Physical Education Studies

General course

Marking key for the Externally set task

Sample 2016

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# Physical Education Studies

## Externally set task – marking key

1. In a sport of your choice, list **three (3)** pieces of protective equipment and explain how each prevents injury to the athlete.

|  |  |
| --- | --- |
| **Description** | **Marks** |
| 1 mark for each appropriate piece of protective equipment relevant to chosen sport | 1 per piece(maximum 3) |
| 2 marks for a clear concise explanation of how injury can be prevented relative to the piece of equipment1 mark for a basic explanation with minimal detail | 1–2per explanation(maximum 6) |
| **Total** | **9** |

1. A player on a team you are coaching has fallen awkwardly and appeared to twist his/her lower leg. Identify each of the **six (6)** steps in the TOTAPS method of injury management and describe how you would apply each step to manage this injury.

|  |  |
| --- | --- |
| **Description** | **Marks** |
| 1 mark for identifying TOTAPS:* talk
* observe
* touch
* active movement
* passive movement
* skill test
 | 1 mark per step(maximum 6) |
| 2 marks for a clear concise description of each step1 mark for a basic description with minimal detail | 1–2per description(maximum 12) |
| **Total** | **18** |

1. Following injury, the ‘No HARM’ principle identifies a number of factors that should be avoided. List each of the **four (4)** factors and provide a description of each.

|  |  |
| --- | --- |
| **Description** | **Marks** |
| 1 mark for listing each factor in the ‘No HARM’ principle:* heat
* alcohol
* running
* massage
 | 1 per factor(maximum 4) |
| 2 marks for a clear concise description of each factor1 mark for a basic description with minimal detail. | 1–2per description(maximum 8) |
| **Total** | **12** |

1. When your athlete has begun to recover from injury, you will be responsible for appropriate rehabilitation before a return to competition. Identify and describe **five (5)** of the goals of the rehabilitation process for your athlete.

|  |  |
| --- | --- |
| **Description** | **Marks** |
| 1 mark for identifying any **five (5)** of:* restore range of motion
* regain muscular strength
* regain endurance
* regain power
* regain postural stability
* regain balance
* maintain cardiorespiratory fitness
 | 1 per goal(maximum 5) |
| 2 marks for a clear concise description of each goal1 mark for a basic description with minimal detail. | 1–2per description(maximum 10) |
| **Total** | **15** |