

OCR Level 3 Sport and Physical Activity

SINGLE / DOUBLE / TRIPLE:

Evaluate the short term change/s of the bodies' systems in response to exercise. (20 marks)

| Assessment focus | Band 0 | Band 1 | Band 2 | Band 3 |
|---|--|--|--|--|
| | 0-5 | 6-10 | 11-15 | 16-20 |
| 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. |

DOUBLE / TRIPLE:

Discuss the sports provision in the UK/Local area for the following target groups – please refer to benefits and developments of sports provision to these individual groups; including physiological, psychological and sociological factors. (20 marks)

| Assessment focus | Band 0 | Band 1 | Band 2 | Band 3 |
|--|---|---|--|---|
| | 0-5 | 6-10 | 11-15 | 16-20 |
| <ul style="list-style-type: none"> • People with disabilities • Children • Adolescents • Parents • OAPs | -No response. OR -Identified with little supporting evidence. | -Demonstrates limited knowledge of physiological, psychological and sociological factors. -Selection of provision is generic, showing limited relevance to the question. | -Demonstrates knowledge of physiological, psychological and sociological factors. -Application of provision is appropriate to the question. | -Demonstrates detailed knowledge of physiological, psychological and sociological factors. -Analytical approach taken, linking factors to developments needed. |

TRIPLE:

Discuss how a Sports person could develop the following components of fitness (CoF), including how they could test whether any improvements have occurred. (20 marks)

| Assessment focus | Band 0 | Band 1 | Band 2 | Band 3 |
|--|---|--|---|---|
| | 0-5 | 6-10 | 11-15 | 16-20 |
| <ul style="list-style-type: none">• Muscular strength• Speed• Body composition• Flexibility | -No response. OR -Identified with little supporting evidence. | -Demonstrates limited knowledge of training theories, principles and fitness tests. -Selection of exercises are generic, showing limited relevance to the question. | -Demonstrates knowledge of training theories, principles and fitness tests. -Application of exercises are appropriate to interpret the question. | -Demonstrates detailed knowledge of training theories, principles and fitness tests. -Analytical approach taken, linking exercises and training theories, principles and fitness tests to improvements of CoF. |

Recommended reading:

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

The Journal of Human Sport and Exercise

The Journal of Sports Medicine

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

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