

<b>Subject:</b> Year 11 PDHPE	<b>Task Number:</b> 2
<b>Type of Task:</b> Case Study – In Lab Task	<b>Coordinating Teacher:</b> Miss Rees <b>Cooperating Teacher:</b> Miss Kingston, Mr Carter, Mr Cattle
<b>Date Issued:</b> Tuesday 4 <sup>th</sup> June 2024	<b>Date Due:</b> Term 2 Week 8 <b>Date Friday 21<sup>st</sup> June 2024</b>
<b>Total Marks:</b> 75 Marks	<b>Weighting:</b> 35%
<b>Submission Instructions:</b> <i>Students will participate in a practical lab task on Friday 21<sup>st</sup> June 2024 at Condobolin High School.</i>	

### Task Context:

In this topic you have learnt about the various structures and functions of the body and it's systems and how these respond to movement. You have studied the biomechanical factors that influence the efficiency of movement and the various components of fitness and the role they play in training.

In this task you will engage in a practical lab analysis and respond to a number of questions and case studies. You will view each station once for a 2 minutes.

### Syllabus Outcomes:

**P7 explains how body systems influence the way the body moves**

**P8 describes the components of physical fitness and explains how they are monitored**

**P9 describes biomechanical factors that influence the efficiency of the body in motion**

**P16 uses a range of sources to draw conclusions about health and physical activity concepts**

### Task Description:

#### Section 1:

*You will partake in a practical lab analysis. This may involve but will not be limited to responding to stimulus, hands on investigation, written question and responses.*

- There will be a number of individual stations. You will be allocated a set starting station and rotation pattern.
- You will write your answers in the answer booklet provided.
- You will be allocated 2 minutes at each separate station. You are to remain at each station for the allocated time.
- At the completion of each time interval, you will be asked to progress on to the next station.

#### Section 2:

- You will be required to respond to unseen short answer questions to demonstrate your understanding of the components of fitness, training for fitness and the immediate physiological responses to training

### Criteria for Assessing Learning

*You will be assessed on your ability to:*

- Identify and explain skeletal structures, bones, muscles, movements, muscle contractions and joint structures.
- Define components and specific detail of the circulatory and respiratory system
- Think critically about the purpose of testing physical fitness

- Analyse the relationship between physical fitness and movement efficiency
- Effectively discuss the immediate physiological responses to training

## HSC Key Verbs

*Identify - Recognise and name*

*Define - State meaning and identify essential qualities*

*Describe - Provide characteristics and features*

*Discuss - Identify issues and provide points for and/or against*

*Analyse - Identify components and the relationship between them; draw out and relate implications*

*Explain - Relate cause and effect; make the relationships between things evident; provide why and/or how*

*Examine – Inquire into*

## NESA “All My Own Work”

*By signing for this assessment task and having completed the NESA course “All My Own Work” I confirm that this assessment task will be free from plagiarism and reflective of my own work. I understand that if I am found to have plagiarised or engaged in malpractice, I will be referred to the HT Access to engage the LAP Malpractice process.*