Government of **Western Australia**
School Curriculum and Standards Authority

WACE
Western Australian Certificate of Education

PHYSICAL EDUCATION STUDIES

GENERAL COURSE

Externally set task

Sample 2016

Note: This Externally set task sample is based on the following content from Unit 3 of the General Year 12 syllabus.

Exercise physiology

- prevention of sports injuries, using protective equipment, effective warm-up and cool down and ensuring a safe environment
- immediate care of sporting injuries including use of TOTAPS (talk, observe, touch, active movement, passive movement, skill test), RICER (rest, ice, compress, elevate, refer) and HARM (heat, alcohol, running, massage) strategies
- extended care and rehabilitation of the injured athlete
  - goals for rehabilitation – restore range of motion, regain muscular strength, endurance and power, regain postural stability and balance, maintain cardiorespiratory fitness

In future years, this information will be provided late in Term 3 of the year prior to the conduct of the Externally set task. This will enable teachers to tailor their teaching and learning program to ensure that the content is delivered prior to the students undertaking the task in Term 2 of Year 12.

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Physical Education Studies

Externally set task

Working time for the task: 60 minutes

Total marks: 54 marks

Weighting: 15% of the school mark

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

(9 marks)

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2. 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.

(18 marks)

3. 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.

(12 marks)

4. 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.

(15 marks)