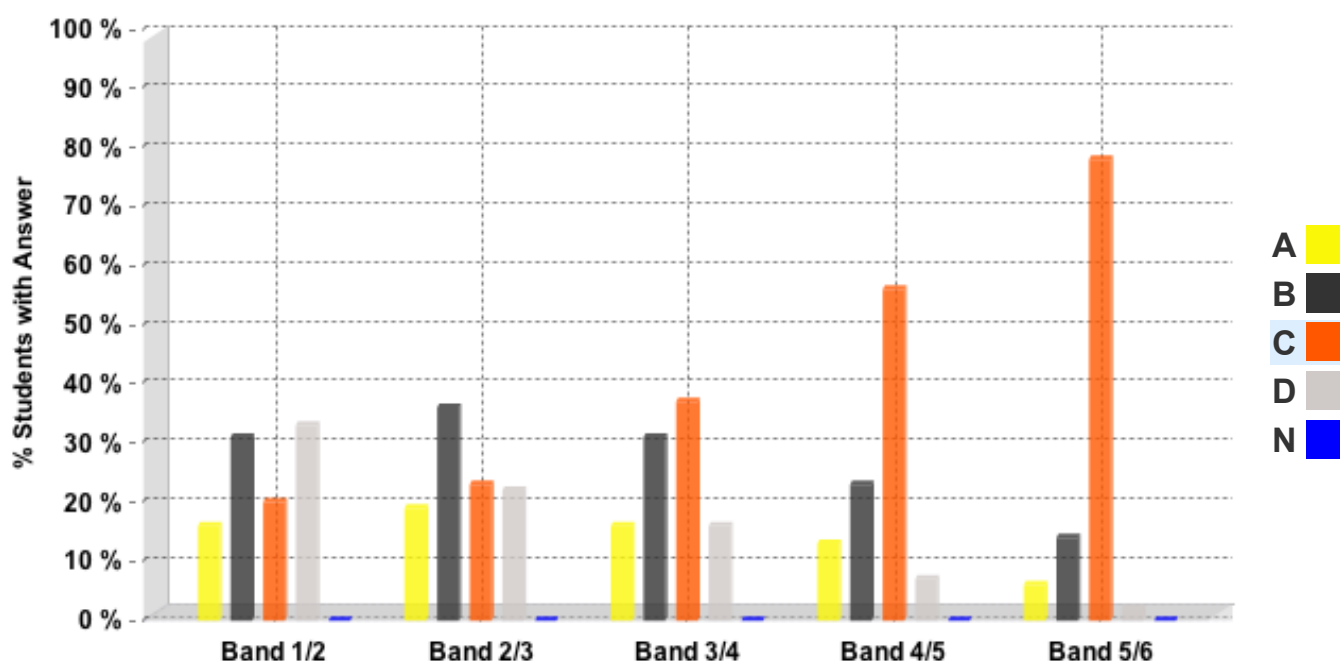


## Question 13

What does Fartlek training or 'speed play' involve?

- A  Set exercises interspersed with high intensity intervals
- B  Split intervals of rapid work and active or passive recovery
- C  Continuous efforts interspersed with high intensity intervals
- D  Intense continuous activity interspersed with short intervals

### HSC Statistics on this Question:



	Band 1/2	Band 2/3	Band 3/4	Band 4/5	Band 5/6
A	16%	19%	16%	13%	6%
B	31%	36%	31%	23%	14%
C	20%	23%	37%	56%	78%
D	33%	22%	16%	7%	2%
N	0%	0%	0%	0%	0%

The table and graph show, for the groups of students whose marks in the examination corresponded to the borderline between two bands, what percentages of each group selected the responses A, B, C and D. N is used to identify: No valid response.

Note that apparent anomalies in the table and graph, such as 0% or 100% of students choosing a particular response, can occur when there are no students (or very few students) who scored the particular examination mark associated with that borderline.