Assessment Task for Stage 5: Year 9

Subject: Physical Activity and Sports Studies

Task: Resistance Training Program *

Assessment Task No. 2

Due Date: Term 3 Week 5 2014 – 13th August

Submission Instructions

- Submit the task by handing to your teacher and signing a class list during your lesson on the due date.
- This cover sheet must be attached to the task.
- Penalty for late submission of an assessment task
  - Assessments submitted after the lesson on the due date will immediately receive a Thursday Workshop (2 hours) during which time the task will be completed and submitted, pending a note from parents explaining the absence.

PLEASE NOTE: THIS TASK WILL NOT BE ASSESSED BY YOUR TEACHER UNLESS YOU HAVE ASSESSED YOUR PERFORMANCE BY HIGHLIGHTING OR TICKING THE APPROPRIATE BOXES ON THE ATTACHED ASSESSMENT CRITERIA

Student Confirmation

By submitting the task for marking, I acknowledge the following:

1. The work submitted is my own work and appropriate acknowledgement of all sources has been made.
2. I am aware that the work may be submitted to plagiarism detection processes for the purpose of detecting possible plagiarism.
3. Where the work of others is used and not acknowledged, a finding of plagiarism will be made and a mark of zero awarded and I will have to resubmit the task.
4. I have a copy of this assessment if the original is lost or stolen.

Student’s signature: ___________________________ Date: ____________
You are an 18 year old athlete who has recently noticed a decline in your performance in your chosen sport. Your coach thinks that you haven’t developed enough strength as you have been too focused on cardiovascular fitness. To improve this weakness you need to design a resistance training program that focuses specifically on improving your strength.

In this task you are asked to:

1) **Explain** how strength is used in your chosen sport. Use specific sport related examples. (150 words)
   - Show specific areas of your sport that require strength
   - Show how your performance could benefit from improved strength

2) **Outline** a resistance training program for your chosen sport focusing on increasing strength. (200 words)
   Your program must:
   - Consist of three (3) sessions that include two (2) different activities per session
   - be appropriate and safe
   - follow the scaffold provided
   - adhere to given guidelines for strength training (see appendix 1)
   - Include an outline of each activity, how many sets, how many reps and the main muscle groups used.

3) **Outline** the resistance training methods that you used in your program and how they would improve your strength and performance in your chosen sport. (300 words)
   - Address each method used in your program separately and link it to specific muscle groups, action and techniques.

**Glossary of Terms:**

**Analyse:** Identify components and the relationship between them; draw and relate implications

**Outline:** Sketch in general terms

**Explain:** Relate cause and effect; make the relationships between things evident; provide why and or how

<table>
<thead>
<tr>
<th>Subject Specific Terminology:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Circuit</td>
<td>Eccentric</td>
</tr>
<tr>
<td>Concentric</td>
<td>Isometric</td>
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<tr>
<td>Contraction</td>
<td>Isotonic</td>
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<tr>
<td>Contraindicated</td>
<td>Overload</td>
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**Appendix 1**

**Guidelines for designing a program for strength**

<table>
<thead>
<tr>
<th>Sets</th>
<th>3 - 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Repetitions</td>
<td>6-10</td>
</tr>
<tr>
<td>Loads</td>
<td>Choose resistances activities that you would normally be able to complete approximately 10 times</td>
</tr>
<tr>
<td>Training Frequency</td>
<td>Do not exercise any of the muscle groups you train more than three times per week</td>
</tr>
<tr>
<td>Key Points</td>
<td>Choose no more than two exercises for each of the muscle groups you wish to strengthen.</td>
</tr>
</tbody>
</table>
Chosen sport: _______________________

Explain how strength is used in your chosen sport. Use specific sport related examples. (150 words)
- Show specific areas of your sport that require strength
- Show how your performance could benefit from improved strength

_____________________________________________________________________________________________

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Outline a resistance training program for a sport of your choice to increase strength (100 words)

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity 1:</td>
<td>Activity 1:</td>
<td>Activity 1:</td>
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<tr>
<td>Activity 2:</td>
<td>Activity 2:</td>
<td>Activity 2:</td>
</tr>
</tbody>
</table>
Outline the resistance training methods that you used in your program and how they would improve your strength and performance in your chosen sport.

(300 words)

- Address each method used in your program separately and link it to specific muscle groups, action and techniques.
## Marking Criteria

The student has demonstrated a consistent ability to:

<table>
<thead>
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<th>D</th>
<th>C</th>
<th>B</th>
<th>A</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Use at least one subject specific term with assistance</td>
<td>Use at least one subject specific term</td>
<td>Use some subject specific terminology correctly in sentences</td>
<td>Use most subject specific terminology correctly in more than one context</td>
<td>Use subject specific terminology consistently and correctly in a variety of contexts</td>
</tr>
<tr>
<td></td>
<td>Write a text using one of the different types of sentences</td>
<td>Write a text using at least two different types of sentences</td>
<td>Write a text using a variety of correctly structured simple, compound and complex sentences</td>
<td>Write a text using an appropriate variety of correctly structured simple, compound and complex sentences</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Identify how strength is used in their chosen sport.</td>
<td>Outline how strength is used in their chosen sport. Use an example.</td>
<td>outline how strength is used in their chosen sport. Use examples</td>
<td>explain most ways strength is used in their chosen sport. Use specific sport related examples</td>
<td></td>
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<tr>
<td></td>
<td>Identify a resistance training program using an appropriate activity</td>
<td>Identify a resistance training program using some appropriate activities</td>
<td>Outline a resistance training program to increase strength using safe, appropriate activities. Adhere to some guidelines for strength training</td>
<td>Outline a resistance training program to increase strength using a variety of safe and appropriate activities. Adhere to most guidelines for strength training</td>
<td></td>
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<td></td>
<td>Identify the resistance training methods that were used in the program</td>
<td>identify most of the resistance training methods that were used in the program.</td>
<td>Outline the resistance training methods that were used in the program.</td>
<td>outline some of the resistance training methods that were used in the program and how they would improve their strength and performance in their chosen sport.</td>
<td>outline all of the resistance training methods that were used in the program and how they would improve their strength and performance in their chosen sport.</td>
</tr>
</tbody>
</table>

Adhere to word limits.