

Option – Improving Performance

PAST HSC QUESTIONS

2019 EXAM

Question 31 – Improving Performance

- a) (i) Describe TWO different types of training methods that are best suited to the performance requirements of an athlete in a particular sport. **4 marks**
- (ii) How can the training adaptations for the athlete identified in part (i) be measured and monitored? **4 marks**
- b) A periodisation chart is being developed for an athlete in a particular sport. Analyse why the athlete's fitness and skill-specific requirements change during each phase of competition. **12 Marks**

2018 EXAM Question 31 – Improving Performance

- a) **8 marks** – Explain both safe and potentially harmful training procedures related to TWO training types.
- b) **12 marks** – Evaluate the use of performance –enhancing drugs by elite athletes

2017 EXAM Question 30 – Improving Performance

- a) **(8 marks)** Explain how athletes can identify and avoid the risks of overtraining.
- b) **(12marks)** Discuss the ethical issues associated with the use of technology in sport.

2016 EXAM Question 30 – Improving Performance

- (a) Explain the advantages and disadvantages related to drug testing elite athletes. **8 marks**
- (b) A training session is being designed for an activity of your choice. Justify each element that should be considered for the session **12 marks**

2015 EXAM Question 32 — Improving Performance

- a) How does planning for performance differ for elite and amateur athletes? **8 marks**
- b) Evaluate the effectiveness of processes used to identify and manage an overtrained athlete. **(12 marks)**

2014 EXAM Question 32 — Improving Performance

- a) How do different types of training improve performance in various sports. **(8marks)**
- b) Justify how each of the periodization phases is used when planning a training year **(12marks)**

2013 EXAM Question 32 — Improving Performance

- a) Explain the ethical issues associated with the use of technology in sport **(8 marks)**
- b) Justify each of the elements that need to be considered when designing a training session. **(12 marks)**

2012 EXAM Question 32 — Improving Performance

- a) Explain the relationship between planning and the avoidance of overtraining **(8 marks)**
- b) Evaluate the risks and ethical issues related to the use of drugs to improve performance **12 MARKS**

2011 EXAM Question 30 — Improving Performance

Answer part (a) in a writing booklet.

- (a)** (i) Outline the initial planning considerations for individual athletes looking to improve their performance. **(3 marks)**
- (ii) Explain why periodisation would be included when planning a training year. **(5 marks)**
- (b)** To what extent has the use of technology created unfair competition in sport? **(12 marks)**

2010 EXAM Question 30 — Improving Performance

- a) (i) What is ONE benefit and ONE limitation of drug testing? **(2 marks)**
(ii) Why are performance enhancing drugs considered unethical in sport?
(6marks)
b) Justify factors a coach should consider in order to avoid overtraining.
(12 marks)

2009

Question 26 — Improving Performance (20 marks)

- (a) What are the features of isotonic and isokinetic resistance training? (4 marks)
(b) Explain the role a sports psychologist has in preparing elite athletes for competition. (6 marks)
(c) Analyse the influence of the phases of competition on an endurance athlete's training program.(10 marks)

2008

Question 26 — Improving Performance (20 marks)

- (a) Outline ways in which technology assists coaches in improving the performance of athletes. (3 marks)
(b) Explain how tapering and peaking can be used to improve performance.(5 marks)
(c) Analyse how an athlete can train for improved performance in terms of power and speed. (12 marks)

2007

Question 26 — Improving Performance (20 marks)

- (a) Outline the signs that identify an overtrained athlete.(3 marks)
(b) Describe how overload techniques can be applied in resistance training.
(5 marks)
(c) Analyse how phases of competition, altitude training, and acclimatisation can be used to enhance an athlete's performance.(12 marks)

2006

Question 26 — Improving Performance (20 marks)

- (a) Clarify how flexibility training is used to improve performance.(5 marks)
(b) Investigate the coaching considerations when establishing training programs to improve performance. (15 marks)

2005

2002

Question 26 — Improving Performance (20 marks)

- (a) Describe how a coach could evaluate the effectiveness of the skill instruction element of a training session. (5 marks)
- (b) Assess the ways in which altitude training and acclimatisation can influence the physiological preparation and performance of an endurance athlete. (15marks)

2001

Question 26 — Improving Performance (20 marks)

- (a) Outline the physiological characteristics of an overtrained athlete. (3 marks)
- (b) Discuss how athletes could use plyometric training techniques to enhance performance. (5 marks)
- (c) Evaluate the use of technology in training sessions that are designed to improve skill. (12 marks)