SPORT SCIENCE Level 3

Common Assessment Task

Work Requirements:

N/A

Assessment Type:

Short answer response

Criteria being assessed:

- Criterion 5 - elements 1-4

Suggested conditions:

- This task should take learners 25 minutes.
- This task requires an individual response from each learner.

Task Description:

You must respond to the following short answer questions about Sports Psychology.
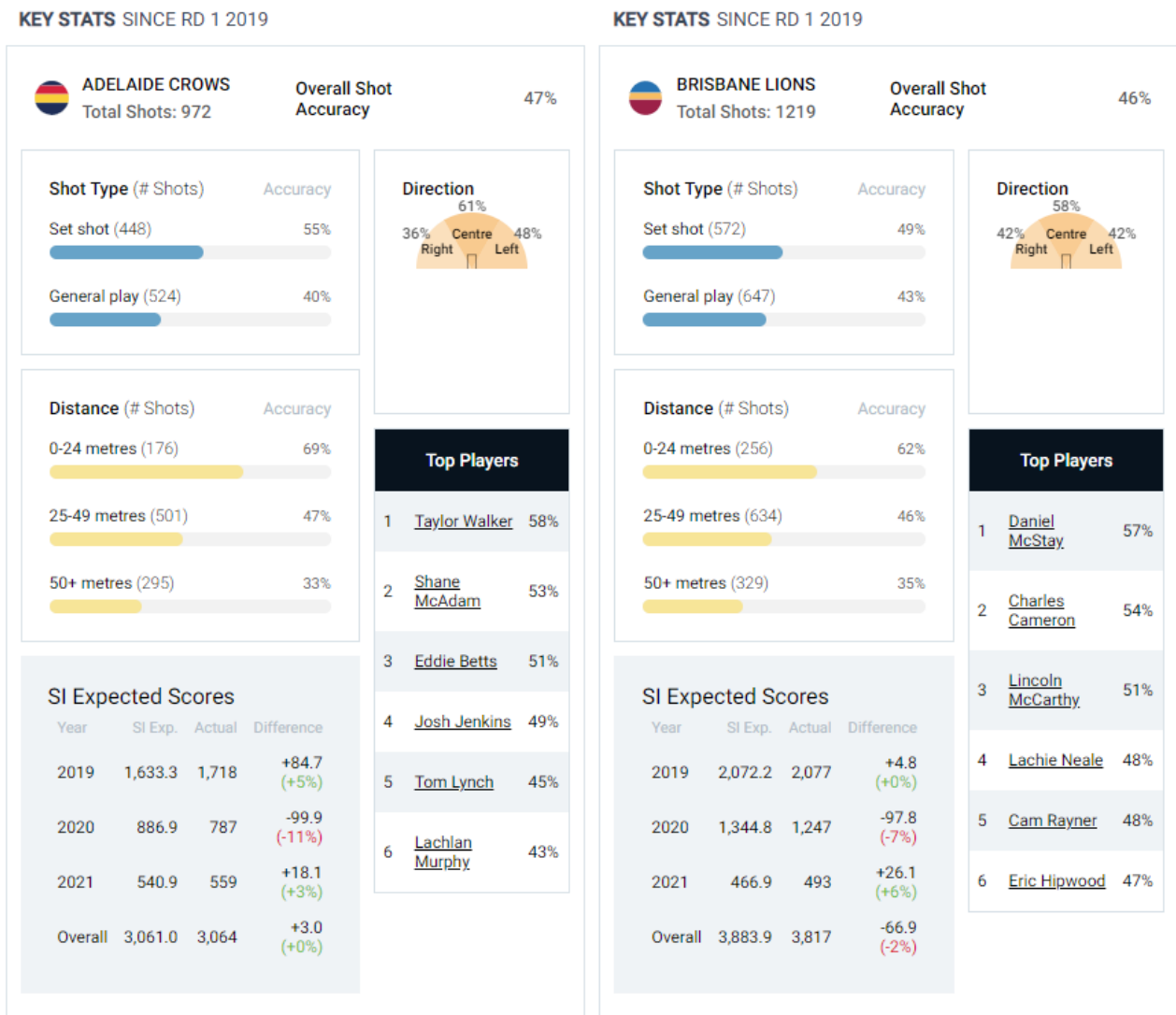
What you need to do:

Complete the short answer questions in a separate document. You must clearly identify each question.

You will have 5-minutes of reading time followed by 20 minutes for your responses.

Question 1

The AFL is a sporting organisation which now includes the provision and analysis of a significant amount of data related to Key Performance Indicators for goal scoring.

Table 1: Comparative performance data for the Adelaide Crows and the Brisbane Lions

KEY STATS SINCE RD 1 2019

ADELAIDE CROWS
Total Shots: 972
Overall Shot Accuracy 47%

Shot Type (# Shots)	Accuracy
Set shot (448)	55%
General play (524)	40%

Direction
61%
36% Right · Centre · 48% Left

Distance (# Shots)	Accuracy
0-24 metres (176)	69%
25-49 metres (501)	47%
50+ metres (295)	33%

Top Players

1	Taylor Walker	58%
2	Shane McAdam	53%
3	Eddie Betts	51%
4	Josh Jenkins	49%
5	Tom Lynch	45%
6	Lachlan Murphy	43%

SI Expected Scores

Year	SI Exp.	Actual	Difference
2019	1,633.3	1,718	+84.7 (+5%)
2020	886.9	787	-99.9 (-11%)
2021	540.9	559	+18.1 (+3%)
Overall	3,061.0	3,064	+3.0 (+0%)

KEY STATS SINCE RD 1 2019

BRISBANE LIONS
Total Shots: 1219
Overall Shot Accuracy 46%

Shot Type (# Shots)	Accuracy
Set shot (572)	49%
General play (647)	43%

Direction
58%
42% Right · Centre · 42% Left

Distance (# Shots)	Accuracy
0-24 metres (256)	62%
25-49 metres (634)	46%
50+ metres (329)	35%

Top Players

1	Daniel McStay	57%
2	Charles Cameron	54%
3	Lincoln McCarthy	51%
4	Lachie Neale	48%
5	Cam Rayner	48%
6	Eric Hipwood	47%

SI Expected Scores

Year	SI Exp.	Actual	Difference
2019	2,072.2	2,077	+4.8 (+0%)
2020	1,344.8	1,247	-97.8 (-7%)
2021	466.9	493	+26.1 (+6%)
Overall	3,883.9	3,817	-66.9 (-2%)

All responses to this question must refer to Table 1.

a) Which team should attack more from the left than the right? Include data to support your answer.

(2 marks)

b) In 2019 which team achieved the highest total score? Include data to support your answer. (2 marks)

c) In 2020 both teams scored less than expected. What was the score for each team? (2 marks)

d) Of the least accurate players for each team which would you prefer to kick at goal? Include data in your answer. (1 mark)

e) Of the least accurate players for each team which would you prefer to kick at goal? Include data in your answer. (3 marks)
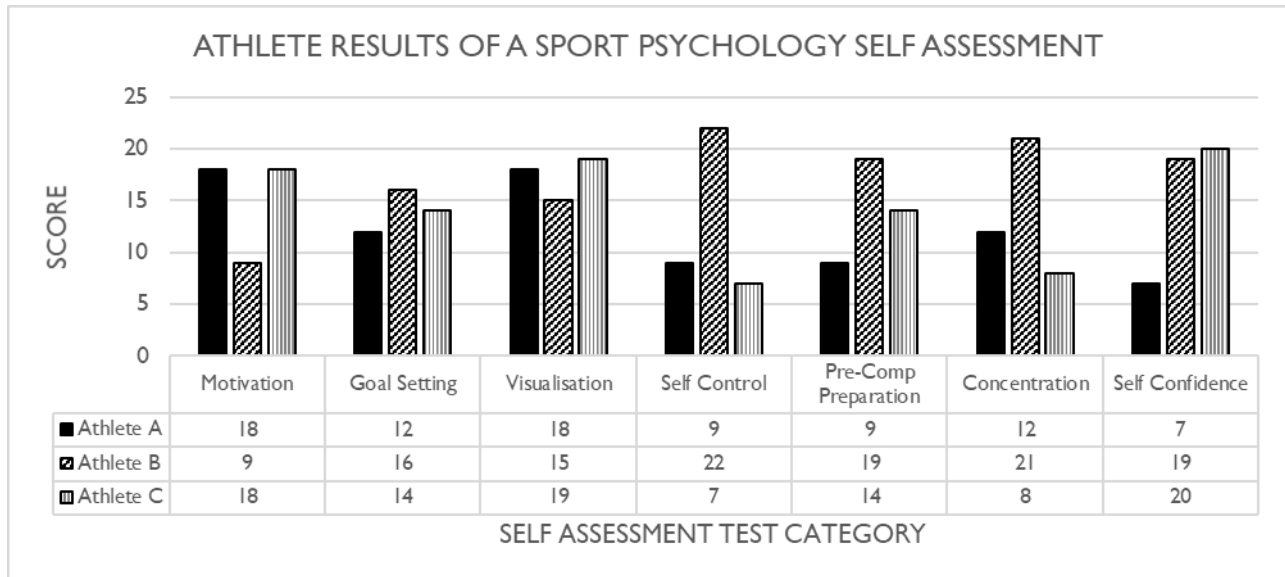
Question 2

Three members of a rugby team were asked to complete a Sport Psychology Self-Assessment questionnaire of 50 questions relating to a range of psychological skills. Results were plotted on the graph for three of the players.

A score of **18 or below** indicates the athlete **rates themselves highly** in the area.

A score **above 18** indicates the need for the athlete to **develop further** in this area.

Table 2: Athlete results of a sport psychology self-assessment

ATHLETE RESULTS OF A SPORT PSYCHOLOGY SELF ASSESSMENT

	Motivation	Goal Setting	Visualisation	Self Control	Pre-Comp Preparation	Concentration	Self Confidence
■ Athlete A	18	12	18	9	9	12	7
▨ Athlete B	9	16	15	22	19	21	19
▥ Athlete C	18	14	19	7	14	8	20

SELF ASSESSMENT TEST CATEGORY

All responses to this question must refer to Table 2.

    a) Which athlete: (3 marks)

        (i)   feels better prepared for competition?

        (ii) feels least self-confident?

        (iii) is least confident with their goal setting?

    b) By referring to self-control, concentration and goal setting, which athlete might be better suited to perform the best in a highly stressful environment?   (3 marks)

    c) One of these athletes is highly experienced and another is just beginning their rugby career. Which athlete is most likely the beginner? Explain using results from the graph.   (4 marks)

(Source: Adapted from TASC website: https://www.tasc.tas.gov.au/learners/courses/health-and-physical-education/spt315118-4/ , accessed March 2022)

Teacher use only - What needs to be submitted for assessment?
This task is to be completed in class time.
Learners respond to the questions in a separate document.