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| **­­­VCE PHYSICAL EDUCATION****SCHOOL-ASSESSED COURSEWORK** |
| **Performance descriptors** |
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| **Unit 4****Outcome 1*****Undertake an activity analysis to justify the physiological requirements of an activity that informs an appropriate assessment of fitness.*** | **DESCRIPTOR: typical performance in each range** |
| **Very Low** | **Low** | **Medium** | **High** | **Very high** |
| Limited identification of how an activity analysis can record data | Outline how an activity analysis can record data such as skill frequencies, movement patterns, heart rates and work-to-rest ratio data | Participate in the collection of activity analysis data such as skill frequencies, movement patterns, heart rates and work-to-rest ratio data | Undertake an activity analysis that records skill frequences, movement patterns, heart rates and work-to-rest ratio data | Undertake an activity analysis that accurately collects and records; skill frequencies, movement patterns, heart rates and work-to-rest ratio data |
| Limited identification of fitness tests for a given activity | Identification of appropriate standardised and recognised fitness tests for a given activity. | Outline the selection of standardised, recognised fitness tests for the activity | Explain selected standardised, recognised fitness tests specific for the activity | Justify selected standardised, recognised fitness tests relative to the specific physiological requirements of the activity  |
| Limited identification of fitness assessment protocols | Identification of fitness assessment protocols | Outline a reliable, valid and accurate assessment of fitness | Explain a reliable, valid and accurate assessment of fitness  | Perform a reliable, valid and accurate assessment of fitness based upon the physiological requirements of an acitvity |
| Limited reference to data.  | Reference to activity analysis data | Outline links between activity analysis data and physiological requirements of the activity  | Discuss links between activity analysis data and physiological requirements of the activity | Analyse activity analysis data to justify the physiological requirements of the activity |

*Insert applicable mark ranges* KEY to marking scale based on the Outcome contributing 25 marks

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| Very Low 1–5 | Low 6–10 | Medium 11–15 | High 16–20 | Very High 21–25 |