



National Certificate of Educational Achievement
TAUMATA MĀTAURANGA Ā-MOTU KUA TAEA

2008

Internal Assessment Resource

Subject Reference: **Physical Education 2.3**

Internal assessment resource reference number:
PhysEd/2/3_A6

Bigger, Faster, Stronger

Supports internal assessment of:

Achievement Standard: 90434 v2

Examine principles and methods of training in relation to participation
in physical activity

Credits: 3

Date version published:

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**Ministry of Education
quality assurance status**

For use in internal assessment
from 2008

Teacher Guidelines:

The following guidelines are supplied to enable teachers to carry out valid and consistent assessment using this internal assessment resource.

Context/setting:

It is expected that principles and methods of training will have been taught through a series of practical lessons. Methods of training should include: continuous training, interval training, resistance training, plyometrics, and circuit training. Principles of training should include: specificity, progressive overload, FITT (frequency, intensity, time and type), variety, and rest.

Students should also be familiar with exercise physiology that relates to methods and principles of training, as well as the training requirements for touch, preferably in association with participation in a unit of touch.

Conditions:

Students keep a log of practical sessions (Task 1), verified by a peer. Teacher will also have recorded each student's participation (this may simply be done in the teacher roll book). Students could either complete the log during class time (after practical sessions), or for homework.

Students will complete Task 2 in a supervised "test" situation in class time. Students will not have access to notes or other reference material.

Resource requirements:

Photocopied assessment activities/worksheets. Teachers may need to adapt or enlarge the grid used for assessment of Task 2, or require students to respond on their own paper to a required format, to ensure there is sufficient room for student response.

Additional information:

None.

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Examine principles and methods of training in relation to participation in physical activity

Credits: 3

Student Instructions Sheet

PE 2.3 Examine principles and methods of training in relation to participation in physical activity.

Achievement Criteria for PE 2.3

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none">• Apply the principles and methods of training to participation in physical activity.• Describe how these principles and methods can be appropriately applied to physical activity.	<ul style="list-style-type: none">• Apply the principles and methods of training to participation in physical activity.• Explain how these principles and methods can be appropriately applied to physical activity.	<ul style="list-style-type: none">• Apply the principles and methods of training to participation in physical activity.• Explain, in detail, how these principles and methods can be appropriately applied to physical activity.

Before you start work, read through all the information given to you. Make sure you understand what you are being asked to do. Ensure that you know what level of performance you must achieve to obtain an achieved, merit, or excellence grade for this achievement standard.

This achievement standard will be assessed in 2 parts.

Task 1 – Training log that provides evidence of participation.

Task 2 – Analysis of a sample training programme, a written task to be completed in class time. Your teacher will give you clear instructions about the time and place for your assessment and any preparation requirements. You will not have access to your notes and other resources during this written assessment.

Task 1: Training Log

Complete the training log after participation in each practical session relating to principles and methods of training (minimum of 3 completed training logs required). Each form must be verified by peer signature, and the class teacher will keep a record of participation.

You are expected to recall this information when you complete Task 2.

Training Log

Name _____

Date / /

<p>What we did...</p>	<p>Method(s) of training:</p> <ul style="list-style-type: none">• Identified• Explanation of how they were used / applied
<p>How did I feel?</p>	<p>Principles of training:</p> <ul style="list-style-type: none">• Identified• Explanation of how they were used / applied

Peer name _____ Peer signature _____

Task 2 Written Task

Student Instructions:

Read through all the information given to you before starting work. Make sure that you understand what you have been asked to do in this written task.

Ensure that you know what level of performance will be required to obtain an achieved, merit or excellence grade for this achievement standard.

You will have one hour to complete this assessment in class. You may not use your notes and other resources. Attempt all parts of the task. Use additional paper if required.

Task:

Based on your experiences with and knowledge of a range of principles and methods of training, analyse the attached pre-season training programme for a competitive touch player by completing the following on the worksheets provided:

- (a) Identify and describe at least 3 methods of training used in this pre-season training programme. Your answer should explain **how** these methods of training are applied to the pre-season training programme given and whether they are appropriate.

(Use Table 1 to record your answers)

Explain in detail why these methods of training are, or are not, appropriate/effective for the competitive touch player

Provide evidence to support your answers. This evidence should include reference to the practical sessions where you applied methods of training and/or from other personal training sessions

(Use Table 1 to record your answers)

- (b) Describe each of the principles of training listed in Table 2. Your answer should explain **how** each principle of training is applied in this programme.

(Use Table 2 to record your answers)

Explain in detail **why** this principle of training would or would not be effective/appropriate when applied in the touch training programme

Provide evidence to support your answers. This evidence should include reference to the practical sessions where you applied methods of training and/or from other personal training sessions

(Use Table 2 to record your answers)

Pre-season Touch Training Programme for a Competitive Player

The programme below is that carried out during wk 6 of a 6 week programme. The previous weeks were run; wk 1 70% final volume, wk 2&3 80%, wk 4&5 90%.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leg Press	15x50m at 100% every 1 min 30 sec	4x800m at 85 to 90% MHR Work:Rest 1:2	Upright rows	15x50m at 100% every 1 min 30 sec	Ball skills	1 hour run, 70% MHR
Hamstring curl	20x10m at 100% every 1 min	6x400m at 90 to 95% MHR Work:Rest 1:3	Military press	20x10m at 100% every 1 min	Team tactics	
Calf Raises			Lat pulldowns		Grids	
Squats			Bent over raises		Practice game	
Abductions			Bicep curls			
Knee raises			Tricep extensions			
All exercises to be 3 sets of 12 reps at 1RM 1 min rest between sets			All exercises to be 3 sets of 12 reps at 75% of 1RM 1 min rest between sets			
			Tuck jumps 2x8			
			Hops 2x6 (each leg)			
			Ziz-zag jumps 2x6			
			Bounds 2x8			
			Squat jumps 2x4			
			Depth jumps 2x4			

NB It is expected there would be an appropriate warm-up and cool-down associated with each training session.

Task 2a - **Table 1 – Methods of Training** (Note: This is a template - please copy to A3 to allow for indepth learner response)

Training Method Identify and describe.	a) Explain how this method of training is applied in the touch training programme. b) Is it appropriate – yes or no?	Explain in detail why this method of training would or would not be effective/appropriate when applied in the touch training programme. Use evidence from personal experience to support your answers
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1	a) b)	
2	a) b)	
3	a) b)	
4	a) b)	

Task 2b - **Table 2 – Principles of Training** (Note: This is a template - please copy to A3 to allow for indepth learner response)

Principle of Training	Description of principle of training	a) Explain how this principle of training is applied in this touch training programme. b) Is it appropriate – yes or no?	Explain in detail why this principle of training would or would not be effective/appropriate when applied in the touch training programme Use evidence from personal experience to support your answers
Specificity		a) b)	
Progressive overload		a) b)	
Frequency		a) b)	
Variety		a) b)	
Intensity		a) b)	

Assessment Schedule – PhysEd/2/3_A6 - Bigger, Faster, Stronger

Task	Evidence	Judgement towards Achievement	Judgement towards Achievement with Merit	Judgement towards Achievement with Excellence
1	Student has completed training log and includes information on the application of principles and methods of training.	Completion of at least three verified training logs that each includes information on the application of principles and methods of training.		
2a	Student has completed table 1 – Methods of Training	<p>At least three methods of training are identified and described. Application is also made to the given training programme.</p> <p>E.g. Resistance Training Training that involves muscles working against a resisting load e.g. a weight. This has been used on Mondays and Thursdays as part of the pre-season strengthening programme</p>	<p>As for Achieved AND for at least three methods a clear explanation is given as to how each is being applied to the given training programme.</p> <p>E.g. Resistance Training Achieved answer plus: Requirements for a touch player include speed and explosive power. Resistance training that works on the development of strength of the lower body will enable the touch player to accelerate, decelerate and back-pedal more quickly.</p>	<p>As for Achieved AND for at least three methods a clear and in-depth explanation, with valid justification, is given to the appropriateness of the method of training for the programme provided.</p> <p>E.g. Resistance Training Achieved answer plus: In this programme, resistance training works both upper and lower body. Specificity of training suggests that it would be more beneficial to a touch player to have workouts that increase strength and explosive power of the lower body. My experience in touch was that I had to be explosive on both attack and defence, and the work we did on Resistance training was combined strength, and speed, developing power Therefore in the touch-training programme the second resistance training session should be a repeat of the first. This would ensure....</p>

2b	Student has completed Table 2 – Principles of Training	<p>At least four of the principles of training are described correctly. Application is also made to the given training programme.</p> <p>E.g. Specificity Emphasises that movements should be identical to those involved in the actual athletic activity. This principle of Training is being used in the interval training sessions on Tuesdays and Fridays to develop speed via the anaerobic system.</p>	<p>As for Achieved AND for at least three principles, a clear explanation is given as to how each is being applied to the given training programme.</p> <p>E.g. Specificity As for Achieved plus: One of the resistance training sessions works specifically on leg strength, which relates directly to increases in speed, acceleration and power. These components are important in the game of touch as it is a very fast paced game. The short interval sessions are designed to train the ATP-PC system, which is the predominant system used in touch.</p>	<p>As for Achieved AND For at least three principles, a clear, in-depth explanation, why each principle of training would or would not be effective/appropriate when applied in the touch training programme</p> <p>E.g. Specificity As for Achieved plus: The interval training should include some backward motion to more closely simulate the “game-like” movements required in a game of touch. Increasing upper body strength through resistance training is not as important to the game of touch as is increase in leg strength for greater speed. It would be beneficial to have two leg resistance training sessions during the week. The 1-hour run is largely irrelevant to training for touch as there is little requirement for use of the aerobic energy system.</p>
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Overall Grade:

To gain **Achieved** overall, Achieved levels must be met in Task 1 and Task 2a, 2b;

To gain **Merit** overall, Achieved levels must be met in Task 1 and Merit levels in Tasks 2a, 2b;

To gain **Excellence** overall, Achieved levels must be met in Task 1 and Excellence levels in Tasks 2a, 2b.

