

SPORT SCIENCE FOUNDATION Level 2

Common Assessment Task

Work Requirements:

Unit 1 – Somatotype and BMI Assignment

Assessment Type:

Investigation

Criteria being assessed:

- Criterion 5 - elements 1, 2, 3, 4 and 6

Suggested conditions:

- This task should take learners 2 hours.
- The submitted digital product should be 200 words (maximum).
- All responses and supporting images or videos are to be included in a single digital file.
- This task requires an individual response from each learner.

Task Description:

Research and make a somatotype self-assessment.

Write a short response describing your somatotype and possible implications for sport.

What you need to do:

This task explores the connections between body shape, physical attributes, and sporting performance.

You will investigate somatotyping as a way of describing inherited body shape and type.

You will classify your own body type and reflect on how this relates to sport.

1. Complete a self-assessment on your somatotype.
2. Research somatotypes in sport.
3. In your written response consider the following:
 - Do you feel your somatotype influences the sports you enjoy or do well at?
 - What other sports could you be suited to?
 - How can physical profiling be used by sport science to support better performance?
 - What athlete body composition attributes can we control? How?

Teacher use only - What needs to be submitted for assessment?

Learners respond in a separate document.