



Chester Hill High School

Strength in Unity, Excellence in Education

Assessment Task - SLR

Course:	Sports, Lifestyle and Recreation	Year:	12								
Topic:	Fitness										
Assessment Name:	Fitness Program										
DATE DUE:	Term 2, Week 9	Total Mark/Weighting	15%								
STUDENT NAME:											
Progress Check FEEDBACK	<input type="checkbox"/> <i>Select an elite athlete or sporting team</i> <input type="checkbox"/> <i>Complete and present one (1) example to class teacher</i> <input type="checkbox"/> <i>Locate and acknowledge relevant information from a variety of sources</i> <input type="checkbox"/> <i>Correctly identify the health and skills related components associated</i> <input type="checkbox"/> <i>Correctly identifies one (1) training type</i>										
Progress Check Date:		Marks									
<p>I certify that</p> <ul style="list-style-type: none"> • This assignment is my own work, based on my personal study and/or research. • I have acknowledged all material and sources used in the preparation of this assignment in a reference list. • Submitted assignments based on group work are not the same as other students' work. • I have not plagiarised (copied) in part, or in whole the work of other students. • I have read and I understand the success criteria used for this assessment • <u>I have kept a copy of my assignment and the receipt.</u> • I understand that a copy of my assignment may be kept and used to make comparisons with other assignments in the future. <p>Student's Signature: Date:</p> <p>✂-----</p> <p>Assessment Task Student Receipt <i>(This receipt should be kept as proof of assessment submission)</i></p> <table border="1"> <tr> <td>FAMILY NAME:</td> <td>GIVEN NAME:</td> </tr> <tr> <td>TEACHER: Kramer</td> <td>CLASS:</td> </tr> <tr> <td>DATE DUE:</td> <td>DATE SUBMITTED:</td> </tr> <tr> <td>TITLE OF TASK: Fitness Program</td> <td>TEACHER'S SIGNATURE:</td> </tr> </table>				FAMILY NAME:	GIVEN NAME:	TEACHER: Kramer	CLASS:	DATE DUE:	DATE SUBMITTED:	TITLE OF TASK: Fitness Program	TEACHER'S SIGNATURE:
FAMILY NAME:	GIVEN NAME:										
TEACHER: Kramer	CLASS:										
DATE DUE:	DATE SUBMITTED:										
TITLE OF TASK: Fitness Program	TEACHER'S SIGNATURE:										

Task Information

<p>Important idea(s) being explored:</p>	<p>Students will demonstrate their ability to design and evaluate a training program for an <u>elite individual athlete OR specific group/team of elite athletes</u>. The training program must be designed to examine the nature of fitness in the sport selected in addition to the key elements of the program and how fitness can be improved through a variety of fitness activities.</p>
<p>Skills, Knowledge and understanding being demonstrated:</p>	<ul style="list-style-type: none"> • Knowledge and understanding of the factors that influence health and participation in physical activity • Knowledge and understanding of the principles and processes impacting on the realisation of movement potential • The ability to analyse and implement strategies that promote health, physical activity and enhanced performance • A capacity to influence the participation and performance of self and others.
<p>Task Requirements:</p>	<p>Students are to create three (3) training sessions to be completed in the pre-season phase of training for <u>elite individual athlete OR specific group/team of elite athletes</u>. The program must contain the following:</p> <ul style="list-style-type: none"> • <u>Identify</u> age and gender of the selected sporting team/athlete. • <u>Identify</u> major health and skill related components required for the selected sport. • <u>Justify</u> why they have selected each of the components identified. • <u>Apply</u> the FITT Principle (frequency, intensity, type, time) to each of the three (3) training sessions. • <u>Propose</u> a total of five (5) warm up and cool down stretches/activities <u>for each session</u>. • <u>Summarise</u> a session objective that is to be achieved at the end of the session. • <u>Describe</u> any safety considerations and legal responsibilities that must be considered for each session to ensure the safety, wellbeing and participation of the athlete/team. • Select one (1) of the following types of training and <u>explain</u> the advantages and disadvantages of this type of training in relation to the athlete/team sport selected (aerobic, circuit, fartlek, interval & continuous). • A bibliography of resources used • Referencing must be used throughout the paper, a minimum of three (3) different references must be incorporated.
<p>Syllabus Outcomes:</p>	<ul style="list-style-type: none"> – 1.3: Demonstrates ways to enhance safety in physical activity – 2.1: Explains the principles of skill development and training – 2.5: Describes the relationship between anatomy, physiology and performance – 3.1: Selects appropriate strategies and tactics for success in a range of movement contexts

Feedback from student about task:

I spent _____ hours working on this task.

The hardest part of this task was _____

The easiest was _____

What I have enjoyed most about learning in *SLR* is _____

Learning in *SLR* could be improved if:

Dear teacher, I need help in the following areas:

Success Criteria

Elements	Specific Criteria	Mark /Grade				
Understands the big idea(s)	Designs and justifies a fitness program that responds to performance needs of a specific group of elite athletes					
	Selects and applies a range of fitness principles to ensure a specific performance outcome is achieved					
Literacy / Numeracy skills assessed	Uses correct terminology					
	Uses correct spelling and grammar					
	Identifies mathematical principles when applying the FITT principle					
Processes	Works constructively and responsibly as an individual					
Demonstrates Skills	Locates relevant information from a variety of sources					
Knowledge	Completes an accurate, well researched fitness training program					
Understanding	Describes what processes are required to plan a fitness training program					
	Recognises the skills and abilities required to support healthy, safe physical activity					

FEEDBACK from Teacher:

Completion of assessment during allocated class time. Excellent Moderate Limited

Teacher Signature		Mark	
-------------------	--	------	--

Marking Criteria		
A Outstanding	<ul style="list-style-type: none"> ✓ Training sessions are of an outstanding standard. ✓ Training sessions provided demonstrate an outstanding level of the following, however some elements are missing and/or incorrect: <ul style="list-style-type: none"> ○ Age, gender and athlete/team selected (3) ○ Health and Skill related components identified (5) ○ Justification of each component identified (5) ○ Application of the FITT Principle (4) ○ Five (5) warm up and cool down proposed (5) ○ Outstanding description of safety considerations and legal responsibilities (5) ○ Type of training identified (5) ○ Advantages and disadvantages of the type of training identified (5) ○ Bibliography contain three (3) resource (3) 	40-36
B High	<ul style="list-style-type: none"> ✓ Training sessions are of a high standard. ✓ Training sessions provided demonstrate a high level of the following, however some elements are missing and/or incorrect: <ul style="list-style-type: none"> ○ Age, gender and athlete/team selected ○ Health and Skill related components identified ○ Justification of each component identified ○ Application of the FITT Principle ○ Four (4) warm up and cool down proposed ○ Thorough description of safety considerations and legal responsibilities ○ Type of training identified ○ Advantages and disadvantages of the type of training identified ○ Bibliography contain three (3) resource 	35-27
C Sound	<ul style="list-style-type: none"> ✓ Training sessions are of a sound standard. ✓ Training sessions provided demonstrate a sound level of the following, however some elements are missing and/or incorrect: <ul style="list-style-type: none"> ○ Age, gender and athlete/team selected ○ Health and Skill related components identified ○ Justification of each component identified ○ Application of the FITT Principle ○ Three (3) warm up and cool down proposed ○ Sound description of safety considerations and legal responsibilities ○ Type of training identified ○ Advantages and disadvantages of the type of training identified ○ Bibliography contain three (3) resource 	26-18
D Basic	<ul style="list-style-type: none"> ✓ Training sessions are of a basic standard. ✓ Training sessions provided demonstrate a basic level/some elements are missing and/or incorrect: <ul style="list-style-type: none"> ○ Age, gender and athlete/team selected ○ Health and Skill related components identified ○ Justification of each component identified ○ Application of the FITT Principle ○ Two (2) warm up and cool down proposed ○ Basic description of safety considerations and legal responsibilities ○ Type of training identified ○ Advantages and disadvantages of the type of training identified ○ Bibliography contain two (2) resource 	17-9
E Limited	<ul style="list-style-type: none"> ✓ Training sessions are incomplete, or task was a non-serious attempt. 	8-0

Athlete / Team		Gender		Age		Session Number	of 3
-----------------------	--	---------------	--	------------	--	-----------------------	------

Health and Skills Related Components of Fitness:	Session Objective (<i>Today I aim to improve....</i>):
FITT Principle:	Warm up & Cool Down (stretches & activities)
Frequency: Intensity: Type: Time:	1. 2. 3. 4. 5.

Safety Considerations & Legal Responsibilities	Type of Training Selected
Advantages of Type of Training Selected	Disadvantages of Type of Training Selected