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School code

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School name

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Given name/s

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Family name

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Attach your
barcode ID label here

Book

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of

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books used

External assessment 2024

Question and response book

Physical Education

Time allowed

- Perusal time — 15 minutes
- Working time — 120 minutes

General instructions

- Answer all questions in this question and response book.
- Planning paper will not be marked.

Section 1 (10 marks)

- 10 multiple choice questions

Section 2 (31 marks)

- 3 short response questions

Section 3 (18 marks)

- 1 extended response question



DO NOT WRITE ON THIS PAGE
THIS PAGE WILL NOT BE MARKED

Section 1

Instructions

- This section has 10 questions and is worth 10 marks.
- Use a 2B pencil to fill in the A, B, C or D answer bubble completely.
- Choose the best answer for Questions 1–10.
- If you change your mind or make a mistake, use an eraser to remove your response and fill in the new answer bubble completely.

	A	B	C	D
Example:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	A	B	C	D
1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Ensure you have filled an answer bubble for each question.

Do not write outside this box.

Section 2

Instructions

- Write using black or blue pen.
 - Respond in paragraphs consisting of full sentences.
 - If you need more space for a response, use the additional pages at the back of this book.
 - On the additional pages, write the question number you are responding to.
 - Cancel any incorrect response by ruling a single diagonal line through your work.
 - Write the page number of your alternative/additional response, i.e. See page ...
 - If you do not do this, your original response will be marked.
 - This section has three questions and is worth 31 marks.
-

QUESTION 11 (6 marks)

Explain target heart rate (THR) and maximum heart rate (MHR) and describe the role they play in identifying and applying specificity in training zones.

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QUESTION 12 (9 marks)

Explain how resistance training can be applied differently to specifically enhance muscular strength, muscular power and muscular endurance.

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QUESTION 13 (16 marks)

An athlete is preparing for a five-kilometre running race in eight weeks. The athlete’s current training plan includes a slow 15-minute jog once a week (covering approximately 2.5 kilometres). Propose modifications to this training plan. Select four training principles to justify the modifications for optimising the athlete’s performance in the upcoming race.

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Section 3

Instructions

- This section has one question and is worth 18 marks.
 - Respond in 400 words or more.
-

QUESTION 14 (18 marks)

Select specialised movement sequence/s for one movement strategy for a physical activity.

Devise a six-station circuit, applying relevant training principles for the conditioning phase of a training session.

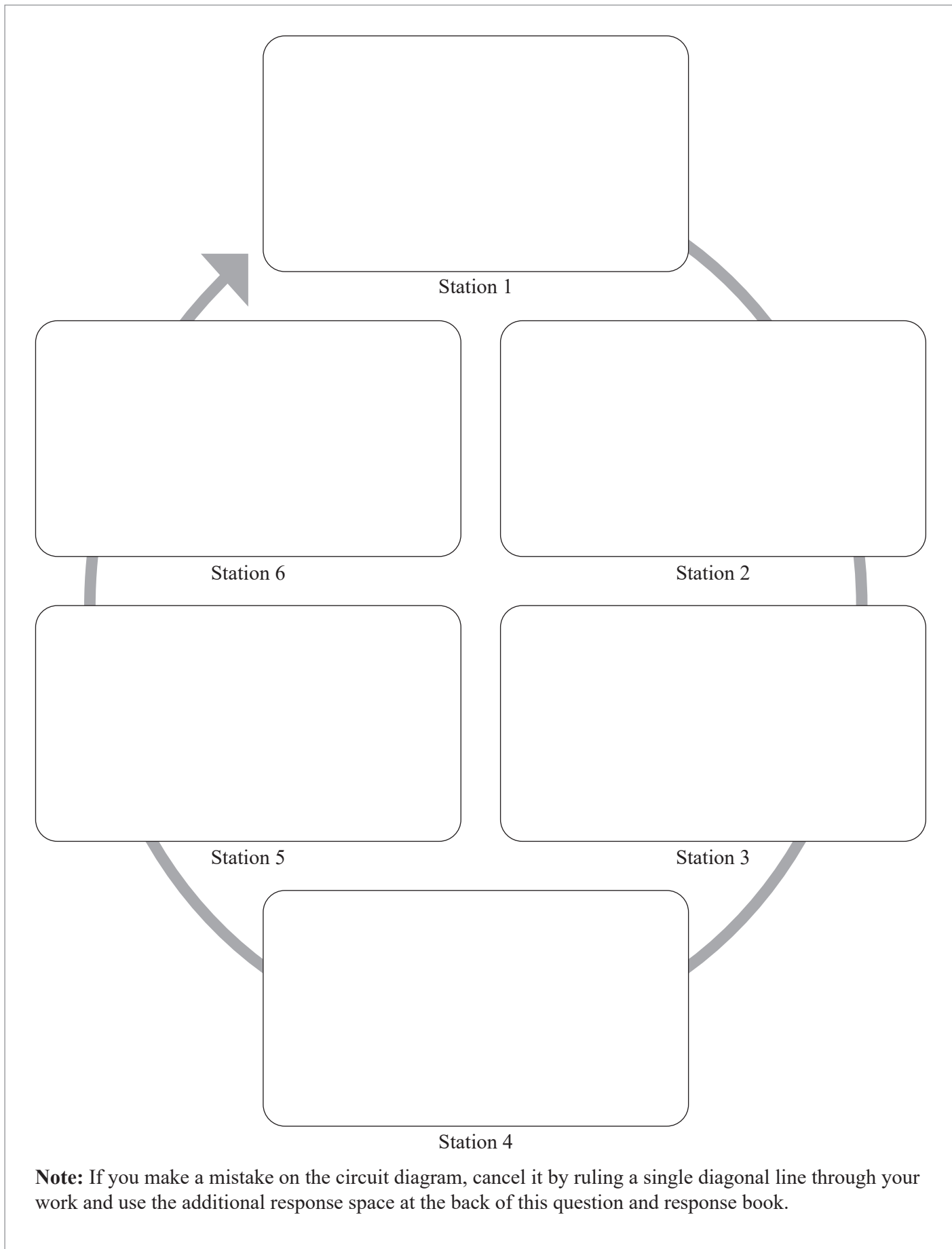
Justify the devised circuit by explaining the applied training principles, the features of the conditioning phase, and the fitness and energy requirements of the selected specialised movement strategy.

Physical activity: _____

Movement strategy: _____

Specialised movement sequence/s: _____

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Note: If you make a mistake on the circuit diagram, cancel it by ruling a single diagonal line through your work and use the additional response space at the back of this question and response book.

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Do not write outside this box.





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END OF PAPER

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ADDITIONAL PAGE FOR STUDENT RESPONSES

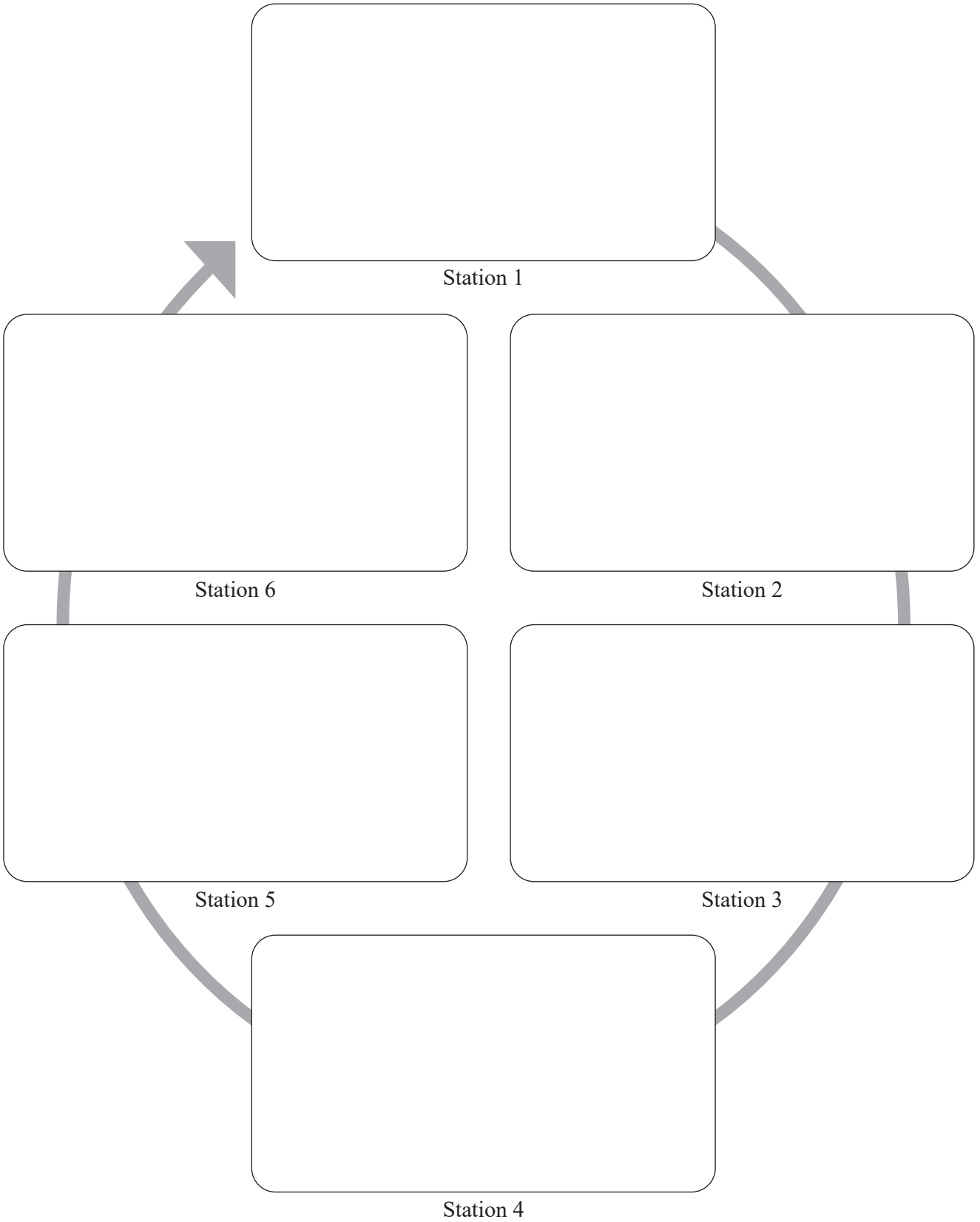
Write the question number you are responding to.

Do not write outside this box.



ADDITIONAL RESPONSE SPACE FOR QUESTION 14

If you want this circuit diagram to be marked, rule a single diagonal line through any previous responses.



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