



JOHN EDMONDSON HIGH SCHOOL

Assessment Notification

Faculty: PDHPE Course: PASS Year: 9

Assessment Task: Body Systems and Energy for Physical Activity

Assessment Weighting: 25% Due: Term 1 Week 10 Date: 2/4/24

Task Type: Hand In Task Submitted in your theory class.

Outcomes assessed (NESA)

PASS5-1 discusses factors that limit and enhance the capacity to move and perform

PASS5-10 analyses and appraises information, opinions and observations to inform physical activity and sport decisions

Task Description/Overview

This assessment task requires students to research the importance of hydration in a sport of their choice. Students will be researching sports and energy drinks and the effect it has on an athlete within their chosen sport. Students are to use their knowledge and understanding to complete all sections of the assessment task.

Scaffolds will be provided for students to complete the task.

Detailed Assessment Task Description

Students are to use the scaffold provided to complete the following questions (written):

QUESTION 1: Describe what a sports drink is (3 marks)

- Describe = Provide characteristics and features

QUESTION 2: Describe what an energy drink is (3 marks)

- Describe = Provide characteristics and features

QUESTION 3: Compare and contrast ONE sports drink and ONE energy drink (6 marks)

- Compare: show how things are similar
- Contrast: show how things are different

QUESTION 4: Students to pick a sport of their choice and explain the types of hydration an athlete would consume (8 marks)

- Choose a sport.
- Choose the best form of hydration for that sport.
- Explain the importance of your choice of hydration for that sport and the effects it has on athletic performance.

Total marks = 20

The task must be submitted in your theory class in the work booklet provided.

Assessment Criteria		
Grade	Description	Mark range
Outstanding (O)	<ul style="list-style-type: none"> • Demonstrates a detailed knowledge of what a sports drink is. • Demonstrates a detailed knowledge of what an energy drink is. • Demonstrates an extensive understanding of the similarities and differences between a sports drink and an energy drink. • Provides an outstanding explanation of the types of hydration an athlete would consume for their chosen sport. • Provides relevant and accurate examples. 	17-20
High (H)	<ul style="list-style-type: none"> • Demonstrates a thorough knowledge of what a sports drink is. • Demonstrates a thorough knowledge of what an energy drink is. • Demonstrates a proficient understanding of the similarities and differences between a sports drink and an energy drink. • Provides a thorough explanation of the types of hydration an athlete would consume for their chosen sport. • Provides relevant examples. 	14-16
Sound (S)	<ul style="list-style-type: none"> • Demonstrates a sound knowledge of what a sports drink is. • Demonstrates a sound knowledge of what an energy drink is. • Demonstrates a satisfactory understanding of the similarities and/or differences between a sports drink and an energy drink. • Provides a sound explanation of the types of hydration an athlete would consume for their chosen sport. • Provides relevant example/s. 	9-13
Basic (B)	<ul style="list-style-type: none"> • Demonstrates a basic knowledge of what a sports drink is. • Demonstrates a basic knowledge of what an energy drink is. • Outlines the similarities and/or differences between a sports drink and an energy drink. • Provides a basic explanation of the types of hydration an athlete would consume for their chosen sport. • Attempts to provide a relevant example. 	5-8
Limited (L)	<ul style="list-style-type: none"> • Demonstrates a limited knowledge of what a sports drink is. • Demonstrates a limited knowledge of what an energy drink is. • Identifies the similarities and/or differences between a sports drink and an energy drink. • Provides a basic explanation of the types of hydration an athlete would consume for their chosen sport. 	0-4

Satisfactory completion of courses

A course has been satisfactorily completed when the student has:

- Followed the course developed/endorsed by the NSW Educational Standards Authority (NESA)
- Applied himself/herself with diligence and sustained effort to the set tasks and experiences provided in the course.
- Achieved some or all the course outcomes