

2001 HIGHER SCHOOL CERTIFICATE EXAMINATION
Personal Development, Health
and Physical Education

Section I – Part B (continued)

In your answers you will be assessed on how well you:

- demonstrate an understanding of health and physical activity concepts
 - apply the skills of critical thinking and analysis
 - illustrate your answer with relevant examples
 - present ideas in a clear and logical way
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Marks

Question 22 — Factors Affecting Performance (20 marks)

- (a) Describe how an athlete's level of arousal affects performance.

4

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If an athlete is at
their level of optimal
arousal then they will
give their best performance
but if they are either
under or over aroused
then their performance
will not be the best
it could be.
.....
.....

Question 22 continues on page 14

Question 22 (continued)

- (b) Discuss how prescribed judging criteria are used to measure the quality of a performance.

6

Prescribed ~~judging~~ judging criteria is used to measure the quality of a performance.

The judges measure the quality of the performance by using a variety of different methods. ~~The~~ Eg: The point score method. The athlete does a variety of different moves and manovers and each one is marked on things like difficulty of move, landing, technique etc. At the end of performance marks are tallied then given to the performer.

Question 22 continues on page 15

Question 22 (continued)

- (c) Analyse the physiological adaptations that occur when an untrained individual undertakes a 20-week aerobic training program. 10

During the early stages of the programme the individual begins to find it very difficult to complete and exercise without getting out of breath. Her muscles will ache and will be very tired.

During the mid stage in the programme the individual begins to find it easier to complete the exercises and begins to reap some benefits. eg: feeling better about themselves, sleeping better.

By the final stage of the programme the individual feels much better and finds themselves feeling better than ever. They will be sleeping better, eating better, looking better and will be fitter than ever before.

Question 22 continues on page 16

