NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Assessment Task #2 – INVESTIGATION

Physical Education Studies – General Year 11

**Assessment type**:Investigation

**Conditions**: In class and take home; Total – 6 weeks

Distributed to students: Week 11, Term 2 – Monday 28/06/21

Check-in Date: Week 1, Term 3 – Tuesday 20/07/21 – Section One should be complete by this date.

Final Due Date: Week 3, Term 3 – Friday 06/08/21

\*\*Your final submission will be submitted through Teams as a written report. The Excel spreadsheet (Question 5) will need to be embedded in the written report.

**Task weighting**: 25% of the school mark for this task

Physical Education Studies

Unit 3 – Exercise Physiology

Section One

Elite Athlete Analysis

Question One 3 marks

Question Two 12 marks

Question Three 12 marks

Section Two

Individual Analysis

Question Four 5 marks

Question Five 8 marks

Question Six 10 marks

Section Three

Training Principles & Nutrition

Question Seven

A 4 marks

B 12 marks

C 4 marks

**Total /70 marks \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Section One

*Elite Athlete Analysis*

Select an elite athlete in any professional sport of your choice. In relation to your chosen athlete, complete the following questions:

1. Identify the elite athlete, the sport they play and, if relevant, the position they predominately play in.

**3 marks**

1 mark – Identifies the athlete

1 mark – Identifies the sport

1 mark – Identifies their predominate position OR identifies there are no positions within that sport

1. Identify and explain three (3) health-related components of fitness your athlete would possess that enable them to excel in their chosen sport.

**12 marks**

1 mark – Identifies a correct health-related component related to the sport

3 marks – Correctly explain the component (1) and links how it enables athlete to excel (2)

X3 components of fitness

1. Identify and explain three (3) performance-related components of fitness your athlete would possess that enable them to excel in their chosen sport.

**12 mark**

1 mark – Identifies a correct performance-related component related to the sport

3 marks – Correctly explain the component (1) and links how it enables athlete to excel (2)

X3 components of fitness

Section Two

*Individual Analysis*

1. List two (2) health-related and three (3) performance-related components of fitness tests you will undertake to analyse your own level of “fitness”

**5 marks**

1 mark – Identifies and correctly names credible/common fitness test

X2 health-related components of fitness & X3 performance-related components of fitness

1. Create a testing battery and record the results for these 5 tests in an Excel spreadsheet.

\*\*This spreadsheet will need to be embedded in your final submission.

**8 marks**

1 mark – Title of graph – Eg. “John’s Fitness Testing Batter Results” or something similar

1 mark – Identifies the 2 health-related tests to be conducted by name

1 mark – Identifies the 3 performance-related tests to be conducted by name

5 marks – Identifies accurate test result for each test (may include attempts & average OR best column)

1. For each of the 5 test results compare your data to the testing norms for your demographic.

**10 marks**

1 mark – Correctly identifies own result and associated norm “level”

1 mark – Identifies how this result compares to norms for their demographic

Section Three

*Training Principles & Nutrition*

1. Choose two (2) of the performance-related components of fitness you tested where you could move your current result toward an “elite” standard. For each of these components, complete the following:
   1. Outline two (2) testing protocols you could use to measure each component of fitness (4 total).

**4 marks**

1 mark – Outlines credible/common testing protocol, not just name/identify

2 testing protocols per chosen component, 2 chosen components, 4 marks total.

* 1. Justify two (2) training activities/exercises for each component of fitness (4 total), that you could implement to improve your testing result.

**12 marks**

1 mark – Identify correct training activity/exercise

2 marks – Correctly justifies why/how it would improve testing result

* 1. Optimum consumption of macronutrients is essential for human function. Choose one (1) macronutrient and describe in detail how that macronutrient could be utilized to assist your athletic development.

**4 marks**

1 mark – Correctly identify macronutrient – carb OR fat OR protein

1 mark – Correctly describes how the body uses macronutrient

2 marks – Correctly describe how that would assist athletic development