GEORGES RIVER COLLEGE PEAKHURST

YEAR 10 PASS
ASSESSMENT TASK

TOPIC:	**TYPE OF TASK:**
Technology in Sport	Technology Research and Evaluation
DUE DATE:	**WEIGHTING:**
Term 2, Week 8 (all lessons that week will be theory)	15%

OUTCOMES TO BE ASSESSED:
A student:
PASS5-1 discusses factors that limit and enhance the capacity to move and perform.
PASS5-5 demonstrates actions and strategies that contribute to enjoyable participation and skillful performance.
PASS5-10 analyses and appraises information, opinions and observations to inform physical activity and sport decisions.

Technology in Sport

The use of technology in sport has increased exponentially in the last decade. There are numerous examples across all areas of sport, but one particular area that has seen a considerable influx of technology is the health and fitness industry. Apps and software, as well as wearable technology and smartphones are being utilised to increase our activity levels in addition to enjoyment and participation in this valuable area of the exercise industry. We have come a long way since the basic heart rate monitors we saw a few years ago.

Task Description

In pairs, you are required to download and evaluate a fitness app. You will present your evaluation in the form of a **Google Slides** presentation to your class. In your presentation you should:

1. **Identify** and **briefly describe** the app you have used. **(3 marks)**
2. **Analyse** the **effectiveness** of the app. **(10 marks)**
   - Is it a good app – why?
   - Describe some of the key features.
   - Comment on its practical application – is it easy to use, how is it used?
   - In what way does it help to improve fitness/participation/enjoyment/motivation?
3. **Explain** what **principles of training** are being used by the app. **(8 marks)**
   - Are the F.I.T.T evident – explain how
4. **Explain** the different **types of training being used** by the app and **explain what sports** this app could help you train for and why. **(6 marks)**
   - Which different types of training are evident (interval, circuit, weight, plyometric etc.)
   - Which sports might these types of training be suited to – why?
5. Creates a Google Slides presentation that incorporates the use of colour, design and appearance. **(3 marks)**

INSTRUCTIONS FOR SUBMISSION:

Your Presentation must be submitted via Google Classroom **before the lesson you are due to present**.

WHAT TO DO IF YOU ARE SICK/ABSENT ON THE DUE DATE:

If you are absent on the due date, you must submit a medical certificate to Mr Morley (HT PDHPE) with your completed task on the first day you arrive back to school. Tasks submitted after the due date, without a medical certificate will not receive marks, as per the college assessment policy. Furthermore, students will also receive an N-Award Warning for PASS.

GOOD LUCK YEAR 10!

Assessment Cover Sheet
Technology in Sport
(Stage 5 PASS)
Research and Evaluation Task

TOPIC:	TYPE OF TASK:
Technology in Sport	Research and Evaluation Task
DUE DATE:	**WEIGHTING:**
Term 2, Week 8 (all lessons that week will be theory)	15%

Name: _____

Subject: PASS

Teacher: _____

- I confirm that this assessment is my best work.

- I have completed all of the questions in each section of the task.

- I have used the correct punctuation and checked the spelling.

- Anyone reading my work would find at least 3 facts, or 3 ideas or 3 arguments / opinions.

- I understand that my assessment may be checked for plagiarism, and that penalties will be applied if I have plagiarised.

Signature:_____Date:_____

Year 10 PASS Assessment
Marking Criteria
Technology in Sport
(Stage 5 PASS)

❖ Use these marking criteria as a checklist to ensure that you have addressed all criteria.
❖ Please attach this to your task and hand to your teacher on the due date.
❖ Please ensure your task has your name and teacher's name clearly written on the front.

Marks	Criteria
23-30	· Appropriate app identified and **comprehensively** described. · App **thoroughly** analysed with clear description of key features in addition to its practical application. Analysis includes **thorough** explanation of its effectiveness on fitness. · **Thorough** and **clear** explanation of all fitness principles evident within the app with examples used. · **Comprehensive** explanation of all types of training evident in the app with accurate explanation of suitability for an appropriate sport. · **Effectively** communicates ideas in an organised, logical and coherent manner, using appropriate terminology, spelling and grammar.
15-22	· Appropriate app identified and **sound** description. · App analysed with **sound** description of key features in addition to its practical application. Analysis includes **sound** explanation of its effectiveness on fitness. · **Sound** explanation of most fitness principles evident within the app. · **Sound** explanation of all types of training evident in the app with accurate explanation of suitability for an appropriate sport. · Communicates ideas in an organised, logical and coherent manner, using appropriate terminology, spelling and grammar.
6-14	· Appropriate app identified with **basic** description. · App analysed with **basic** description of key features in addition to its practical application. Analysis includes some explanation of its effectiveness on fitness. · Some explanation of fitness principles evident within the app. · Some explanation of most types of training evident in the app with explanation of suitability for an appropriate sport. · Communicates some ideas in an organised, logical and coherent manner, using appropriate terminology, spelling and grammar.
0-5	· Appropriate app identified with **limited** or no description. · App analysed with limited description of key features in addition to its practical application. Analysis includes little or no explanation of its effectiveness on fitness. · **Limited** or **elementary** explanation of some fitness principles evident within the app · **Limited** or no explanation of fitness principles evident within the app. · **Limited** or **elementary** explanation of some types of training evident in the app with little or no explanation of suitability for an appropriate sport. · **Limited** or no communication of ideas in an organised, logical and coherent manner, using appropriate terminology, spelling and grammar.

Total Mark   / 30

Comment:

10PASS – Technology in Sport   Name/s:

Marking Criteria				3	2	1
Identify and briefly **describe** the app you have used.						
Marking Criteria	10	8	6	4	2	0
Analyse the **effectiveness** of the app. - Is it a good app – why? - Describe some of the key features. - Comment on its practical application – is it easy to use, how is it used? - In what way does it help to improve fitness/participation/enjoyment/motivation?						
Marking Criteria		8	6	4	2	0
Explain what **principles of training** are being used by the app. - Are the F.I.T.T evident – explain how.						
Marking Criteria	6	5	4	3	2	1
Explain the different **types of training being used** by the app and **explain what sports** this app could help you train for and why. - Which different types of training are evident (interval, circuit, weight, plyometric etc.) - Which sports might these types of training be suited to – why?						
Marking Criteria				3	2	1
Creates a Google Slides presentation that incorporates the use of colour, design and appearance.						

/30

Comment:

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