



JOHN EDMONDSON HIGH SCHOOL

Assessment Notification

Faculty: PDHPE Course: HSC PDHPE Year: 12

Assessment Task: Option: Improving Performance

Assessment Weighting: 25% Due: Term 2 Week 6 Date: Tuesday 30th May 2023

Task Type: Hand in Task In Class Task Practical Task

Outcomes assessed (NESA)

H8 explains how a variety of training approaches and other interventions enhance performance and safety in physical activity

H10 designs and implements training plans to improve performance

H16 devises methods of gathering, interpreting, and communicating information about health and physical activity concepts

H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation

Task Description/Overview

PART 1 - For this assessment task, you will be required to complete the question attached to the stimulus handed out with this notification.

Students are to use the two-week training program as a stimulus to answer the question provided on page 5.

Students are required to complete the question and submit to the teacher on the due date: Monday the 30th of May, at the **BEGINNING** of Period 2.

PART 2 – Students will be required to answer **THREE** questions in class, focusing on the ‘Use of Drugs’ relating to focus question 3 of Improving Performance (What ethical issues are related to improving performance?).

Assessment Criteria		
Grade	Description	Mark Range
Outstanding (O)	<ul style="list-style-type: none"> - Displays extensive knowledge of the use of performance-enhancing drugs by elite athletes. - Demonstrates an extensive understanding of how training adaptations can be measured and monitored - Uses syllabus terminology - Responses reflect the key words from the question - Effectively communicates complex ideas and information. - Response provides a wide range of relevant and accurate examples. 	17-20
High (H)	<ul style="list-style-type: none"> - Displays thorough knowledge of the use of performance-enhancing drugs by elite athletes. - Demonstrates a thorough understanding of how training adaptations can be measured and monitored - Uses syllabus terminology - Responses reflect most of the key words from the question - Effectively communicates detailed ideas and information. - Response provides a range of relevant and accurate examples. 	13-16
Sound (S)	<ul style="list-style-type: none"> - Displays clear knowledge of the use of performance-enhancing drugs by elite athletes. - Demonstrates a sound understanding of how training adaptations can be measured and monitored - Can provide syllabus terminology - Responses reflect some of the key words from the question - Communicates ideas and information. - Response provides relevant examples 	9-12
Basic (B)	<ul style="list-style-type: none"> - Displays some knowledge of the use of performance-enhancing drugs by elite athletes. - Demonstrates a basic understanding of how training adaptations can be measured and monitored - May include syllabus terminology. - Responses reflect some key words . - Response may provide examples. 	5-8
Limited (L)	<ul style="list-style-type: none"> - Displays limited knowledge of the use of performance-enhancing drugs by elite athletes. - Demonstrates a limited understanding of how training adaptations can be measured and monitored - Responses reflect general language. - Response may provide an example. 	1-4

Stimulus: Two-week strength training program

Day 1 – Chest, Triceps, and calves

Exercise	Repetitions
Flat Barbell Bench Press	15, 12, 10 and 8
Incline DB Bench Press	12, 10, 8 and 6
Machine Fly	12, 10 and 8
Narrow Push-ups	AMRAP x 3
Barbell Skull Crusher/ DB Overhead Extension	12, 10, and 8
Rope Pushdown	12, 10, and 8
Triceps Kickback	10, 8 and 6
Calf Raises	15, 12, and 10

Day 2 – Quadriceps and Core

Exercise	Repetitions
Barbell Squat	15, 12, 10, 8
Dumbbell Lunges	10, 8, 8
Machine Leg Press	15, 12, 10
Leg Extension	15, 12, 10
Reverse Crunches	10 x 2
Sit-ups	10 x 2
Leg Raises	10 x 2

Day 3 – Rest

Day 4 – Back, Biceps, and Wrist

Workout	Reps
Pullups/Assisted PU	AMRAP x 3
Standard Deadlift	6, 4, 2, 2
Lat Pulldown	15, 12, 10
Seated Rowing	15, 12, 10
Single-arm DB Rowing	10, 8, 6
Barbell Curl	10, 8, 6
Cable Curl	10, 8, 6
Concentration Curl	10, 8, 6

Day 5 – Shoulder, Hamstrings, and Glutes

Workout	Reps
Barbell Overhead Press	12, 10, 8
Alternate DB Front Raise	10, 8, 6
DB Lateral Raises	10, 8, 6
Barbell Upright Row	10, 8, 6
Shoulder Shrug	12, 10, 8
Barbell Good Morning	10, 8, 6
Hamstring Curl	15, 12, 10
Barbell Hip Thrust	12, 10, 8

Day 6 – Rest

Day 7 – Rest

Day 8 – Chest, Triceps, and calves

Workout	Reps
Push-ups	AMRAP x 2
Incline Barbell Bench Press	15, 12, 10 and 8
Flat DB Bench Press	12, 10, 8 and 6
DB Pullover	12, 10 and 8
Barbell Skull Crusher	AMRAP x 3
Overhead Triceps Extension	12, 10, and 8
Bench Dips	12, 10, and 8
Calf Raises	15, 12, and 10

Day 9 – Quadriceps and Core

Exercise	Repetitions
Barbell Squat	15, 12, 10, 8
Machine Leg Press	15, 12, 10
Hack Squat	12, 10, 8
Leg Extension	15, 12, 10
Mountain Climber	20-sec x 2
Standard Plank	60-sec x 2
Side Plank	20-sec x 2

Day 10 – Back, Biceps, and Wrist

Workout	Reps
Pullups/Assisted PU	AMRAP x 3
Lat Pulldown	15, 12, 10
Barbell Bent Over Row	12, 10, 8
Seated Rowing	15, 12, 10
Face pull	12, 10, 8
Barbell Curl	12, 10, 8
Incline DB Curl	12, 10, 8
Preacher Curl	12, 10, 8

Day 11 – Shoulder, Hamstrings, and Glutes

Workout	Reps
Arnold Press	12, 10, 8
DB Bent-arm Lateral Raises	10, 8, 6
DB Bent Over Lateral Raises	10, 8, 6
Barbell Upright Row	10, 8, 6
Barbell Front Raises	12, 10, 8
Dumbbell RDL	10, 8, 6
Hamstring Curl	15, 12, 10
Weighted Step-up	12, 10, 8

Day 12 – Rest

Day 13 – Chest, Triceps, and calves

Exercise	Repetitions
Flat Barbell Bench Press	15, 12, 10, 8
Incline DB Bench Press	12, 10, 8, 8
Machine Fly	12, 10, 8
DB Pullover	10, 8, 6
Bar Dips	AMRAP x 3
Single-arm Overhead Extension	12, 10, 8
Lying Cable Triceps Extension	12, 10, 8
Calf Raises	15, 12, and 10

Day 14 – Rest



