. 10 marks.

Demonstrates an extensive depth of knowledge and a critical assessment of a range of relevant training methods in the stated sport to enhance performance. Supports the response with examples of training methods.	9 - 10
Demonstrates a thorough depth of knowledge an accurate assessment of a range of relevant training methods in the stated sport to enhance performance. Supports the response with examples of training methods.	7 - 8
Demonstrates a sound knowledge and assessment of the effectiveness of training methods in the stated sport.	5 - 6
Demonstrates a basic knowledge of the effectiveness of training methods in the stated sport.	3 - 4
Limited or no evidence of training methods knowledge or assessment of training in relation to performance <u>or</u> a basic overview of training or training methods.	0 - 2

Question 3. Examine in detail the relationship between the principles of training, physiological adaptations and improved performance. 10 marks.

Detailed and extensive inquiry into the relationship between the principles of training, physiological adaptations as a result of training and expected realistic improvement in performance in the sport.	9 - 10
A thorough inquiry into the relationship between the principles of training, physiological adaptations as a result of training and expected realistic improvement in performance in the sport.	7 - 8
Sound investigation of the relationship between the principles of training, physiological adaptations and improvement in performance in the sport.	5 - 6
Basic understanding of the principles of training, physiological adaptations and improvement in performance in the sport.	3 - 4
Limited or incomplete discussion of the principles of training and/or physiological adaptations.	0 - 2

Question 4. Describe the value of psychological strategies to enhance motivation and managing anxiety. 10 marks.

An extensive knowledge of psychological strategies to enhance motivation and managing anxiety in the specific athlete.	<b>9 - 10</b>
A thorough description of psychological strategies to enhance motivation and manage anxiety in the specific sport.	<b>7 - 8</b>
A sound understanding of psychological strategies to enhance motivation and manage anxiety in sport.	<b>5 - 6</b>
Provides basic characteristics and/or features of motivation and anxiety strategies in sport.	<b>3 - 4</b>
Limited understanding of the importance of sport psychology. Little or inaccurate information regarding the impact of motivation or anxiety on performance.	<b>0 - 2</b>

Question 5. Critically analyse dietary requirements of the athlete pre-, during and post performance in the stated sport. 10 marks.

An extensive analysis and evaluation of the importance of pre, during and post performance dietary requirements in enhancing performance in the stated sport.	<b>9 - 10</b>
A thorough analysis of the importance of nutrition in enhancing performance in the stated sport. The importance of pre, during and post performance dietary requirements to ensuring peak performance of the athlete is evaluated.	<b>7 - 8</b>
Provides a sound understanding of nutrition and the link to performance in the stated sport. Some description but little evaluation of pre, during and post performance dietary requirements of the stated athlete.	<b>5 - 6</b>
Provides a basic understanding of nutrition and the link to performance in the stated sport. Little or no link to dietary requirements and the impact on performance of the athlete.	<b>3 - 4</b>
Limited or incomplete discussion of nutritional requirements in sport.	<b>0 - 2</b>

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