



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



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 equipment 1 mark for a basic explanation with minimal detail	1–2 per explanation (maximum 6)
Total	9

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.

Description	Marks
1 mark for identifying TOTAPS: <ul style="list-style-type: none"> • talk • observe • touch • active movement • passive movement • skill test 	1 mark per step (maximum 6)
2 marks for a clear concise description of each step 1 mark for a basic description with minimal detail	1–2 per description (maximum 12)
Total	18

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.

Description	Marks
1 mark for listing each factor in the 'No HARM' principle: <ul style="list-style-type: none"> • heat • alcohol • running • massage 	1 per factor (maximum 4)
2 marks for a clear concise description of each factor 1 mark for a basic description with minimal detail.	1–2 per description (maximum 8)
Total	12

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.

Description	Marks
1 mark for identifying any five (5) of: <ul style="list-style-type: none"> • 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 goal 1 mark for a basic description with minimal detail.	1–2 per description (maximum 10)
Total	15