

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

Marks

Question 22 — Factors Affecting Performance (20 marks)

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

4

The levels of ~~aroud~~ arousal  
can affect the performance  
of ~~athle~~ athlete wheres  
levels are quite high.  
with high arousal you  
can over stress yourself  
and judgement can ~~be~~  
also be affected. whilst with  
low arousal levels it takes  
a while before get your  
levels of arousal up and  
going. it takes more time.

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Question 22 (continued)

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

6

The prescribed judging criteria are used to measure the quality of a performance that are set by other judges.

The judge a performance of a particular sport eg. Gymnastics. The judging criteria of ~~gymnastics~~ gymnastics are based on the performance of a gymnast by <sup>the</sup> routine they perform. And if they ~~per~~ each manouvar well they get ~~rated~~ marked by the criteria of the judges.

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## Question 22 (continued)

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

10

When an untrained individual ~~undertake~~ undertakes a 20-week aerobic program. ~~He/she~~ ~~might~~ He/she has to analyse the ~~phys~~ physiological ~~apt~~ adaptations that may occur with this program. They might find it ~~to~~ hard trying get out of the lactic acid stage and move up to the ATP-PC stage. They have to adapt to the on going training for a few weeks. As they move on they adapt the more levels aerobic fitness and they start losing weight.

Question 22 continues on page 16

