

MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2023

Stage 5 PASS – R Felstead



Task Number: 2 **Notification Date:** Tuesday 23rd May 2023 (Week 5, Term 2)
Weight: 30% **Due Date:** By 3.20pm Tuesday 6th June 2023 (Week 7, Term 2)

Nutrition in Sport

OUTCOMES ASSESSED

PASS5-1 discusses factors that limit and enhance the capacity to move and perform

PASS5-8 displays management and planning skills to achieve personal and group goals

PASS5-10 analyses and appraises information, opinions and observations to inform physical activity and sport decisions.

TASK DESCRIPTION

There are two parts to this task:

Part A Nutrition Plans - You have been asked by the AIS (Australian Institute of Sport) to conduct research and develop a report on the nutrition required for athletes to perform at their optimum (best) in TWO chosen sports. **(20 marks)**

Part B Quiz – To keep your research team motivated, you will create a quiz (on a word document or Kahoot) based on your chosen sports and the nutrition required for athletes to perform at their optimum. **(10 marks)**

TASK INSTRUCTIONS

Progress Check

- ☐ Begin research on athlete nutrition, using the websites provided
- ☐ On the attached worksheet, select two sports from the list provided
- ☐ On the attached worksheet, fill in table based on research
- ☐ Answer questions based on research either on the sheet provided or on word document/ powerpoint presentation
- ☐ Write 10 questions for your quiz and format on a word document or Kahoot.
- ☐ Submit (hard copy or email rachel.k.coombes@det.nsw.edu) both parts to Mrs Felstead by the due date – 6th June 2023 (3.20pm)

Teacher's signature: _____ Mrs R Felstead
Head Teacher's signature: _____ Miss A Nott
Deputy Principal's signature: _____ Mrs A Lawrence

MARKING CRITERIA

Marking Criteria

Part A – Nutrition Plans

<ul style="list-style-type: none"> • Demonstrates a thorough understanding of the nutritional considerations of TWO chosen sports for each component of the performance (Pre, during, post and other nutritional considerations) • Explicitly explains why three or more nutritional requirements are important for TWO chosen sports • In detail, compares the nutrient requirements for the chosen sports. • In detail, explains why there are differences in the food intake of the chosen sports. • Uses at least three reliable sources and lists them in the bibliography. 	17-20
<ul style="list-style-type: none"> • Demonstrates a sound understanding of the nutritional considerations of TWO chosen sports for each component of the performance (Pre, during, post and other nutritional considerations) • Mostly explains why three or more nutritional requirements are important for TWO chosen sports • Compares the nutrient requirements for the chosen sports. • Explains why there are differences in the food intake of the chosen sports. • Uses at least three reliable sources and lists them in the bibliography. 	12-16
<ul style="list-style-type: none"> • Outlines the nutritional considerations of TWO chosen sports for each component of the performance (Pre, during, post and other nutritional considerations) • Describes why three or more nutritional requirements are important for TWO chosen sports • Compares some of the nutrient requirements for the chosen sports. • Explains some of the reasons why there are differences in the food intake of the chosen sports. • Uses three or less reliable sources and lists them in the bibliography. 	7-11
<ul style="list-style-type: none"> • Lists some of the nutritional considerations of ONE or TWO chosen sports for each component of the performance (Pre, during, post and other nutritional considerations) • Outlines why three or more nutritional requirements are important for ONE or TWO chosen sports • Lists some of the nutrient requirements for the chosen sports. • Lists some of the reasons why there are differences in the food intake of the chosen sports. • Uses three or less reliable sources and lists them in the bibliography. 	1-6
<ul style="list-style-type: none"> • Non serious attempt 	0

Part B – Quiz

<ul style="list-style-type: none">• Designs a relevant, detailed and creative quiz that contains at least 10 questions based on well researched content.• Quiz contains at least 10 questions and correct answers.• Quiz is presented in a sophisticated manner, with uniform formatting and is user friendly.	10
<ul style="list-style-type: none">• Designs a relevant quiz that contains at least 10 questions based on well researched content.• Quiz contains 10 questions and correct answers.• Quiz is well presented, with uniform formatting and is user friendly.	7 - 9
<ul style="list-style-type: none">• Designs a quiz that contains at least 10 questions based on some researched content.• Quiz contains 10 or less questions and mostly, correct answers.• Quiz is somewhat formatted and is mostly user friendly.	4 - 6
<ul style="list-style-type: none">• Designs a quiz that contains at least 10 questions based on some researched content.• Quiz contains 10 or less questions and mostly, correct answers.• Quiz is somewhat formatted and is mostly user friendly.	1 - 3
<ul style="list-style-type: none">• Non serious attempt	0

Completion of assessment during allocated class time:

☐ Excellent

☐ Moderate

☐ Limited

Feedback:

Teacher Signature: _____ Date: _____

Task Mark:	Task Rank:	Cumulative Rank: