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| **VCE PHYSICAL EDUCATION****SCHOOL-ASSESSED COURSEWORK** |
| **Performance descriptors** |
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| **Unit 3****Outcome 2*****Use data collected in practical activities to analyse how the major body and energy systems work together to enable movements to occur, explain the factors causing fatigue and recommend suitable recovery strategies.*** | **DESCRIPTOR: typical performance in each range** |
| **Very Low** | **Low** | **Medium** | **High** | **Very high** |
| Limited description of changes to oxygen supply and demand during exercise  | Describe the changes of oxygen supply and demand during exercise | Differentiate between the changes of oxygen supply and demand at rest, during sub-maximal and maximal exercise  | Discuss the changes of oxygen supply and demand at rest, during sub-maximal and maximal exercise  | Explain the changes of oxygen supply and demand at rest, during sub-maximal and maximal exercise, including terms oxygen deficit, steady state and EPOC |
| Limited reference to data and limited identification of the physiological responses the body experiences during exercise | Reference to data and identification of some of the physiological responses the body experiences during exercise including the cardiovascular, respiratory and muscular systems  | Application of data to describe the physiological responses the body experiences during exercise including the cardiovascular, respiratory and muscular systems  | Application of appropriate data to discuss the range of physiological responses the body experiences during exercise including the cardiovascular, respiratory and muscular systems  | Analyse data collected from participation in laboratory activities on the range of physiological responses the body experiences during exercise, including the cardiovascular, respiratory and muscular systems  |
| Identify the relative contribution of the three energy systems for a given intensity and duration of exercise | Outline the relative contribution of the three energy systems during activity using appropriate terminology | Describe the relative contribution of the three energy system with reference to intensity and duration during activity and recovery, using appropriate terminology | Describe the relative contribution and interplay of the three energy systems and during activity and recovery, using appropriate terminology | Analyse participation in practical activities to describe the relative contribution and interplay of the three energy systems during activity and recovery, using appropriate terminology |
| Limited identification of muscular fatigue mechanisms | Identification of the muscular fatigue mechanisms associated with the 3 energy systems | Outline the muscular fatigue mechanisms associated with the 3 energy systems  | Discuss the muscular fatigue mechanisms associated with the 3 energy systems under various activity intensities and durations | Explain the muscular fatigue mechanisms associated with the 3 energy systems, taking into consideration individual and environmental factors, under various activity intensities and durations |
| Limited identification of nutritional and hydration strategies | Identification of nutritional and hydration strategies | Outline of nutritional and hydration strategies | Description of nutritional and hydration strategies to enhance performance and recovery  | Description of nutritional and hydration strategies to enhance performance, delay fatigue and recommendation of suitable strategies to improve recovery |

*Insert applicable mark ranges* KEY to marking scale based on the Outcome contributing 45 marks

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| Very Low 1–9 | Low 10–18 | Medium 19–27 | High 28–36 | Very High 37–45 |