**Requirements of the Achievement Standard**

**AS91329 (PE 2.3):Demonstrate understanding of the application of biophysical principles to training for physical activity *(4 credits, internally assessed)***

**Achievement Criteria**

| **Achievement** | **Achievement with Merit** | **Achievement with Excellence** |
| --- | --- | --- |
| * Demonstrate understanding of the application of biophysical principles to training for physical activity. | * Demonstrate in-depth understandingof biophysical principles to training for physical activity. | * Demonstrate comprehensive understandingof biophysical principles to training for physical activity. |

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| --- | --- | --- | --- |
| You must have followed your training programme for at least 2 weeks.  You will have completed a unit of work on methods of training, principles of training, and exercise physiology for at least 4-5 weeks.  The assessment task that is given to you by your teacher will provide the required guidance for you to be able to do the following: | You will experience training for a physical activity. For example triathlon, tough guy/girl, rugby, tennis. | | |
| **Achievement** | **Merit** | **Excellence** |
| Outline the training programme developed, explaining how and why you applied the biophysical principles | ✓ | ✓ | ✓ |
| Explanation needs to include relating cause and effect and making evident the relationships between things | ✓ | ✓ | ✓ |
| Your explanation must be supported by evidence | ✓ | ✓ | ✓ |
| Give in-depth reasons explaining fully how and why biophysical principles are applied to training and the interrelationships between biophysical principles. |  | ✓ | ✓ |
| Evaluate how and why biohphysical principles are applied to training using examples from own experience. |  |  | ✓ |
| Compare and contrast which biophysical principles were more useful in relation to the training programme |  |  | ✓ |

Adapted from the NZQA teacher clarification of AS 91329 and the Achievement Standard: <http://www.nzqa.govt.nz/pe>

**Learning outcomes checklist for demonstrating understanding of the application of biophysical principles to training for physical activity**

**Physical skill chosen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*For each of the parts of the unit below, tick the box that corresponds with how confident you are that you understand and can write about those parts.*

*✓ = confident with this part*

*? = not sure – I may not understand this part*

*X = not confident with this part*

|  |  |  |  |
| --- | --- | --- | --- |
|  | *✓* | *?* | *X* |
| Have I devised a training programme? |  |  |  |
| Have I completed a training log for at least 2 weeks? |  |  |  |
| In my training log have I recorded the use of the biohphysical principles so I have sufficient evidence to use in my report? |  |  |  |
| *Biophysical principles:*  Can I explain principles of training? |  |  |  |
| *Biophysical principles:*  Can I explain methods of training? |  |  |  |
| *Biophysical principles:*  Can I explain aspects of exercise physiology? |  |  |  |
| *Biophysical principles:*  Can I explain aspects of sport psyhcology? |  |  |  |
| *Biophysical principles:*  Can I explain how and why biophysical principles are applied to training? Can I give specific examples from my training log? |  |  |  |
| *Biophysical principles:*  Can I interrelate the biophysical prinicples? |  |  |  |
| *Biophysical principles:*  Can I evaluate how and why biophysical principles are applied to training? |  |  |  |
| I am unsure about…. I would like help with…. I have the following questions…. | | | |