


ASSESSMENT TASK NOTIFICATION

	<p>SUBJECT: PASS</p> <p>YEAR GROUP: 9</p> <p>TASK TITLE: Fitness</p>	<p style="text-align: center;">_____</p> <p style="text-align: center;">Student Name</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">Submitted To:</p> <p style="text-align: center;">_____</p>
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Name of Unit:	Fitness			
Type of Task:	Research			
Due Date:	Term:	3	Week:	6
Weight	20%			

OUTCOMES ASSESSED	<p>3.1 demonstrate actions and strategies that contribute to enjoyable participation and skilful performance</p> <p>3.2 evaluate the characteristics of enjoyable participation and quality performance in physical activity and sport</p>
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DESCRIPTION OF ACTIVITIES
<p>Part A.</p> <p>Students are to select one component of fitness and complete the following:</p> <ol style="list-style-type: none"> 1. Define the fitness component. 2. Classify the component as Health-related or Skill-related. 3. List 3 sports or physical activities that this fitness component would be useful in. 4. Explain how this fitness component could be measured using a recognised test that includes ratings to compare results to others. 5. Explain 5 different exercises or activities or drills that could be done to help develop this fitness component. <p>Part B.</p> <p>You are a personal fitness trainer; a client comes to you and wants to achieve these goals:</p> <ul style="list-style-type: none"> • <i>Improve cardiovascular endurance so that they can complete a 5km fun run.</i> <p>Write a program to help your client achieve their goals.</p> <p>When writing your programme base it around the F.I.T.T. Principle and Overload.</p> <p>Part C.</p> <p>Explain why fitness testing is now a very important aspect of sports training. Answer why it is important to assess fitness levels and how a coach would use the information to improve performance.</p>

MARKING RUBRIC

PART A

CRITERIA	GRADE
Detailed and concise discussion of one component of fitness with a discussion of health and skill related components of fitness and how this fitness component could be measured and developed. Norms from the booklet referred to in this answer.	A
Discussion quite detailed and concise regarding one component of fitness with a discussion of health and skill related components of fitness and how this fitness component could be measured and developed. Norms from the booklet referred to in this answer.	B
Discussion regarding one component of fitness with some discussion of health and skill related components of fitness and how they could be measured and developed. Norms from the booklet referred to in this answer.	C
One component of fitness listed. Limited or no discussion of health and skill related components of fitness and how they can be measured and developed. Norms from the booklet referred not referred to.	D
Basic detail of one nominated component of fitness, with no classification of the fitness component and minimal to no detail as to how the component can be measured and developed.	E

PART B

CRITERIA	GRADE
A precise, thorough but concise description of how to improve fitness levels, with the FITT and overload principle used as the basis for answering this question. Use of technical language.	A
A sound thorough but concise description of how to improve fitness levels, with the FITT overload principle used as the basis for answering this question. Use of some technical language.	B
A sound thorough but concise description of how to improve fitness levels, with the FITT principle used as the basis for answering this question.	C
A sound description of how to improve fitness levels, with the FITT principle used in the answer of this question.	D
A basic description of how to improve fitness levels.	E

PART C

CRITERIA	GRADE
An excellent discussion of why people undergo fitness testing with specific examples of the benefits of testing. And explain how fitness testing is used to improve performance.	A
A very good discussion of why people undergo fitness testing with some examples of the benefits of testing. And explain how fitness testing is used to improve performance.	B
A sound discussion of why people undergo fitness testing with an example of the benefits of testing.	C
Some discussion of why people undergo fitness testing.	D
A very basic attempt.	E