

## Internal Assessment Resource

**Achievement standard:** 91789

**Standard title:** Devise strategies for a physical activity outcome

**Credits:** 4

**Resource title:** Train for Gains

**Resource reference:** Physical Education 3.9A

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### Student instructions

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#### Introduction

This assessment activity requires you to devise comprehensive strategies for achieving a physical activity outcome.

SUPing is your context for training.

You will be assessed on how well you explain the knowledge that underpins the strategies you devise to achieve your outcome (goal). Your explanation will use coherent and insightful reasoning by questioning and challenging assumptions.

#### Preparation

Whilst the preparation activities are not directly assessed they will be a starting point from which you can then decide on what knowledge you will need to use to devise your strategies for your training programme.

To analyse the training and physical requirements of your activity you may need to:

- undertake testing relevant to the chosen physical activities (Resource A)
- consider other factors that may impact (both positively and negatively) on the development of a training programme, e.g. commitments such as school, both school work and other factors in school life, work, church, family, your own sport. (Resource B, the SWOT analysis, may help you to do this)
- **Please hand these in to your teacher with your assignment.**

#### Task

##### The training programme

Devise strategies to apply in a four week training programme to achieve your physical activity outcome. This programme may need to be adapted or changed along the way.

You will need to include

- The outcome (goal) for your activity
- A timeframe that shows when you will be training and how long you will be training for each session
- The activities that you are doing that will help you work towards your goal. You need to provide enough detail for each session so that people know exactly what you are doing. This may include maps, distances, run/bike/ routes, exercises, reps, sets, weights, times.

Negotiate with your teacher how you will present the knowledge that has informed

your devised strategies and that are then presented as a training programme.

### **Setting your goal**

Based on the outcome of the preparation activities, select a range of relevant biophysical and socio-cultural knowledge to devise strategies that will assist you to participate in this activity to achieve your personal outcome/goal/s.

Use coherent and insightful reasoning to explain what biophysical and socio-cultural knowledge you will apply to devise the strategies, and how these will meet your intended outcome/goal/s. (What you are doing, and why you are doing it.)

**You may want to consider the following prompts for your written report:**

### **Introduction**

- What is the event that you are partaking in? What fitness types are involved? What were your pre-test results? What is your outcome (long term goal) for the event? What are your short term goals?

### **Biophysical Factor**

**(Choose 1 method of training and answer the following)**

- Why is this one of the most important methods of training you will use in your program to achieve your outcome (provide an example and research)?
- How will you apply **TWO Principals of training** (provide examples from your program) to this method and why will this help you to achieve your outcome?
- What major chronic adaptations would you expect to occur during the program from this method and how will this help you to achieve your outcome?

### **Sociocultural Factor**

**(Choose 1 SPEECH factor and answer the following)**

- What is it that you need to be aware of and why do you need to be aware of this? (provide examples to support this)
- How will you apply a strategy (psychological skill) to overcome this? (provide examples)
- Why will this help you to achieve your outcome? (provide research)

### **Devise, trial, and reflect**

After two weeks of trialling, reflect on the strategies (Method of Training, Principals of Training) you have devised. Use insightful and coherent reasoning by questioning and challenging assumptions, that draw on the selected and relevant biophysical, socio-cultural and activity knowledge.

For **EACH** of your strategies consider the following:

- How effective has the strategy been for you to achieve your outcome (goal)? (Provide evidence and examples from your 2 weeks to support this.)
- What will you change/adapt for the next 2 weeks? (provide examples)
- Why would these changes help you to achieve your outcome?
- Was there other knowledge that you did not use that perhaps you should have?
- What assumption/s did you make/encounter when using this strategy?
- What impact did/could this have had?
- How did you deal with this and what was the result?

Make any necessary changes to your strategies as you begin the next two weeks' training. If you don't need to change anything explain why. Use supporting evidence to justify your explanation.

You will then complete the remaining 2 weeks of your training programme.

**Resource A**

Complete the following as you do your fitness testing:

Test	Pre Test Result	Strength	Weakness
Bench till fail			
Bar hang to fail			
Prong hold to fail			
Wall sit to fail			

Looking at the above table, what are the **main** factors you would like to work on?

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Devise a Long Term Goal:

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Devise 2 short term goals:

1. \_\_\_\_\_

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2. \_\_\_\_\_

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How will you know that you are on track to meet your goal?

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**Resource B**

<p>What are my <b>strengths</b>? E.g. What am I strong in? What fitness tests have I done well in? What am I most confident about? How do I know this?</p>	<p>What are my <b>weaknesses</b>? E.g. What am I not strong in? What fitness tests have I not done well in? What am I not confident in doing? What am I concerned about?</p>
<p>What are the <b>opportunities</b>? E.g. What knowledge can I use? Who can help/motivate me? How can I support/encourage others? What can I learn about myself/others from doing this?</p>	<p>What are the <b>threats</b>? E.g. What might get in the way of me being successful? How will I balance all my commitments? Will I be able to make adjustments if necessary?</p>

