



Year 12 PDHPE Assessment Task #2 2024

Core 2: Factors Affecting Performance & Option 3: Sports Medicine

TOPIC: Core 2 - Factors Affecting Performance Option 3 - Sports Medicine	MARKS: /30
SUBMISSION REQUIREMENTS: Friday 22nd March Each part must be uploaded individually on CANVAS by 11:59pm	WEIGHTING: 25%
OUTCOMES TO BE ASSESSED: H10 designs and implements training plans to improve performance H11 designs psychological strategies and nutritional plans in response to individual's performance needs H13 selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity H16 devises methods of gathering, interpreting and communicating information about health and physical activity concept H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation	
DIRECTIONAL VERBS: Apply - Use, utilise, employ in a particular situation Design – A plan Communicate – share or exchange information Select - carefully choose as being the best or most suitable	
TASK DESCRIPTION: There are 3 sections to the assessment task, and you need to use the following scenario to answer each section. <i>A NSW Basketball player was accelerating to chase down a loose ball at the beginning of the game against Victoria when she pulled up clutching the belly of her right hamstring muscle with a hamstring strain.</i> Part A: Sports Medicine - How are sports injuries classified and managed? (10 marks) <i>Q/. You are required to create a 5-minute video (maximum) to communicate the applied strategies for the classification and management of the sports injury.</i> Part B: Factors Affecting Performance & Sports Medicine: How is injury rehabilitation managed? (10 marks) Now that the injury has been classified, the player is ready to begin a rehabilitation and training program to assist in returning to games. <i>Q/. Design a 6-week rehabilitation and training program by selecting appropriate strategies to ensure improved performance to enable the elite basketballer to transition back into training and to improve their current performance.</i>	

Part C: Factors Affecting Performance – Psychological strategies to enhance motivation and manage anxiety (10 marks)

The athlete has spent a long time away from the squad and she is frustrated with the slow progress she has experienced due to the injury. She is worried how her hamstring will cope with the demands of training and competition, leading to high levels of anxiety and a lack of motivation.

*Q/. **Select and design** psychological strategies in response to the performance needs of the athlete to increase their motivation and manage their anxiety.*

ASSESSMENT CRITERIA:

You will be assessed on your ability to:

- Design a 5minute video, applying the correct classification and management of the sports injury, including; which assessment procedure you would use to determine the nature and extent of the injury, how would you classify the injury, how does the body respond to this kind of injury? And How would you treat this kind of injury?
- Design a 6-week rehabilitation and training program, applying the rehabilitation procedures and principles of training to enable the elite basketballer to transition back into the squad and competition games.

Note: Prior to the injury, the elite athlete trained 4 times a week. Provide an outline for each session.

- Selects the most suitable psychological strategies for the athlete and plan how and when they can be implemented to enhance motivation and manage anxiety.
- Present information in a clear, logical and detailed manner.

Marking Criteria	Marks	Grades
<p>Part A-</p> <p>H13 selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity</p> <p>H16 devises methods of gathering, interpreting and communicating information about health and physical activity concept</p> <p>H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation</p> <p><i>Q/. You are required to create a 5-minute video (maximum) to communicate the applied strategies for the management of the sports injury.</i></p>		
<p>Demonstrates extensive knowledge and in-depth application when communicating the correct strategies to manage the injury outlined in the scenario. <i>This includes extensive knowledge and understanding on how sports injuries are classified and managed, demonstrating in-depth assessment procedures to determine the nature and extent of the injury, and explaining the cause and effect and making clear the relationship between injury and physiological response.</i></p>	9-10	A
<p>Demonstrates thorough knowledge and application when communicating the correct strategies to manage the injury outlined in the scenario. <i>This includes thorough knowledge and understanding on how sports injuries are classified and managed, demonstrating thorough understanding of assessment procedures to determine the nature and extent of the injury, and explaining the cause and effect and demonstrating a link between the injury and physiological response, although some of the classification and management procedures may be incorrect/irrelevant.</i></p>	7-8	B
<p>Demonstrates sound knowledge and application when communicating strategies to manage the injury outlined in the scenario. <i>This may include some knowledge and understanding on how sports injuries are classified and managed, demonstrating sound understanding of assessment procedures to determine the nature and extent of the injury, with some explanation of the cause and effect between the injury and physiological response, although the classification, management procedures and physiological response may be incorrect/irrelevant.</i></p>	5-6	C
<p>Demonstrates basic knowledge and application when communicating strategies to manage the injury outlined in the scenario. <i>This may include an outline on how sports injuries are classified and managed, demonstrating a basic understanding of assessment procedures to determine the nature and extent of the injury, and attempting to explain the cause and effect between the injury and physiological response, although the classification, management procedures and physiological response may be incorrect/irrelevant.</i></p>	3-4	D
<p>Demonstrates limited knowledge and application when communicating strategies to manage the injury outlined in the scenario. <i>The student attempts to outline how sports injuries are classified and managed, with limited demonstration of assessment procedures to determine the nature and extend of the injury and attempting to outline the bodies physiological response to injury, although the classification and most management procedures are incorrect/irrelevant.</i></p>	1-2	E
Not attempted	0	N

Marking Criteria	Marks	Grades
Part B- H10 designs and implements training plans to improve performance H11 designs psychological strategies and nutritional plans in response to individual's performance needs H13 selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity		
Q/. Design a 6-week rehabilitation and training program by selecting appropriate strategies to ensure improved performance to enable the elite basketballer to transition back into training and to improve their current performance.		
Designs an extensive rehabilitation and training program, selecting in-depth and appropriate strategies to ensure improved performance. <i>This includes an extensive knowledge, understanding and application of the principles of training and how an injury is rehabilitated through the development of 6-week rehabilitation program. The training timetable provides an in-depth outline of each session and is presented in a sequential manner.</i>	9-10	A
Designs a thorough rehabilitation and training program, selecting the appropriate strategies to ensure improved performance. <i>This includes a thorough knowledge, understanding and application of the principles of training and how an injury is rehabilitated through the development of 6-week rehabilitation program. The training timetable provides a thorough outline of each session and is presented in a sequential manner, although some application of the principles and outline of the training program may have limited incorrect/irrelevant information.</i>	7-8	B
Designs a sound rehabilitation and training program, selecting some of the appropriate strategies to ensure improved performance. <i>This includes a sound knowledge, understanding and application of the principles of training and how an injury is rehabilitated through the development of 6-week rehabilitation program. The training timetable provides an outline of each session and attempts to present them in a sequential manner, although some application of the principles and outline of the training program may have some incorrect/irrelevant information.</i>	5-6	C
Designs a basic rehabilitation and training program, selecting some strategies to ensure improved performance. <i>This may include a 6-week rehabilitation program that outlines the principles of training and how an injury is rehabilitated. The training timetable attempts to outline the sessions in a sequential manner, although the application of the principles and outline of the training program is mostly incorrect/irrelevant.</i>	3-4	D
Designs a limited rehabilitation and training program, selecting few strategies to ensure improved performance. <i>The student attempts to develop a 6-week rehabilitation program that applies the principles of training to rehabilitate an injury. The training timetable fails to outline the sessions in a sequential manner.</i>	1-2	E
Not Attempted	0	N

Marking Criteria	Marks	Grades
Part C- H16 devises methods of gathering, interpreting and communicating information about health and physical activity concept H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation		
Q/. Selects and designs psychological strategies in response to the performance needs of the athlete to increase their motivation and manage their anxiety.		
Selects extensively designed psychological strategies to increase the motivation and manage the anxiety levels of the athlete. <i>This includes an in-depth outline of the key features related to the psychological strategies, providing detailed points for how and when they can be used to enhance motivation and manage anxiety in the athlete.</i>	9-10	A
Selects thoroughly designed psychological strategies to increase the motivation and manage the anxiety levels of the athlete. <i>This includes a clear outline of the key features related to the psychological strategies, providing thorough points for how and when they can be used to enhance motivation and manage anxiety in the athlete. Although some strategies may be incorrect/incomplete in increasing motivation and managing anxiety.</i>	7-8	B
Selects sound psychological strategies designed to increase motivation and manage anxiety in the athlete. <i>This includes an outline of the key features related to the psychological strategies, providing some points for how and when they can be used to enhance motivation and manage anxiety in the athlete. Although some strategies may be incorrect/incomplete in increasing motivation and managing anxiety.</i>	5-6	C
Selects basic psychological strategies designed to motivate and manage anxiety levels in the athlete. <i>This may include a basic outline of the key features related to the psychological strategies, attempting to provide points for how and when they can be used to increase motivation and manage anxiety in the athlete. Although many strategies are incorrect/incomplete in increasing motivation and managing anxiety.</i>	3-4	D
Selects limited psychological strategies designed to motivate and manage anxiety levels in the athlete. <i>The student attempts to provide an outline of the key features related to the psychological strategies with limited information on how it will increase motivation and manage anxiety for the athlete, however most strategies are incorrect/incomplete in increasing motivation and managing anxiety.</i>	1-2	E
<ul style="list-style-type: none"> • Not attempted 	0	N