



Types of Questions

A01 - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

A02 - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

A03 - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.



A01 Generally worth 1-2 marks

Demonstrate knowledge and understanding

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

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

Q: Give an example from the skeleton of where a ball and socket joint can be found. (1 mark)

Answer: Hip OR Shoulder

Q: Define what is meant by cardiac hypertrophy. (1 mark)

Answer: An increase in the size of the heart

Most Common Command Words

Describe

Define

Give

Identify

Name

Label

State

A02

Can be worth 2-4 marks

Q: Name a component of fitness and outline why it is important for a Netball player. (2 marks)

Answer:

A: Cardiovascular Fitness (AO1). A Netball match lasts for 60 mins. During this time the cardiovascular system is required to provide the working muscles with oxygenated blood (AO2).

Demonstrate and apply knowledge and understanding

1) **Demonstrate** knowledge - recall/describe content (AO1).

2) **Apply** knowledge to the sporting example in the question (AO2).

(Question could be in the form of 1x AO1 & 1x AO2 OR 2x AO2)

Most Common Command Words

Describe

Explain

Analyse

A03 Can be worth 2-4 marks

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

(Questions can be a mixture of AO1, AO2 and AO3 points OR all AO3 points).

Q: Explain why it is important for a weightlifter to consider the timing of their protein intake. (3 marks)

A: Protein intake allows the weightlifter's muscles to repair/grow (AO2). Protein should be consumed soon after exercise (AO2). Therefore the weightlifter will recover from training quickly and performance will be improved (AO3).

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

Most Common Command Words

Explain

Assess

Analyse