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NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

16

For Supervisor's use only

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.

2 New Zealand athletes that are coded have shown a high level of ability in their chosen sporting discipline. I believe that by offering a range of experts in the fields such as biomechanics, exercise physiology, sports nutrition, sports psychology, coaching and other life skills will enable these athletes to have the best resources to reach their optimum level of performance. //

Candidate introduces the importance for experts in performance improvement programmes for experts and compares this to the use of experts in biomechanical analysis in their learning programme.

For top level athletes seconds can be so important even split seconds. By offering these athletes with Biomechanical experts it allows them to improve their technique and body movements to gain the maximum improvement and performance. Whilst completing our own performance improvement programme which was golf ~~to~~ we had access to Silicon coach, a computer programme that ~~can~~ allows you to analyse your swing and compare it to that of Mahal Pearce, a NZ golfing professional. Mahal Pearce is a professional who has won the NZ open before but is not world wide known. He is not highly ranked in the world. But because the majority of our class were in the ~~early~~ cognitive stage of learning his swing was very helpful in offering a base of comparison and showing them where they could biomechanically improve their swing. //

Question
numberAssessor's
use only

2 I am a good golfer with a handicap of 5. I would say that in some parts of my game I am in the autonomous stage as I am able to self correct myself but in some parts am still in the associative stage. But even I was able from my past experience and knowledge find parts of my swing that were just as good if not better in some regards than that of Mahal Perce. From this it helps me to see that carded athletes such as carded golfers ~~would~~^{who} would be on scratch or better handicaps would find flaws in Mahal Perce's swing. But by offering them experts in biomechanics they could compare their swing with the top of the line experts. By doing so it would allow them to improve their performance and reach ~~the~~ the best of their ability. In doing so it reflects back on New Zealand as they represent us on the world stage. //

SOL

Candidate touches on stages of learning and uses their own programme.

CA

U

Touches on importance of biomechanics. However requires development with specific knowledge.

B

Sports nutrition is a vital aspect of sports both at the beginner level or the elite level. Food can be a vital part of an athlete's performance and can greatly improve their overall performance. I am a cyclist who rides for my school. Last year the school got a nutritionist to come and talk to our top cycling team. She was able to tell us how much nutrition can affect //

Nu

Discusses the importance of nutrition and believes this is necessary at both beginner and elite levels; again comes back to own experience.

Brings the discussion on nutrition back to elite athletes. However discussion is quite general.

2 a race and your overall health. She was able to show us some statistics like dehydration during cycling reduces performance by 30%. By having the knowledge of a nutritionist talk to ~~us~~ ^{our} team it enabled us to make changes to our diet and what we ate and drank during races and helped us to improve our performance. I really saw my performance improve as a result of the nutritionist. So coded athletes would experience similar benefits, nutrition makes up a huge part of sport, and by providing these selected athletes with the expertise that they require to succeed will ensure their overall improvement and allow them to achieve to the best of their ability.

Discusses sports psychology and gives a specific example at the elite level where this has been an issue.

Sports psychology is a huge part of elite level sport. Most coded athletes or professional athletes are experts in their fields with great techniques and understanding of the game. But psychologically they may be weak. So many ~~at~~ professional athletes talk about winning being all in the top 2 inches. In Flemish eaters book he talks about this when he discusses his failure at the 2000 Olympic games, where he was in the best shape of his life but mentally wasn't ~~to~~ the best and ended up failing on his

dream and the expectations of New Zealand.
In my golf programme, I personally used sports psychology alot... I found that giving myself intrinsic feedback and having positive self talk allowed me to improve my overall performance. Tiger Woods would have ~~such~~ such a great knowledge of golf.

He could analyse his swing himself and knows exactly what went wrong as he has trained so much his neuromuscular pathways tell him where his swing went wrong without anybody telling him. But his caddie Steve Williams seems to be such a vital part of his success. This is because Steve Williams is able to psychologically help Tiger, when he is down to encourage him, when he is pumped up to control him. This is why sports psychology is so important to top level athletes as it makes up such a vital part of their game, and is crucial to their performance. So to get the most out of our top level elite athletes ~~we~~ we must provide them with sports psychology experts.

By also providing them with other life skills such as education, goals and career support services it provides these top level athletes with education and skills to fall back on if they get injured or retire. //

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SP

SA

Looks at sport psychology and skill acquisition and relates to own programme and then back to the elite athlete, giving a relevant example.

SP

fl

Touches on life skills. However this requires development.

Considers different goals/outcomes of a variety of levels of performance. Comes back to the question and importance of development of elite athletes.

Touches on genetic factors and how those with potential should gain expert support.

~~Some~~ Athletes have different skill levels and ~~not~~ goals. People can genetically be talented and have more of a chance of being a top athlete than others. But this doesn't mean that ~~they~~ those who are less talented want to improve any less. Athletes have different goals, some just want to have fun, some want to be NZ number 1, some want to be world number 1. All of these athletes have different goals. I think it is vital for ~~the~~ ^{NZ's} top athletes or athlete, with the most potential to be offered with the expertise of such professionals. It allows them to have the access to such resources that will allow them to reach the best of their ability. While this may be unfair on those athletes that try just as hard if not harder but are ^{not} recognised or having ~~more~~ potential it is a fact of life, some people are genetically ~~left~~ talented and destined to succeed. By providing these athletes with such resources it allows New Zealand sports to improve so much more with success in sport at the top level has flow on effects to sport at the grassroots level. This can be seen with Sarah Ulmer and Cycling. With her Olympic gold medal the sport of cycling got a lot more exposure. This meant that SPARC and the government invested a whole lot more money into ~~the~~ Bike NZ. This has a positive effect on all //

athletes involved in cycling.

New Zealand is a sporting society. We love sport and love winners. By providing up and coming stars with the access to experts in things such as psychology, nutrition, biomechanics and physiology it enables them to perform to the best of their ability and improves their chances of becoming winners within their selected fields. //

Assessor's
Use OnlyE
G.

Overall:
Touches on
many aspects.
However,
required greater
development
with specific
knowledge
being used as
examples.

This essay is at
performance
descriptor 3
(see scholarship
standard).

4.