**Requirements of the Achievement Standard**

**AS90963 (PE 1.2):Demonstrate understanding of the function of the body as it relates to the performance of physical activity *(5 credits, internally assessed)***

**Achievement Criteria**

| **Achievement** | **Achievement with Merit** | **Achievement with Excellence** |
| --- | --- | --- |
| * Demonstrate understanding of the function of the body as it relates to the performance of physical activity. | * Demonstrate in-depth understanding of the function of the body as it relates to the performance of physical activity. | * Demonstrate comprehensive understanding of the function of the body as it relates to the performance of physical activity. |

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| --- | --- | --- | --- |
| You will describe the function of the body as it relates to the performance in the physical activity in **two** of:   1. Functional anatomy 2. Principals of biomechanics 3. Physiological responses   The assessment task that is given to you by your teacher will provide the required guidance for you to be able to do the following: | You will experience a physical activity. For example swimming, rock climbing, games, dance, fitness. | | |
| **Achievement** | **Merit** | **Excellence** |
| Describe the function of the body as it relates to the performance in the physical activity in **two** of:   1. Functional anatomy 2. Principals of biomechanics 3. Physiological responses | ✓ | ✓ | ✓ |
| Use identification of bones and muscles to help support the description/explanation | ✓ | ✓ | ✓ |
| You will explain the function of the body (how and why) it relates to performance in the physical activity |  | ✓ | ✓ |
| Describe the relationship between anatomical strcutre and the performance of physical activity |  |  | ✓ |
| Describe the use of biomechancial principles to explain the performance of a physical activity |  |  | ✓ |
| Describe the relationship of physiological responses to the intensity of a physical activity |  |  | ✓ |

Adapted from the NZQA teacher clarification of AS 90963 and the Achievement Standard: <http://www.nzqa.govt.nz/pe>

**Learning outcomes checklist for demonstrating understanding of the function of the body as it relates to the performance of physical activity**

**Physical skill chosen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*For each of the parts of the unit below, tick the box that corresponds with how confident you are that you understand and can write about those parts.*

*✓ = confident with this part*

*? = not sure – I may not understand this part*

*X = not confident with this part*

|  |  |  |  |
| --- | --- | --- | --- |
|  | *✓* | *?* | *X* |
| *Anatomy:*  Can I explain what type of movement is occuring at my joints? |  |  |  |
| *Anatomy:*  Can I explain how and why these movements occur (consider joint type, movement made, agonist and antagonist muscle)? |  |  |  |
| *Anatomy:*  Can I explain how and why these muscles and movements help my performance. Can I give examples to show my understanding? |  |  |  |
| *Biomechanics:*  Can I explain how and why the concept of projectile motion effects my activity? |  |  |  |
| *Biomechanics:*  Do any of Newton’ Laws, inertia, acceleration, action-reaction effect my activity? Can I explain how and why? |  |  |  |
| *Biomechanics:*  Can I explain how and why force summation relates to my activity? Can I use examples to support my explanation? |  |  |  |
| *Biomechanics:*  Can I explain how and why balance and stability effect my activity? Can I use examples to support my explanation? |  |  |  |
| *Biomechanics:*  Can I explain what type of levers are involved in my activity? Can I explain how they effect my performance? |  |  |  |
| *Physiology:*  Can I explain the major energy systems used in my activity and how they work for me? Can I give examples to support my answer from my practical experience? |  |  |  |
| *Physiology:*  Can I decribe the short-term physiological responses to my activity and explain why these occur? I need to consider each of the muscular, cardiovascular and respiratory systems. |  |  |  |
| *Physiology:*  If I was to follow a presribed training programme over 6 months- 1 year, what long-term (chronic) physiological adaptations may I expect to see? |  |  |  |
| I am unsure about…. I would like help with…. I have the following questions…. | | | |