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A critical evaluation on the biophysical and sociocultural factors that determine whether or not sport is healthy.

According to SportNZ, 74% of New Zealanders over the age of 16 take part in sport and recreation each week, leaving us one of the most active countries on the globeⁱ. This is commonly assumed to be a great thing, and possibly rightly so, as sport in moderation is an excellent way to stay fit and active, and build communities. However sport is also a vehicle for numerous problems for individuals and for society, thus for the purpose of this report we will be analyzing the biophysical and sociocultural factors that determine whether sport is in fact healthy, or not.

There is no single standard measurement of health status for individuals or population groups. Health has been defined by World Health Organization as “a state of perfect physical, mental and social well-being and not merely the lack of disease or infirmity”ⁱⁱ. This definition implies that health is a multi-dimensional concept, which we learn by the Maori philosophy of Hauora. Hauora is comprised of taha tinana – physical wellbeing, taha hinenaro – mental and emotional wellbeing, taha whanau – social wellbeing and taha wairua – spiritual wellbeing. Whare Tapawha models these four aspects of hauora as the four walls of a whare, each of which supports and influences the other. Our health, as with the whare, requires each of the four aspects to find strength and symmetry. Therefore, it is not simply biophysical determinants that measure the health of an individual or society, but also the sociocultural factors, as these together comprise our overall well-being.

There are several different theories on the best way to measure health, two of which are: the current time measure, and the future prospects perspective.ⁱⁱⁱ Using a current time measure would conclude that the individual in the current state with the highest level of health, is healthier, ignoring any difference in future risks of adverse health outcomes or mortality. Using the future prospects perspective excludes the past, but captures the influence of the past on current or future health. This would include the effects of drugs and sporting injuries on the future level of health for the individual, which would be very different to the current level of health for many of our top sportspeople. The question that arises here is to what extent does we compromise and devalue our future health in exchange for immediate success? The Goldman's Dilemma provides an interesting insight into the minds of top athletes concerning this issue, which will be considered later in this report.

It can be argued that maintaining a high level of cardiovascular and aerobic fitness through playing sport will result in long-term physical health for an individual. Regular physical activity shows improvement in the cardio-respiratory and cardiovascular systems. NCIB writes that 20 longitudinal studies have presented the consistent picture that regular exercise has shown to decrease the risk of type two diabetes. Once BMI, usual activity level and diet have been adjusted for, the associated decrease in risk of diabetes is 20-30% with a high level of physical activity^{iv}. This was noted to be most effective in people who were obese, who had family history of diabetes and those with

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impaired glucose regulation. Therefore initiatives to increase the level of physical activity for people at high risk of diabetes will have health benefits for individuals and society. Regular exercise applying methods and principals of training will improve muscle function and strength through the training effect, and also improve the body's ability to take in and use oxygen, allowing these exercises to be performed with less fatigue. A measure of oxygen uptake is VO2 max, which some scientists believe is a key physiological determinant for an athlete's aerobic fitness^v, as the greater uptake of oxygen will result in a greater amount of energy created, and thus more energy to burn in sport or exercise. Consistent aerobic exercise will increase your VO2 max^{vi}, which in turn will increase your physical health by supplying the mitochondria with more oxygen to create energy for repair or activity. Exercise promotes weight reduction and lowers the blood pressure, and thus is a method of reducing cardiovascular disease. Losing body fat reduces atheroma in the arteries, and lowered blood pressure reduces resistance thus lowering the risk of heart disease^{vii}. The arthritis foundation states that losing one pound of weight removes four pounds of stress from the knees, and weight loss can lessen pain; improve function and lower inflammation levels in the body.^{viii} Sport is a subcategory of physical activity, so in this regard sport is healthy as it reduces the risk of developing several diseases and lowers the stress on joints. But contrasting to this, there are some negative repercussions, which result from playing sport. Using the ACC statistics tool I discovered that in the year July 2014 – July 2015 there were 555,880 active sports related injury claims making up just over a quarter of all claims for the time period, to a total cost of \$491,000,000. There are also biophysical risks associated with sport such as iron deficiency from overtraining, and accelerated joint issues from impact sports. However, these ill effects are much less common than the positive effects, and thus the average net effect of physical activity is a positive one.

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While we have established that sport is generally beneficial for physical health, in order for an individual to be healthy to achieve holistic wellbeing, all aspects of hauora need to be equally balanced. In many underdeveloped sporting programs, the sole objective is to improve the physical capacity of an athlete, to make them faster, stronger, and more durable. Fitness programs and testing have been designed to influence this physical improvement and in turn improve performance. While this will maximize an athlete's physical performance, it will not make them a healthy individual, according to the World Health Organization definition. The majority of people are not going to be able to maintain a healthy social life, and a sense of mental and spiritual strength while focusing solely on their physical and sporting goals. Using the current time measure, they may perform impressively in physical tests, thus appearing to be physically healthy, but in the long term, without a supportive base of friends and family, and an adequate sense of self-expression and personal belief, they will be unable to thrive and maintain their healthy lifestyle. Contrasting with this, participation in sport does hold interrelationships with each of the aspects of hauora. Not only does sport naturally increase an individual's physical fitness and coordination, but in playing sport they find a sense of purpose, goal setting, challenge and friendship which are all social, mental and spiritual effects from playing sport. A personal experience of holistic training would be in my regional rock climbing

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team. Last year, 2014, was our most successful year, winning the team cup for both the national championships and the national series. I believe this is because we spent a lot of time developing not only our strength and flexibility, but also our mental, social and spiritual strength to develop holistic team members. This was done through a series of training camps and one on one goal setting sessions, which helped us to correlate the physical components of climbing with a pleasure of movement, psychological resilience and problem solving.

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Taha whanau, or social wellbeing is determined by the strength of our interpersonal and societal relations. Sport in many ways builds and strengthens these social relations, with sports teams and clubs bringing people together and creating communities. There are also some aspects of social wellbeing, which are harmed by the dynamics of sport, one example of which is, gender inequality. Despite great strides by the women's rights movement over many years, it is clear that even in our first world and very developed country, women are still struggling with gender equality, and this certainly does not exclude sport.

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Historically, women in most cultures have played games that would be considered sport today. In England in the middle ages *"a sport had to be very rough indeed before it was too rough for medieval women, who played and disported, as they hunted and worked, alongside men."*^x However it is clear to see that in the modern world, formalized sport is a man's affair. One way to look at this is explained by Chris Collins in the Sport in Aotearoa/New Zealand textbook as the Neo-Marxist perspective, which says, *"The way sport is organized reflects those who rule."*^x In both historical and modern New Zealand, those who rule are predominantly white, middle class, middle aged men. This describes a sense of hegemony, where other societal groups that hold different ideas are considered less important and thus have a lesser influence on how sport is played. This is clear to see in modern society, raising the question of how female athletes are ever to get a foothold in New Zealand sport, especially when our most iconic sport, rugby, is also our most male dominated sport in the country.

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Is it healthy that half of our society is basically submissive to the ideas of a small hegemony of men? A twentieth century example of this timeless theory in action is Barbara Levido, who was a cyclist in England in the 1950s. She moved to New Zealand in 1957 and presented herself as a potential timekeeper to a club official at the local cycling club. She was told, *"there's no bloody room for sheilas in cycling but you can help with the afternoon tea."* Barbara went on to become the National President of New Zealand Cycling in 1989, despite her initial welcome. This just goes to show that the pathway in women's sport is met with many barriers, in management and for athletes. The language of sport in masculine, what with fishermen and batsmen, with very little effort made to conform these titles to be women inclusive despite the increased participation of women in sport. The important aspect of this masculinity is that it is taken for granted as a right, which is indeed hegemony in practice.

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Despite an increase in women participation in sport^{xi} since Barbara's breakthrough, media portrayed sport is still a heavily masculine paradigm, encouraging competition, antagonism and mostly strength. As described by

Nancy Theberge in her novel about Women's participation in Hockey, "[sport] is a fundamentally sexist institution that is male dominated and masculine in orientation."^{xii} As a result, just 5% of media sport coverage worldwide is dedicated to female sport, with 92% focus on male sport.^{xiii} Because of this, there are few sponsorship opportunities for females, as sponsorship and media coverage are "two sides of the same coin," according to Leora Hanser, Director of campaigns for Women's Sport and Fitness Foundation^{xiii}. Women's sport still receives just 0.5% of all sport sponsorship money^{xiii}, leaving me questioning whether the media has any interest in promoting health, or simply the economic value of the sport. Hanser went on to explain, "We're facing a health crisis in this country, and with young girls aspiring to be thin instead of fit, that's only going to get worse." This is emphasized by the sexualisation of women in sport, which has ultimately arisen from the sexist traditionalism of society, another demonstration of hegemony in sport. This appears to be the primary way that female athletes can maintain their share of media coverage and thus their salary. For example, Alana Blanchard was the top paid professional surfer of 2014, despite a performance that will not requalify her for the world tour in 2015. Alana has never won a National competition, and instead made her money through endorsements such as her Rip Curl campaign that praises her sex appeal rather than her athletic ability. Media coverage is a derived demand, based solely on what society wants to see, which I believe is promoting an unhealthy outlook on females in sport. Instead of being inspired to be fit, strong and determined, young girls are being taught that the most important thing is to look good in a bikini, which has a direct negative effect on the taha hinengaro and taha wairua of young females in sport.

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However, having established that sport is a man's world, this does not follow that all media and societal influences on males in sport are positive. Common gender assumptions are magnified by media propaganda and can apply unhealthy pressures to many sportsmen. For example, men's natural behavior is deemed by society to be "active, adventurous, courageous, domineering, unemotional, rough, aggressive, even violent."^{xiv} This socially deemed brutish persona for males means that within society it is seen to be acceptable, and almost expected of males to participate in physical sports to uphold their hyper-masculine stereotype. Sports such as rugby that have a huge societal following in New Zealand are influenced more strongly by society and social expectations. The social learning theory states, "we learn both the 'formal' and 'informal' rules of various sports through our observations and experiences."^{xiv} This theory explains that people adapt their sporting behavior to adhere to social expectations. In many contact sports, an act of assertive behavior is often replayed, especially in primarily male viewed and played sports, as it's considered to be entertaining for the audience. This has been emphasized by both globalization and technology of modern day sport meaning that especially entertaining or aggressive acts are available live, worldwide. This enthusiastic propagation normalizes violence and sets an expectation for males in sport to play accordingly, which can damage the taha whanau and taha wairua of an athlete.

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The problem that arises here is that the level of violence commonly seen on a sports field often exceeds what would be socially acceptable off of the field. Sport

creates a sort of separate reality, where the laws that govern society do not apply. Based on the definition by Robert Campbell in 2009, "*Instrumental aggression is aggressive behavior that is needed to achieve some other reward, such as money or social acceptance*,"^{xv} we would judge the aggression seen in sport to be instrumental aggression. This is not as dangerous as reactive aggression, which is aggression in response to a stimulus, because in a sporting context, instrumental aggression is calculated and controlled. If the theory of social learning is accepted, then athletes have no prior intentions to harm the opposition but instead show instrumental aggression in order to meet the expectations of society, especially if they are males. However, if sport reflects and reproduces the acts of society, is it also possible that society could learn to reflect and reproduce the acts shown in sport? If the social learning theory is in fact in play here, one possibility is that if sportspeople are able to become more violent to meet social expectations in a sporting sense, then they should be able to become less violent in a non-sporting sense by the same method. However, it is also possible that by spending an extended period of time exposed to a high level of acceptable violence, then they may find it tolerable to reciprocate this behavior outside of a sporting context.

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Not only does violence in sport directly impact those involved in the sport, but also those who support and watch the sport. One of the most important demographics influenced by violence in sport is the younger generations. Not only do they perceive the violence performed by their role models to be acceptable, but also they are often at the bad end of issues caused through sport. Family violence associated with sport is an ever-present issue, which is further escalated by New Zealand's strong drinking culture. Both police and Women's Refuge have noted significant increases in domestic violence when the All Blacks play, regardless of the outcome of the game, which they believe is linked to the strong New Zealand drinking culture.^{xvi} As written in the Sport in Aotearoa journal "*Rugby was a man's game, which grew out of the rituals and culture of the pioneer male community. From the beginning it was also associated with drinking in the pub.*"^{xvii} This in itself is unhealthy, as hazardous drinking is associated with drunk driving and domestic violence incidents, alcohol poisoning, miscarriages, and even death in the short term. In the long term, heavy drinkers can experience addiction, heart disease, high blood pressure, higher risks of cancer, and many more health problems^{xviii}, affecting not only the physical, but also the mental, spiritual and social health of these individuals. The future prospects perspective would deem the drinking habits associated with sport to be unhealthy in the long run for individuals, their relationships and society. Further problems arise as hazardous drinking is most common in men, aged 18-24 years^{xix}, which is also the largest demographic for sports following,^{xx} a relationship which is further emphasized by the sponsorship of sport by the alcohol industry.

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This is not to say that all media attention on sport in New Zealand is negative by any means. There are plenty of ways that sport and physical activity have been promoted to improve the general health of the country, for example the "30 minutes a day, push play" initiative run by Sport and Recreation New Zealand (SPARC) in 2005. The goal of this initiative was "to make physical activity simple,

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fun and varied” so that people could “enjoy the benefits of a healthy, active lifestyle” said SPARC Manager of participation, Deb Hurdle. Unfortunately, this campaign seemed to sizzle out in about 2006 and since then no memorable initiative has replaced it, leaving many kiwis unsure about how to approach the healthy lifestyle that they desire.

In New Zealand especially, we are encouraged from a young age to take part in sport, especially team sports, but also to play outside in general. It's extremely healthy for kids to have both unstructured play and structured sport, as it improves their physical health in the short term but also sets up a pretense for good lifestyle habits in years to come. Unstructured play encourages imagination, leadership skills, builds relationships, and promotes a healthy and active lifestyle. Structures sport brings discipline and responsibility and teaches skills in a safe and fun environment. However, many kiwi families have likely experienced the hectic Monday – Sunday régime of swimming lessons, sport trainings, and sports games for the whole family. I question whether the tight structure of these commitments may start to impact negatively on the overall health of the family. All time has an opportunity cost, and I wonder whether the extensive time spent on sports is impacting on the time that would otherwise be spent on social or academic aspects of life. In my experience growing up, with three siblings all doing a variation of sport and other extra curricular activities, there was very little time to focus on schoolwork, which is something that I now hold in high regard. It is almost expected for kiwi kids to take part in several sports, but much less expectation was placed on our schoolwork. Its not only the children of these families who suffer however, as research in NZ and Australia suggests sporting commitments of children limit the opportunities for women with families to undertake their own leisure and sporting commitments.^{xxi}

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The Ministry of Education wrote in 1987 that the role of the school is “to ensure that opportunities are provided for students, regardless of their abilities to participate in sport.”^{xxii} In an interview with One News in September 2015, Sir Peter Gluckman, the current prime ministers chief scientific advisor, said “we’ve got to re-think physical education in schools ... the compulsory school years are a time where regular physical exercise needs to occur in a way that is inclusive and comprehensive, rather than just being about elite sportsmen.”^{xxiii} Upon this advice, the government included Play.Sport as one of their 22 initiatives aiming to combat child obesity. This was challenged by the Physical Education New Zealand Facebook page, who point out that sport is just one of the contexts of movement that students can learn in, through and about. In my personal experience, I believe that the compulsory years of PE are not intentionally exclusive or elitist, but there are flaws in the system. I myself am a fit and active person, but not very coordinated when it comes to ball sports. In my younger years of PE, which were heavily focused on team sports, I was regularly discouraged from participating by my more talented and competitive classmates, particularly as I am a girl at a co-educational school. In the higher level of PE this problem is somewhat solved, with level three achievement standards that are used to investigate and promote life long activity. This is taught by one on one goal setting and a stronger emphasis on individual sports and physical activity, for example learning through the aquathon, snowboarding and paddle boarding.

These activities introduce new life long skills, which can be used to teach biomechanics and most importantly can be learned through movement, encouraging physical activity. I believe that the best way PE can be used to improve the health of children is to adopt a more individual approach, and make sure that each student learns the life skills needed to maintain a healthy lifestyle. The government's initiative of Play.Sport may be neglecting to address the individuality of the students. This may result in training or learning environments that do not cater to their needs at all, resulting in a loss of interest and motivation.

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According to SportsNZ 70% of kids drop school sport between 13-17,^{xxiv} however this survey failed to convey how many of these kids are attending the gym, or taking part in other fitness regimes not deemed as "sport." The same survey showed that the most common attribute with sport is competitive (97%). Many students claim that this overly competitive nature of sport puts unpleasant pressure on them while they're trying to balance sport with academic and social aspects of high school. It is not uncommon for schools to put a strong emphasis on the importance of sport and how much energy we should allocate to it. For example, In Tauranga recently we had a talk by rugby psychologist David Galbraith, who outlined the importance of giving sport your all, and "emptying your tank" on the sports field. Following this talk, both my year level dean and my form room teacher at school recounted the message of the story to the student body, again emphasizing the need to empty our tanks. I have to question the validity in this statement, which is being taught to sports teams and coaches nation wide. If we empty our tank on the field, what does that leave for our study, for our family, for our many other commitments? Is it healthy that students and teachers alike are being taught that we are not giving our best effort unless we give our all to sport and leave nothing for other factors of life? It is important to point out that students who choose not to participate in sport may be using the time to develop other aspects of their lives. For example a student who is more focused on their academic achievements may have a more positive effect on society in the long run. The failure to include statistics on the kids who run or go to the gym, or are involved in any activity that isn't sport is a flaw in this information from SportNZ. In terms of physical health, these kids could be as healthy if not healthier than the kids who kept up with their sport. As well as being currently physically healthy, they also develop a sense of self-motivated healthism, which is a life long attribute that will stay with them when the infrastructure of a school sport system falls away.

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Spirituality of sport used to encompass many moral virtues, developing character and patriotism, encouraging teamwork and discipline and most importantly, a love of the game. As I was growing up I was always taught that "it doesn't matter if you win or lose, its how you play the game,"^{xxv} but now its more and more common to hear that "winning isn't everything, it's the only thing."^{xxvi} Due to the globalization of sport and the advancement of technology, sport has become a multimillion-dollar entertainment affair, with the driving force in money, not morality. Sports events used to be valued for the way which they brought communities together, encouraged participation and activity, but now they are seen more as an economic strategy. Many teams and athletes are being

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sucked into the mass produced world of sport advertising where they are managed, branded and marketed to maximize their economic standing. This economic influence on sport is largely due to globalization increasing the audience of our sport from just those on the sideline to people all around the world.

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Globalisation may in fact be a driving force for the use of drugs in sport, as international competition has raised the standards and pressure for success worldwide. Athletes who feel under immense pressure to compete are more likely to take drugs to retain their share of fame, fortune and popularity in professional sport.^{xxvii} Drug use creates a vicious cycle, where the first few athletes use drugs to enhance their performance and thus put pressure on their competitors to maintain their share of competition. This psychological fear encourages the cycle to continue, which we can see in some sports today, for example cycling, which are ridden with drug use.^{xxviii} Goldman's dilemma is a hypothetical scenario where athletes are offered the choice to take a drug that would guarantee them overwhelming success in sport, but cause them to die after 5 years. This Dilemma provides several issues around the health issues of sport, especially the mental and emotion health aspects. Is intensive competition and pressure to perform significant enough in the lives of athletes that they would take a drug guaranteed to end their life in five years just to perform well in sport until then? Unfortunately so, as Goldman's research found that approximately half of the interviewed athletes responded that they would take the drug.^{xxix} Not only does this compromise health drastically when considering a future prospects perspective for measuring health, but also the short-term effects on the mental and spiritual balance in the athlete is severely damaged. Using drugs can be seen as treating the body "as a machine" which can be manipulated with substances to give a better performance, despite the moral, mental, emotional and social aspects of the athlete that are affected by the use of drugs. There is a requirement to uncouple morality from behavior in order to use drugs in sport, while knowing that they are illegal. This shows that athletes under extreme social pressure to perform lose their regard and respect for a sport that they were once passionate about in the most pure way. Furthermore, to uncouple morality from their behavior these athletes suffer a loss of self-respect, which I believe can be seen as unhealthy spiritual damage. Prioritizing fame and fortune over morality may result in damage to an athletes interrelationships and family connections, damaging their social health. Looking at the future health of these athletes, when their sporting ability is reduced and they have severed their family support base, they are likely to lack a holistic wellbeing. Drugs can be used as a means to elevate the level of performance, which unfortunately acts synthetically to provide an alternative route to success than traditional hard work and holistic training. The issue that arises here is if our athletes are willing to conform to drug use to elevate their progress, at what point does this self-manipulation stop? All kinds of options become possible, from selective breeding to gene manipulation, none of which would be considered for humans to today's standard. This discrimination and self-manipulation is damaging to the taha hinengaro of athletes, and thus negatively affects their current and future health.

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One of the biggest determinants of whether sport is healthy is our attitude towards it. The premises on which athletes base their pursuit are some of the most critical and determining factors of both their success and their health. Athletes who base their ambition on wealth or on glory are more likely to lack the social and spiritual dimensions necessary for holistic wellbeing, though they may become very successful in the short run. To conclude I believe that essentially all of the holistic determinants of health are able to be met through organized physical activity, not necessarily competitive sport as such. While some athletes thrive under the pressure of a competitive environment, others struggle with self-concept and resort to drugs, violence and overtraining to conform to the social expectations of top sportspeople. To maintain the healthy kiwi lifestyle, media, the government and schools should use their social impact to encourage general fitness and participation, rather than encouraging competition in the mainstream sports that seem to rule our society. Promoting physical activity encourages a life long journey of healthism, as its sustainable and convenient for people of all walks of life. Running, cycling or joining a gym for example, have no time restraints or set commitments so it's manageable for people of all ages and stages. Students are likely to keep up with their exercise after leaving the firm infrastructure of a school and as they head into the work force or tertiary study, simply because they have a habitual exercise routine and a passion for being healthy. In the country that we live there are so many opportunities for physical activity, with the beautiful waterways to swim in, the mountains to hike, the trails to run. We have the ideal environment to grow a happy and healthy society. Government and school initiatives should focus more on maintaining a healthy lifestyle in a way that is inclusive and sustainable for students and families alike to achieve the goals of a lower obesity rate and a healthier, more holistic society.

Overall Judgement

This report has been graded to be at Outstanding Scholarship level.

This report was constructed with a logical development of their argument/ideas. The candidate coherently and convincingly interconnected knowledge, ideas and concepts. The focus of the report was explicitly kept at the forefront of all discussion, analysis and evaluation. The candidate showed a sophisticated level of critical thinking, which was sustained across the report. Ideas/theory/arguments were well substantiated and well referenced. The candidate demonstrated a strong understanding of their topic through a sophisticated and refined use of terminology and examples. There was a clear balance of theory and practice that had drawn on their own experience.

Annotations

1. Candidate opens with an interesting statistic to capture the readers' attention and sets the scene for the report.
2. Focus of the report is clearly articulated.
3. Candidate demonstrates high level understanding of the underlying concept of Hauora. The utilisation of Hauora provides a frame work for the candidates' examination of the topic and therefore it is important that it is defined. The candidate is able to do this concisely and in a sophisticate manner.
4. The interconnection of biophysical principles is identified.
5. Candidate clearly references information. References have been listed at the end of the report; this is acceptable, however it is recommended to use footnotes when citing sourced information, data and quotes.
6. Critical perspective is demonstrated via the use of high level questions.
7. Candidate substantiates judgements by interweaving researched information.
8. Alternative perspective is examined. This gives balance to the discussion and demonstrates critical thinking.
9. The underlying concept of Hauora is kept at the forefront o of the discussion. The candidate reminds the reader of its relevance and importance at the beginning of the paragraph then leads into a new angle of discussion.
10. Candidate addresses a key assumption made around the connection between physical activity and Wellbeing.
11. Candidate challenges the interconnection between physical activity and wellbeing, demonstrating a critical perspective and high level understanding.
12. Own experience is used to substantiate points.
13. Candidate reaffirms the connection of the discussion to wellbeing and then directs the examination towards a new line of discussion.
14. Interweaving of theory into the discussion supports argument in a sophisticated manner.
15. The use of the high level term hegemony is accurate and an example of a complex synthesis of knowledge, concepts and ideas.
16. Use of questioning as a critical thinking tool indicates critical perspective.
17. 'theory in action' is an example of how the candidate is translating theory into practice. The discussion is not merely a review of relevant theory, but clearly makes sense of the interconnections between theory and practice.
18. Paragraphs are interconnected in a sophisticated manner that enables flow of discussion and a convincing argument to be developed.

19. Impacts of the statistics are examined in a critical manner.
20. Judgements are explicitly connected to focus of the report.
21. The candidate examines the issue through a different lens to give balance to the argument.
In this case they examine how males are impacted through physical activity.
22. The candidate conceptualises their ideas by linking their examples to a theory. In this case they have linked their points around male behaviour to the social learning theory.
23. Candidate makes a cohesive judgement that has a future focus.
24. The candidate has integrated theories and concepts with sophistication that indicates a complex understanding.
25. Impacts are related to the dimensions of Hauora, this again keeps the discussion centred on the identified report focus.
26. Candidate ensures a balanced view is presented by exploring different perspectives.
27. Candidate demonstrates high level thinking as they critically discuss the impacts of the issue.
28. Own experience is use to substantiate and support the evaluation.
29. Candidate interconnects research with their own experience. However, it is recommended to be specific when referring to research and statistics.
30. Candidate makes a relevant judgement that is future focussed
31. Candidate critically challenges the validity of research and extrapolates by using facts to establish a cohesive judgement.
32. Candidate questions and challenges accepted beliefs through a divergent perspective and also cleverly links the discussion back to wellbeing.
33. An interconnection is made with the high level term of healthism. This demonstrates a complex understanding of the topic.
34. Candidate utilises a quote to launch next phase of critical examination. This is a sophisticated communication strategy.
35. Synthesis of knowledge and concepts.
36. Explicit connection to focus of report that demonstrates depth of understanding.
37. Divergent ideas in the form of judgements around likely future outcomes.
38. Candidate summaries by making cohesive judgements that synthesises key ideas, knowledge and concepts.