



Types of Questions

- P01** - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- P02** - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- P03** - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.



P01 Generally worth 1-2 marks

Demonstrate knowledge and understanding

1) **Knowledge in isolation** - simply recall knowledge.

2) **Demonstrate understanding** - Using sporting examples.

Q: **Name** two acute injuries. (2 marks)

Possible Answers:
Soft/Hard damage/Head injury/Strain/Dislocation/Fracture /Skin damage/Sprain

Most Common Command Words

Describe
Define
Give
Identify
Name
State

Q: **Give** a reason for using a bandage to treat a cut. (1 mark)

Answer: Muscle injuries/Wounds

P02

Can be worth 2-4 marks

Most Common Command Words

Describe
Explain
Analyse

Q: Using practical examples, **explain** how each stage of a warm-up can reduce the risk of injury. (2 marks)

Answer: Pulse raising is the first stage of a warm-up (P01). This could include jogging. This will increase the muscle temperature which means that pulls or tears are less likely to occur (P02).

Demonstrate and apply knowledge and understanding

1) **Demonstrate** knowledge - recall/describe content (P01).

2) **Apply** knowledge to the sporting example in the question (P02).

(Question could be in the form of 1x P01 & 1x P02 OR 2x P02)

Q: When would a medical professional respond using DRABC? (1 mark)

Answer: If there appeared to be a loss of consciousness.

P03

Require you to use your **knowledge and understanding** to **analyse** information in order to **evaluate** to make conclusions

Can be worth 2-4 marks

(Questions can be a mixture of P01, P02 and P03 points OR all P03 points).

Q: A 100m free style is a sprint swimming event. Explain the importance of a warm-up for a swimmer prior to a race (3 marks).

Answer: The swimmer should complete a pulse raiser, such as a low-intensity swim is the first stage of a warm up (P01). This will raise the swimmers heart rate to increase blood flow so oxygen delivery to muscles increases, preparing the muscles for kicking hard (P02). This means that during the race, their working muscles will be supplied with enough oxygen to produce energy to continue swimming in the race (P03).

Requires you to demonstrate applying your knowledge first, before analysing and applying it to the question.

Most Common Command Words

Explain
Analyse
Evaluate