

Unit 1 Extended response questions worksheet 2 - Exercise 1

NCFE Level 1/2 Technical Award in Health and Fitness: Unit 1			
First Name:		Surname:	

Question
<p>Jasmine is performing a timed sprint drill which requires her to go in and out of cones. Jasmine completes the sprint drill in 23 seconds.</p> <p>Evaluate the importance of cardiovascular endurance and agility when Jasmine is performing the sprint drill. [6 marks]</p>
Tips:
<ol style="list-style-type: none">1. First look at the number of marks that has been allocated. In this question there are '6 marks' available.2. Secondly, review the question to identify what are facts and what the question is? <u>Facts:</u> Jasmine is performing a timed sprint drill which requires her to go in and out of cones. Jasmine completes the sprint drill in 23 seconds. <u>Question:</u> Evaluate the importance of cardiovascular endurance and agility when Jasmine is performing the sprint drill.3. Thirdly, look at the key words in the question which will give you some indication of how you should respond to the question. In this question, the key word is as follows... <u>Evaluate</u> the <u>importance</u> of <u>cardiovascular endurance</u> and <u>agility</u> when Jasmine is performing the sprint drill. Even though the word 'Evaluate' is a key indicator of the level of response required, you also need to consider 'what it is you are evaluating' and in this question, another key word here is 'importance'. The question has also got the word 'and' highlighted which would strongly suggested that you should consider both 'cardiovascular endurance' and 'agility' in your response. Reviewing the question in this way, will allow you to establish exactly how to respond to the question.

4. The question also provides context in which you should base your response. The context has been set by the first 2 sentences as the facts, and the latter part of the last sentence as identified below:

Evaluate the importance of cardiovascular endurance and agility **'when Jasmine is performing the sprint drill'**.

So, this means, when you **'evaluate the importance of cardiovascular endurance and agility'**, you must do so in the context of why this is important when performing the **'sprint drill'**. The facts part of this question help you to establish that this is a **'sprint drill'** otherwise known as **'Illinois agility run'**.

5. As a general rule, for any questions with **6 marks** allocated, you should look to provide the following in your answer:
- Try to demonstrate a **wide** range of knowledge and understanding
 - Ensure your answer is **accurate** and **detailed**
 - Subject specific terminology is used **consistently throughout**
 - Make sure your response is **relevant** and in **context**
 - Analysis** and **Evaluation** is present and **very effective**
 - Your **conclusions** are fully **supported by judgements**
6. Finally, to help you demonstrate a **'wide'** range of knowledge and understanding, you should consider what **'indicative content'** the question is looking for. This is the basic knowledge areas the question is asking you to focus on.

The following activities will help you to break this question down in to smaller parts so that you understand how to respond to questions of this nature.

Activity 1

To demonstrate a **'wide** range of knowledge and understanding', you should first consider the **'indicative content'** related to this question. The question is asking about the **'importance of cardiovascular endurance and agility'** when performing a **'sprint drill'**. Therefore, as a starting point, before you answer this question you need to consider the descriptions of **cardiovascular endurance** and **agility**. Describe these two components of fitness below:

Cardiovascular Endurance:

Agility:

Activity 2

To support the **evaluation**, you should always consider the following:

Why is **agility** more important than cardiovascular endurance in this **sprint drill**?

Activity 3

Why is **cardiovascular endurance** NOT as important in this **sprint drill**?

Activity 4

For this activity, try to summarise all your points covered as part of your final answer to the question. Try to structure your answer using the following headings.

Cardiovascular endurance can be defined as...

Agility can be defined as...

Cardiovascular endurance is not important in a sprint drill, because...

Agility is important in a sprint drill, because...

If Jasmine works to improve her agility, she may achieve...

Other components of fitness that may improve Jasmine's time in the sprint drill include...

Conclusions (ensure your conclusions are supported by judgements)

Activity 5

For the final activity and using the information and structure from activity 4, try to write the full answer in response to the question. Remember, your answer must...

- demonstrate a **wide** range of knowledge and understanding
- be **accurate** and **detailed**
- include subject specific terminology that is used **consistently throughout**
- be **relevant** and in **context**
- present **analysis** and **evaluation effectively**
- include **conclusions** that are fully **supported** by **judgements**.

Final response to question:

