

Sport Science (SPT315126)

External Assessment Specifications

External Assessment Specifications inform the development of external assessments. The primary audience for this document is the course Setting Examiner and Exam Critics. It may also be of use to teachers and students.

These specifications must be read in conjunction with the current course document, available on the [TASC Courses](#) webpage.

The external assessment for this course consists of a written exam.

WRITTEN EXAM STRUCTURE

The written exam is TWO hours and THIRTY minutes.

Students will have an additional 15-minute preparation time during which students can take notes on the note paper provided and highlight any key words in the exam booklet during the allocated time. Students will not be permitted to start their exam until advised by the Exam Supervisor.

The written exam includes THREE sections.

The criteria to be externally assessed are:

- Criterion 1: describe and analyse physiological aspects of exercise
- Criterion 2: analyse and explain physiological responses to training and recovery
- Criterion 3: analyse and discuss concepts of skill acquisition in sport
- Criterion 4: examine and discuss how sport psychology influences athletic performance
- Criterion 5: analyse and interpret sport science data and information

SPECIFIC MATERIALS AND EQUIPMENT APPROVED FOR USE BY STUDENTS

There is no external Information Sheet for this course.

ASSESSMENT

All criteria will be assessed numerically.

A set of solutions or a marking tool will be developed by the Setting Examiner, provided to markers at the marking meeting that follows the external written examination; and will be available from TASC in the following year.

The external assessment must include items that, separately or together, give opportunities to demonstrate the standards from rating C to rating A.

Final results will be awarded as a rating of A, B, C, t or z in the above criteria. These ratings are used in determining the final award according to the algorithm in the course document.

Numerical Mark Allocation

Exam papers are designed so that the number of marks allocated to a section, part or question corresponds to the recommended time allocation for it. This is so that a student knows when answering a 10 mark question that the question has been designed for students to spend approximately 10 minutes reading, thinking and then answering the question. Students may find that they spend less or more time on certain questions throughout the exam.

SECTION A

Structure

- This section will take students approximately 60 minutes to respond to and be allocated 60 marks.
- Students will respond to all SEVEN compulsory questions.

This section addresses the following course content:

- Unit 1 – Exercise Physiology A
- Unit 2 – Exercise Physiology B

Assessed Criteria

- Criterion 1: describe and analyse physiological aspects of exercise (Elements 1, 2, 3, 4 and 5).
- Criterion 2: analyse and explain physiological responses to training and recovery (Elements 1, 2, 3, 4, 5 and 6).
- Criterion 5: analyse and interpret sport science data and information (Elements 1, 2, 3 and 4).

Nature of Questions

- Unit 1 – THREE questions to total 25 marks.
- Unit 2 – THREE questions to total 25 marks.
- Criterion 5 – there will be 1 x 10 mark question.
- Questions may use a brief 'statement or scenario' as a stimulus.

Nature of Responses

- Responses will be assessed numerically.
- Responses to this section will be in short response form.

SECTION B

Structure

- This section will take students approximately 45 minutes to respond to and be allocated 45 marks.
- Students will respond to FOUR compulsory questions.

This section addresses the following course content:

- Unit 3 – Skill Acquisition

Assessed Criteria

- Criterion 3: analyse and discuss concepts of skill acquisition in sport (Elements 1, 2, 3, 4, 5 and 6).
- Criterion 5: analyse and interpret sport science data and information (Elements 1, 2, 3 and 4).

Nature of Questions

- THREE questions on total 35 marks
- Data Criterion 5 – There will be 1 x 10 mark question.
- Questions may use a brief 'statement or scenario' as a stimulus.

Nature of Responses

- Responses will be assessed numerically.
- Responses to this section will be in short response form.

SECTION C

Structure

- This section will take students approximately 45 minutes to respond to and be allocated 45 marks.
- Students will respond to FOUR compulsory questions.

This section addresses the following course content:

- Unit 4 – Sport Psychology

Assessed Criteria

Criterion 4: examine and discuss how sport psychology influences athletic performance (Elements 1, 2, 3, 4 and 5).

Criterion 5: analyse and interpret sport science data and information (Elements 1, 2, 3 and 4).

Nature of Questions

- THREE questions to total 35 marks.
- Data Criterion 5 – There will be 1 x 10 mark question.
- Questions may use a brief ‘statement or scenario’ as a stimulus.

Nature of Responses

- Responses will be assessed numerically.
- Responses to this section will be in short response form.