

Unit 1 Extended response questions worksheet 2 - Exercise 2

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

Question 1

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.

Evaluate the importance of cardiovascular endurance **and** agility when Jasmine is performing the sprint drill. **[6 marks]**

Band 3 learner response

Cardiovascular endurance is the ability to exercise the whole body for long periods of time. This sprint drill does not require cardiovascular endurance because it is an activity which is completed over a shorter period of time.

The ability to work for a long period of time is not needed but having a good level of cardiovascular endurance may give Jasmine the foundation of fitness to help her complete this drill, especially if she is repeating it a few times.

Agility is more important than cardiovascular endurance when completing this sprint drill. Other components which would also be beneficial are speed and coordination.

Agility is the ability to quickly change body position or direction of the body. This sprint drill requires agility because Jasmine needs to change direction quickly to go in and out of the cones.

Agility is important for this drill as Jasmine will need to change her body position and direction to get in and out of the cones as quickly as possible to not lose any time. If Jasmine has good agility she has a very good chance of achieving a quicker time.

Mark scheme commentary for band 3 allocation

The learner has demonstrated a wide range of relevant knowledge and understanding to provide clear descriptions of both cardiovascular endurance and agility and also provided these in context. The application of knowledge and understanding is appropriate with clear relevance to the context of the sprint drill which is accurate and details the importance of both agility and cardiovascular endurance in the sprint drill. Subject specific terminology is evident and consistency used throughout the descriptions for both cardiovascular endurance and agility and throughout the evaluation of the importance of each to the sprint drill. Demonstrated wide knowledge and understanding to detail other more relevant components of fitness for the sprint drill such as speed or co-ordination.

Analysis and evaluation is present and very effective to consider the importance of both cardiovascular endurance and agility for the sprint drill, which has fully supported the conclusions made through judgements of why cardiovascular endurance is less important than agility during the sprint drill.

Band 2 learner response

Cardio is the ability to exercise for longer periods of time.

Cardio is not really important in the sprint drill as it is a short, timed drill compared to long distance running.

Other components of fitness could be more important to complete the drill.

Agility is the ability to quickly change direction of the body. Agility is more important than cardio in this activity type, because you need to change direction of the body to move in and out of the cones as part of this activity.

I don't think cardio is needed for this activity, therefore agility is more important.

Mark scheme commentary for band 2 allocation

The learner has demonstrated a range of relevant knowledge and understanding to determine that cardiovascular endurance is less important than agility in the sprint drill, however the response does lack sufficient detail and some errors. Subject specific terminology has been used in places but this is not consistent, for example cardio should be cardiovascular endurance.

The application of knowledge and understanding is mostly appropriate, but sometimes lacks clarity, such as the response 'another component could be more important'.

Analysis and evaluation is present and effective, supported by judgements and conclusions, although some points are irrelevant.

Band 1 learner response

Cardio is when you can run really long distances.

Agility is where the body is flexibility to do short and sharp movements.

This sprint drill tests agility only, because it is not a long distance test.

Cardio is not important at all in this test, only agility is.

Mark scheme commentary for band 1 allocation

A limited range of relevant knowledge and understanding is shown and is often fragmented.

Subject specific terminology is used, but is not consistent and a lack of understanding is evident.

Analysis and evaluation is of limited effectiveness and attempts to draw conclusions are irrelevant.

Activity 1

Using a highlighter pen, can you identify the differences in responses between each answer?

Activity 2

What's different in the Band 2 learner response compared to the Band 1 learner response?

What's different in the Band 3 learner response compared to the Band 2 learner response?