

BTEC Sport Induction Assignments – Double (For single first task only)

1) Evaluate the short and long term changes in the bodies' response to exercise. (30 marks)

Assessment focus	Band 0	Band 1	Band 2	Band 3
	0	1-5	6-10	11-15
Short term effects on: -CV System -Respiratory system -Muscular system -Homeostasis -Skeletal system -Nervous system	-No response. OR -Identified as either increase or decrease with little supporting evidence.	-Changes to the systems of the body related to the type of exercise and intensity. -An explanation is offered as to why the change happens.	-Key terms for each of the systems of the body are used with correct application. -The changes are evaluated comparative from elite athlete to amateur performer.	-Demonstrates detailed knowledge of Physiological changes within the body and why these occur. -Changes are evaluated with argument as to why this can depend on the fitness of individual.
Long term effects on: -CV system -Respiratory system -Muscular system -Skeletal system -Nervous system	-No response. OR -Identified with little supporting evidence.	-Changes are described and basic ideas given as to why. -The idea of detraining is described with timelines given.	-Changes are explained and evidence for changes discussed. -Knock-on effects on other physiological structures are mentioned.	-Changes are evaluated with detailed knowledge of why the systems adapt. -Changes are related to type and intensity of exercise. -Mentions to wider impacts on life are discussed.

2) Discuss the Psychological factors that may influence sports performance, relating specifically to a sports performer taking a last minute penalty in a game of sport; this must be broken down into two focus areas: Elite athlete and Amateur performer. (30 marks)

Assessment focus	Band 0	Band 1	Band 2	Band 3
	0	1-2	3-4	5-6
NAch NAF	-No response. OR -Identified with little supporting evidence.	-Demonstrates limited knowledge of psychological theories. -Selection of theory is generic, showing limited relevance to the scenario.	-Demonstrates knowledge of psychological theories. -Psychological theory is applied to identified psychological factors. -Application of theories are appropriate to interpret the scenario.	-Demonstrates detailed knowledge of psychological theories. -Psychological theory is specifically applied to each identified psychological factor, with supporting justification. -Analytical approach taken, linking theory to factors identified from the scenario.
Drive Theory				
Arousal and Catastrophe theories				
Mental preparation				
Personality trait theory				

Recommended reading:

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

The Journal of Human Sport and Exercise

Psychology of Sport and Exercise

The Journal of Sports Medicine

Command or term	Definition
Evaluate	Learners review information before bringing it together to form a conclusion or come to a supported judgement of a subject's qualities in relation to its context, drawing on evidence: strengths, weaknesses, alternative actions, relevant data or information.
Explain	Learners convey understanding by making a point/statement or by linking the point/statement with a justification/expansion.
Give	Learners can provide examples, justifications and/or reasons to a context.
Identify	Learners assess factual information that may require a single word answer, although sometimes a few words or a maximum of a single sentence are required.
State/name	Learners give a definition or example.
To what extent	Learners review information then bring it together to form a judgement or conclusion, following the provision of a balanced and reasoned argument.

<http://www.ncbi.nlm.nih.gov/pubmed>

<https://scholar.google.co.uk/>