**Mock EST MARKING**

**Question 1**

Joshua has just taken on a coaching role at his local football club. He will be coaching the under 13 team. Joshua has played football for 10 years, but this is his first coaching role and he is quite nervous.

1. As a coach, Joshua will have many responsibilities. Describe three responsibilities of a coach.

|  |  |
| --- | --- |
| For each of the 3 responsibilities: |  |
| Description is clear with relevant information | 2 |
| Simple description with minimal information provided | 1 |
| Total | 6 |
| Answers could include any three of the following:   * Organising * building rapport * providing instruction and explanation, using current knowledge of skills * demonstrating skills, tactics, techniques * observing * analysing * Providing feedback – identifying strengths and weakness. * Providing safe learning environment, for practices and games. | |

1. Identify the three different coaching styles that Joshua could adopt in his coaching role and indicate which one would be the most appropriate for the under 13’s team. (4 marks)

|  |  |
| --- | --- |
| Autocratic | 1 |
| Democratic | 1 |
| Laisses-faire | 1 |
| Most appropriate style democratic | 1 |
| Total | 4 |

**Question 2**

After years of being the dominant force in women’s world hockey, the Hockeyroo’s have dropped to a world ranking of 4th. The current coaching staff are planning a whole new program to take them back to the top of the rankings.

1. Young Hockeyroo’s player Georgia Wilson is an up and coming star. She has hand an injury setback recently in which she tore her hamstring in the lead up to the Junior Hockey World Cup. Identify and explain the five main goals of rehabilitation that Georgia should be able to demonstrate before she can return to sport. (15 marks)

|  |  |
| --- | --- |
| For each of two strategies |  |
| Explains the strategy well | 3 |
| Minimal explanation of the strategy | 2 |
| Names strategy with no explanation | 1 |
| total | 6 |
| Answers could include:   * Use protective equipment: Hockey protective equipment includes shin guards,   mouth guards, correct shoes, face masks   * Effective warm up: e.g. appropriate stretching, increasing heart rate. * Ensure a safe environment: good quality pitch, safety considerations in drills   e.g. no tackling   * Effective cool down: e.g. slow movements and stretching allowing the heart to return to normal rate. | |
| Accept other relevant answers | |

1. You are the first aid officer on duty at your local hockey stadium. One of the players has had a bad fall and is clutching her ankle. Describe the immediate care you would provide to the athlete at the time of injury. (5 marks)

|  |  |
| --- | --- |
| Rest – stop activity, immobilise and support injury site | 1 |
| Ice – applied for 20 min every 2 hours for the first 2 days | 1 |
| Compression – to reduce swelling and bleeding, also provides support | 1 |
| Elevation - injured area raised above the level of the heart where possible to reduce swelling | 1 |
| Referral and rehabilitation – referred to a suitably qualified person, on advice from professional rehab program undertaken. | 1 |
|  | Total 5 |

1. Physical therapy is an important aspect of injury rehabilitation. Suggest and explain **two** physical therapy strategies the injured athlete could utilise for management of their injured ankle.

(4 marks)

|  |  |
| --- | --- |
| 1 mark for identifying correct therapy | Max 2 marks |
| 1 mark for correct explanation of therapy | Max 2 marks |
| Therapy strategies could include ultrasound, heat/cold, massage and exercise | |
| Total 4 marks | |

**Question 3**

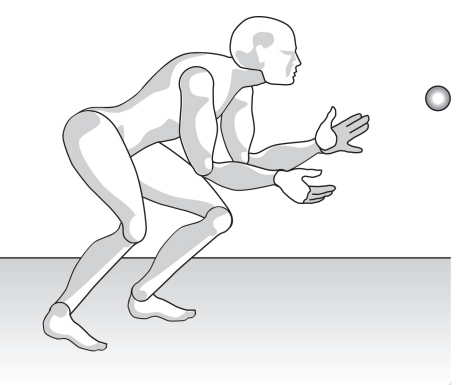
The three energy systems often combine to supply our muscles with the energy they use during exercise. Each energy system is stimulated by the changes in intensity and duration of a particular exercise or activity. Using Basketball as your example, explain how the energy systems are used during a game to supply the player’s body with energy. (4 marks)

|  |  |
| --- | --- |
| Two marks per energy system: |  |
| Comprehensive explanation with appropriate detail 2 | 2 marks |
| Simple explanation with some detail | 1 mark |
|  | Total 4 marks |
| Answer could include but is not limited to: In the game, all energy systems contribute however intensity and duration determine which energy system is predominantly used at certain times or it is a continual changing of intensity and duration of effort which triggers the most appropriate energy system to supply ATP for exercise to continue.  Aerobic:   * The aerobic system is used for activities lasting over 5 minutes at a submaximal intensity (<85% max HR) * An efficient aerobic system is needed to recover from high intensity efforts using the ATP-PC and lactic acid systems. * The length of time of the game (or that play) is longer than 5 minutes, requiring a player to consistently move during this time. * Because the player will go through long periods of continuous jogging as they follow the play, the aerobic energy system becomes the dominant system to supply the player with energy. * The advantage of a good aerobic system is that it allows a player/midfielder to recover in between high intensity efforts while getting self into receiving or defensive position. * During the restful periods through walking or jogging, the aerobic system is dominant to assist removal of lactic acid and recover creatine phosphate stores.   Anaerobic   * Energy is used for high intensity (95%-100% HR max) * During the game, the player will perform shorter bouts of high intensity activities like 10-20m sprints, explosive jumps to head the ball or mark the ball, or periods of stops and starts. * The player may also need to sprint over longer distances to get back into defence or get forward up the field in attack, which requires the anaerobic lactic acid system to produce the energy to perform these sprints. * The problem with the ATP-PC system is that it takes 30 seconds to 50% restore and 3 minutes to fully restore therefor the lactic acid system is the dominant energy supplier when a player/midfielder chases down an opponent then immediately runs forward to create attacking movement. | |

**Question 4**

1. A tennis player uses considerable force to hit a fast serve. Identify three ways in which a force is produced by the body to create such a serve. (3 marks)

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| --- | --- |
| Force is the product of the mass (weight) and acceleration of an object or person. F=ma – students must write more than the formula | 1 mark |
| Total force (velocity) is the sum of all the forces contributed by each body part. In any explosive skill like the serve, the force in sequence should be applied at the peak of the previous force. | 1 mark |
| To achieve maximum force in the serve, the player must use their larger muscles in the lower body before actions of the trunk and upper body of the shoulders and wrist. | 1 mark |
|  | Total 3 |



1. Identify three factors related to the concept of ‘absorption of force’ that a fielder could use when catching a ball to increase their catching performance and reduce the risk of injury. (3 marks)

|  |  |
| --- | --- |
| Force is absorbed by joints of the body, when they flex in response to impact. | 1 mark |
| Because the force of the ball cannot be changed, only the distance the hands move while catching the ball, this movement assists to absorb the force reducing possible injury to the cricketer’s hands/fingers. | 1 mark |
| Apply impulse to ball. Impulse = force × time | 1 mark |
|  | Total 3 marks |