

 Erindale College	UNIT OUTLINE	
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**Physical Education Faculty
SEMESTER 2 2020**

Course Title	Exercise Science	Course Code	9185
Semester Unit	Factors Affecting Performance (92892)	Unit Value	1.0
Term 3 Unit	Factors Affecting Performance(a)	Unit Value	0.5
Term 4 Unit	Factors Affecting Performance (b)	Unit Value	0.5

GOALS

The specific goals of this unit are for students to:

T Course

- critically analyse and understand athlete behaviour and interpret behavioural theories in relation to performance
- explore and examine the detrimental aspects that athletes experience and strategies employed to overcome in order to maximise their best performance

CONTENT SUMMARY

T Course

Concepts, theories and models

- critically analyse and research the concepts, theories and models related to factors affecting performance, for example; physiological healing process and motivation for athletic performance (EXST01)
- critically analyse the limitations and assumptions of factors affecting performance, for example; cognitive differences between individuals and their approach to performance (EXST02)
- apply concepts, theories and models in a range of activities in relation to factors affecting performance, for example; mental preparation and treatment of injuries (EXST03)

Principles, strategies, methodology

- critically analyse principles related to factors affecting performance, for example; injury treatment practices and goal setting for performance (EXST04)
- critically analyse strategies on factors affecting performance, for example; management of injuries and mental preparation (EXST05)
- critically analyse methodologies of factors affecting performance, for example; injury and psychological management tools (EXST06)

Nature and purpose

- evaluate the significance, nature and purpose of factors affecting performance (EXST07)
- understand the theoretical and practical links of factors affecting performance, for example; implementation of concentration and attentional focus techniques (EXST08)
- understand the responses and adaptations to factors affecting performance, for example; rehabilitation and simulation (EXST09)
- understand and evaluate the physical and mental approaches to training and its effect on performance (EXST10)

Representations and interpretations

- critically analyse issues, problems and practices in relation to factors affecting performance, for example; goal setting for athletic performance and application of cold therapy (EXST11)
- critically analyse protocols ,procedures, future trends and their implications in factors affecting performance (EXST12)
- critically evaluate whether sources of information are valid and reliable (EXST13)
- understands the significance and sequence of protocols and procedures in factors affecting performance, for example; assessment of injuries and goal setting for athletic performance (EXST14)
- interpret data and predict physiological and mental outcomes in factors affecting human performance (EXST15)

Communication

- evaluate and apply varying communication skills and methodologies within the context of the human body (EXST16)
- understands numerical comparisons of size and measurements, grouping, estimating, counting, space, statistical information, interpreting, and using graphs, tables and diagrams (EXST17)
- communicates using effective language, correct terminologies, language convention, forms and acknowledging sources appropriately (EXST18)

ASSESSMENT

TASK	DUE DATE	WEIGHTING
Oral Presentation	Week 5-6	40%
Factors Affecting Performance(a) Exam	Week 10	30%
Factors Affecting Performance(b) Exam	Exam Week (Week 16)	30%

Specific Entry & Exit Requirements for Term Units

This is a Semester Unit.

It is possible to exit this course at the completion of term 3.

To exit at term 3 you must complete the first 2 assessment items.

ASSESSMENT CRITERIA FOR ASSESSMENT AND REPORTING OF STUDENT ACHIEVEMENT

The following assessment criteria are a focus for assessment and reporting in this unit. Criteria are the essential qualities that teachers look for in student work. These criteria must be used by teachers to assess student's performance, however not all of them need to be used on each task. Assessment criteria are to be used holistically on a given task and in determining the unit grade.

UNIT GRADES FOR COURSE (from Course Framework)

See back page

ATTENDANCE AND PARTICIPATION

Students are expected to submit all assessment items and attend all classes, participate in a positive manner and seek support whenever it is required. Excursions, simulations and presentations by visitors (including lunchtime) may form part of classwork. It is your responsibility to catch up on missed work when absent from class.

Any student whose attendance falls below the 90% of the scheduled classes/contact time and has not provided substantial documentary evidence to cover the absence will be awarded a V grade. This means that 4 unexplained absences in a term or 8 unexplained absences in a semester could mean that a V grade may be awarded. However, the Principal has the right to exercise discretion in special circumstances if satisfactory documentation is supplied.

LATE SUBMISSION OF WORK TERTIARY COURSES

Students are encouraged to submit work on time as it is a valuable organisational skill. Students are also encouraged to complete work even if it is late, as there are educational benefits in doing so.

Late work will receive a penalty of 5% (of possible marks) per calendar day late, unless an extension is granted by the class teacher prior to the deadline. This means that 5% is taken off the possible marks that could have been achieved eg. If a student achieved a score of 75/100, and the item is one day late, then five marks (5% of 100) would be taken from 75, which leaves the score as 70/100. 'Per calendar day late' means each day late whether it be a weekend or public holiday. Items due on any date must be submitted to the class teacher, faculty staff room, or front office at the college by 3.30pm on that day. After 3.30pm, the item will attract the late penalty. Submission of work on a weekend or public holiday is not acceptable. If you do not submit your work to your class teacher, make sure that it is signed and dated by either another member of staff in the faculty staffroom, or a member of the front office staff.

After 7 days, late work will be awarded the Notional Zero. Calculation of a Notional Zero is based on genuine scores, (items submitted on time or with an extension). The Notional Zero will be a score that lies between 0.1 of the standard deviation below the lowest genuine score for that item and zero. If the lowest genuine score is zero, then the notional score is zero.

No work will be accepted after marked work has been returned, or accepted after the unit has completed. Computer and/or printer failure will not be accepted as a valid reason for late work. Make sure you backup, keep hard copies and rough notes.

Unless prior approval is granted, any student who fails to submit assessment tasks worth in total 70% or more of the assessment for the unit will be considered to be unassessable and will receive a V grade. The Principal has the right to exercise discretion in the application of the late penalty in special circumstances where satisfactory documentation is supplied.

CHEATING AND DISHONEST PRACTICE

The integrity of the College's assessment system relies upon all involved acting in accordance with the highest standards of honesty and fairness. Any departure from such standards will be viewed very seriously." Accordingly:

- Plagiarism - claiming authorship of someone else's work (intentionally or otherwise) - is a serious misdemeanour, and attracts severe penalties.
- Students are required to acknowledge the source of all material that is incorporated into their own work.
- Students may not submit the same item for assessment in more than one unit, unless specific agreement has been reached with the class teacher.

MODERATION

Throughout the semester, moderation in the form of common marking schemes, cross marking and joint marking occurs across all units in the Moderation Group to ensure comparability of standards. Moderation is a process whereby student's work is compared so that student performance can be graded fairly and consistently. Moderation takes some time, and so students may not receive their work back until ACT wide moderation of grades across all colleges has occurred. Small Group Moderation is carried out in courses with small class sizes.

UNIT SCORES (only included for Tertiary Courses)

- Raw scores are calculated by adding Z scores according to the weightings in the assessment table.
- All raw unit scores are then combined into two rank order lists, one for each cohort Year 11 and 12. Each list is reviewed by the Executive Teachers concerned to identify any anomalies.
- Each of the rank order lists is then standardised for each semester using historical parameters or backscaling.

RIGHT TO APPEAL

You can appeal against your assessment if you feel that the result you obtained is not fair. You should first talk to your class teacher, and if you are not satisfied with the explanation you must discuss the situation with the Executive Teacher of the faculty concerned. If you still do not feel that your result is fair you should talk to the Deputy Principal Programs for further advice on the 'appeal process'.

Executive Teacher: Mark Armstrong

Class Teachers: Sebastian Gray & Natasa Radosavljevic

Achievement Standards for Exercise Science T Course Year 11

	A student who achieves an A grade typically	A student who achieves a B grade typically	A student who achieves a C grade typically	A student who achieves a D grade typically	A student who achieves an E grade typically
Knowledge and understanding	<ul style="list-style-type: none"> analyses exercise science theories, concepts and models and evaluates their limitations and assumptions analyses exercise science principles, strategies, methodology, approaches to data, procedures and discusses their validity and reliability analyses representations and interpretations of exercise science topics and discusses their significance communicates ideas with coherent arguments using appropriate evidence, language and accurate referencing 	<ul style="list-style-type: none"> analyses exercise science theories, concepts and models and explains their limitations and assumptions analyses exercise science principles, strategies, methodology, approaches to data, procedures and explains their validity and reliability analyses representations and interpretations of exercise science topics and explains their significance communicates ideas and arguments using appropriate evidence, language and accurate referencing 	<ul style="list-style-type: none"> explains exercise science theories, concepts and models and describes their limitations and assumptions explains exercise science principles, strategies, methodology, approaches to data, procedures and describes their validity and reliability explains representations and interpretations of exercise science topics describes their significance communicates ideas and arguments with referencing 	<ul style="list-style-type: none"> describes exercise science theories, concepts and models with some reference to their limitations and assumptions describes exercise science principles, strategies, methodology, approaches to data, procedures with some reference to their validity and reliability describes representations and interpretations of exercise science topics and makes some reference to their significance communicates ideas and information with minimal referencing 	<ul style="list-style-type: none"> identifies exercise science theories, concepts and models with little to no reference to their limitations and assumptions identifies exercise science principles, strategies, methodology, approaches to data, procedures with little or no reference to their validity and reliability identifies representations and interpretations of exercise science topics and makes little or no reference to their significance communicates limited ideas and information with limited or no referencing
Skills	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with control and precision to a practical context and specific physical, Exercise Science activities plans and undertakes independent inquiries and analyses relevant data and information based on critical evaluation of valid and reliable sources makes discerning and effective choice of principles, strategies, methodology, procedures to solve a wide range of complex problems and to enhance meaning and the physical performances of self and others analyses with insight on practical techniques and performance with reference to specific skills criteria 	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with control to a practical context and specific physical, Exercise Science activities plans and undertakes independent inquiries and explains relevant data and information based on an assessment of valid and reliable sources makes effective and justified choice of principles, strategies, methodology, procedures to solve a range of problems and to enhance meaning and the physical performances of self and others analyses practical techniques and performance with reference to specific skills criteria 	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with some control to a practical context and specific physical, Exercise Science activities undertakes guided inquiries and describes data and information based on a appropriate sources makes effective choice of strategies, methodology, procedures to solve problems and to enhance physical performances of self and others explains practical techniques and performance with reference to specific skills criteria 	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with minimal control to a practical context and specific physical, Exercise Science activities undertakes guided inquiries with some reference to data using limited sources makes some effective choice of strategies, methodology, procedures to solve problems with some impact on physical performances of self and others describes practical techniques and performance with some reference to specific skills criteria 	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with little or no control in a practical context undertakes guided research with little or no reference to data and sources selects strategies, methodology, procedures to solve problems with little or no impact on physical performances of self and others identifies practical techniques and performance with little or no reference to specific skills criteria

Term 3 Content Overview

Note: This is a flexible overview that may change slightly. Aim is to provide a snapshot of when the content will be covered.

	CONTENT
Week 1	Introduction to Sports Injuries & classification
Week 2	Types of fractures and management of soft + hard tissue injuries
Week 3	Assessment of Injuries
Week 4	Diagnostic + Prevention
Week 5	Oral Presentations and Sports Taping
Week 6	Oral Presentations and Sports Taping
Week 7	Concussion
Week 8	Physiological Phases of Healing
Week 9	Rehabilitation and Referred Pain
Week 10	Revision + Exam

Term 4 Content Overview

Note: This is a flexible overview that may change slightly. Aim is to provide a snapshot of when the content will be covered. Psychological skills will be covered throughout the term.

	CONTENT
Week 11-12	Introduction to Sport Psychology & Mental Challenge Tests Motivation, Arousal and Anxiety
Weeks 13-14	Psychology of Injury Imagery, Self-Talk, Performance Routine, Simulation Training
Week 15	The Business of Sport Psychology Team Cohesion Mike Tyson Case Study
Week 16	Exam and Revision