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93501A



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NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

## Scholarship 2007 Physical Education

2.00 pm Monday 3 December 2007

Time allowed: Three hours

Total marks: 24

### ANSWER BOOKLET

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

Choose any THREE questions from Question Booklet 93501Q to complete.

Each question is worth 8 marks.

You should write ALL your answers in this Answer Booklet.

Start each answer on a NEW page. Number each answer carefully.

Check that this booklet has pages 2–18 in the correct order.

**YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.**

1 Scenario A.

Planning page.

## SPEECH

Society Economic

Political Environment

Cultural Historical.

Processing

Intro

+ves

-ves

Bio-physical  
heart rate

new ideas.

cardiovascular endurance

possible reasons

muscular strength

for those opinions.

muscular endurance.

hypothesis

- Injury
- boredom
- unspecific to person.
- lack of motivation.

POT

specificity

regularity

duration

frequency

overload.

Specific examples.

- began by doing weight training with others but had to change.

The candidate introduces the process that has occurred and explains how the programme is not specific and does not consider different goals and needs, especially as she is a beginner.

The candidate does consider some positive aspects of downloading a programme as set up in the scenario.

Georgina has not taken time to develop her own programme that will prepare her for the half marathon, by choosing one off the internet she is not making her programme specific to her. When planning a programme to ~~improve~~ potentially reach goals and outcomes it is important to make it specific to the person's fitness, skill and health levels. Georgina has had little experience and this programme off the internet may not be suitable for a beginner. Specificity is a vital principle of training that has to be applied to any training programme. The scenario does not state Georgina's goals however the training programme probably does not take into consideration these goals she has. Even though there are negatives to using a ~~programme~~ pre-written programme there are also some positives. By getting one off the internet Georgina can spend more time training and less time is wasted planning the programme. She may also find it difficult to find someone to ask about a programme for her which is why she goes to the internet. She could ask her teacher about a suitable programme for her skill level but because we do not know the situation we do not know how approachable the teacher ~~is~~ is. A programme should apply the principles of

Explains briefly, principles of training that should be considered. However, does not make the assumption that these haven't been applied.

Question  
number

specificity, regularity, duration, frequency, overload and reversibility. The internet programme may apply these principles but they may not be suitable for Georgina which could lead to negative effects for her. By using the pre-written programme Georgina is also failing to follow the teacher's instructions about the task. She is expected to apply relevant knowledge and make it suitable for her. By getting one off the internet she is failing to do this. More information is also required about the programme, such as which site is it from? Who is it designed for? How long is the training programme?

P1

BPK

The programme could be from an internet site that ~~aims at~~ is aimed at A-level athletes which would mean the programme would not be suitable for Georgina. From my own experience of training and competing in an aquathlon it does not help to copy other programmes. I decided to do weight training on the same day as my classmates however this was not good because then there were not enough weight machines for us all. ~~I~~ I do believe however that it is very helpful and relevant to look at exemplars of some training programmes. This helps to give an idea about what

C1

OB

+

C1

Is critical about where the programme is from and the expertise of the developer.

Considers benefit of seeing exemplars without just using programme. Uses creative thinking about using exemplars and then modifying to suit her needs.

Sort of activities need to be done to train for a <sup>half</sup>marathon. Georgina could choose ~~to follow~~ <sup>on the internet,</sup> to just look at the programme; use it as a guide and then adapt it to suit her. By doing this she can see ~~#~~ what methods of training could be applied to her own programme. For example she can see that continuous training seems to be most relevant ~~#~~ to what she is training for. //

UR

ACR

When this programme is implemented Georgina may see both positive and negative effects. These will be both bio-physical and socio-cultural factors. Georgina is training for a half-marathon so when using the programme she should see and feel changes in her body. Her heart-rate during exercise should be lower if the programme is suitable for her. She should start to feel 'fitter' ~~as~~ as a result of her cardiovascular fitness improving. She should be training her aerobic energy system because a half-marathon is long distance running. The programme off the internet is designed for those carrying out a half-marathon so ~~she~~ if the programme is suitable ~~#~~ she should ~~feel~~ her muscular strength and //

Considers some of the benefits of exercise that may occur.

Considers some of the risks that may occur as the programme is not considering her current level.

endurance should also improve. The programme should ~~includes~~ improve weight and continuous training in order to do this. By failing to plan her own programme Georgina has not taken into account the levels she is at now and because of this she may experience negative bio-physical results. She may not improve ~~fitter~~ in terms of her fitness because the programme might be too easy or too hard. She risks injury also because she ~~does~~ <sup>may</sup> not understand her programme. If the programme is too advanced for Lea she may become run-down and this can lead to injury. //

Considers socio-cultural aspects such as factors affecting participation.

Socio-cultural aspects should be taken into account when planning a programme. These include things such as goal setting, cost, time, environmental influences and other commitments. The programme off the internet might be suitable for one person but not for another & due to different peoples lifestyles. Goal setting (both long and short term) allows the individual to achieve and remain motivated throughout the training programme. Georgina has used another programme that may not help Lea to achieve her //

desired results. When I trained for the aquathlon I wrote down my short term and long term goals and I found that this really helped me stay on task and achieve. Georgina may begin to lack motivation and she may get bored because this programme is not suitable for her. According to the Australian sports Commission boredom is one of the main reasons people stop exercising (most people stop after 3 months). When planning a programme cost also comes into it.

Georgina has not considered this, her programme may require her to buy a gym membership. Can she afford this? The programme will have specific times about when to train. However Georgina probably has other commitments that would prevent her following the programme. This could lead her to failing to train and therefore not completing the half-marathon. When I trained for the aquathlon I wrote my programme at the beginning of the 10 weeks. When something unexpected came up ~~& off~~ that clashed with training I often opted out of training which led to me not

Discusses importance of goal setting and uses own experience to back this up.

OE  
SE

H-

FAT

E

As.

OE  
SE

Concludes with a position that involves modification of programmes. The essay has been balanced however, some aspects required development. Essay is at performance descriptor 2 (see scholarship standard).

achieving my goals. To avoid this I needed to be flexible and arrange trainings at times that suited me. It —

By failing to design her own programme Georgina will probably not achieve as well as she may like to and runs the risk of injury. If she ~~had~~ used the one off the internet as a guide and then made it suit her and her needs she will have better success. By exactly copying the programme she is not training specifically for her as an individual.