

2001 HIGHER SCHOOL CERTIFICATE EXAMINATION
Personal Development, Health
and Physical Education

Section I – Part B (continued)

In your answers you will be assessed on how well you:

- demonstrate an understanding of health and physical activity concepts
- apply the skills of critical thinking and analysis
- illustrate your answer with relevant examples
- present ideas in a clear and logical way

Marks

Question 22 — Factors Affecting Performance (20 marks)

- (a) Describe how an athlete's level of arousal affects performance.

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An athletes arousal level before or during a sporting activity should be at the optimum level of the inverted U hypothesis which is not a low level or high level of arousal it is in the middle which means we want to be aroused before a competition and want to be under aroused. If an athletes arousal level is too low then there performance level may not be as high as it should be because the athlete would be going into the competition unprepared. And if the arousal level is too high the athletes performance would not be at its peak because of the tension because of high arousal.

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Question 22 (continued)

- (b) Discuss how prescribed judging criteria are used to measure the quality of a performance.

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prescribed judging criteria are used to measure the quality of performance because this measure is there so if you meet more of the criteria then you know through your knowledge of results that you have done bad or well. The problem with a prescribed judging criteria is that it can be very subjective and objective because different judges can have different opinions on whether the athlete actually meets the criteria so therefore the prescribed judging criteria wouldn't be the most reliable measure of performance, compare that to a swimming race that would be a lot more reliable than a prescribed judging criteria.

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Question 22 (continued)

- (c) Analyse the physiological adaptations that occur when an untrained individual undertakes a 20-week aerobic training program.

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if an untrained individual undertakes a 20-week training program he will have immediate physiological adaptation to the training and he will get physiological adaptations after ~~the~~ or near the of the training program. Some of the immediate physiological adaptations to the training program would be that the trainees blood pressure would drop and not be high, his haemoglobin levels in his blood would slightly increase, his resting heart rate would decrease and his maximum heart rate would increase because of the increase in cardiac output stroke volume, $\dot{V}O_2^{\max}$. these are all the physiological adaptation that the trainee would gain after a 20-week training program.

Question 22 continues on page 16

