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** |

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 step  1 mark for a basic description with minimal detail | 1–2  per 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 factor  1 mark for a basic description with minimal detail. | 1–2  per 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 goal  1 mark for a basic description with minimal detail. | 1–2  per description  (maximum 10) |
| **Total** | **15** |