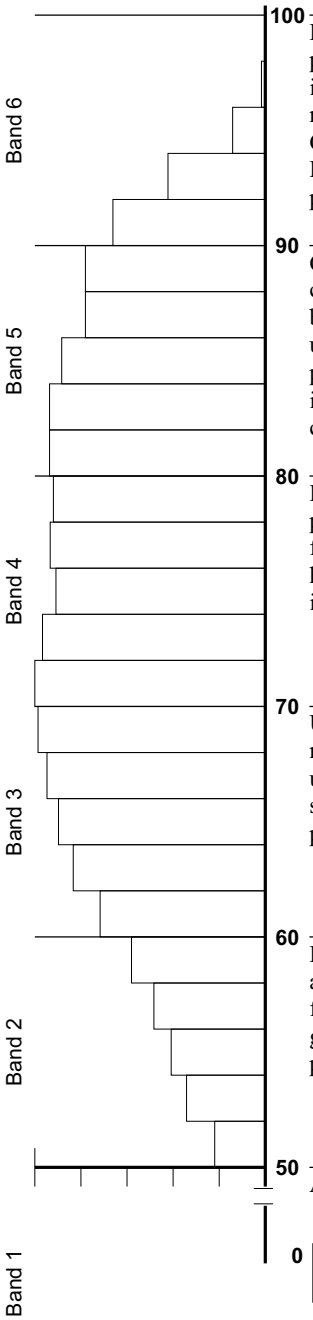
2020 Course Report

Personal Development, Health and Physical Education

State Distribution



The typical performance in this band:

100

Demonstrates extensive knowledge and understanding of the range of concepts related to health and physical performance. Comprehensively applies theoretical principles to design and evaluate specific strategies for improving health, participation and performance. Demonstrates a superior understanding of the interrelated roles and responsibilities of individuals, groups and governments in the management and promotion of health. Critically analyses movement and the range of factors that affect physical performance and participation. Provides relevant and accurate examples to justify complex arguments about health, participation and performance.

90

Clearly expresses ideas that demonstrate a thorough understanding of health and physical performance concepts. Identifies strategies for improving health, participation and performance and discusses the links between individual health behaviour, social issues and community health status. Demonstrates a detailed understanding of the interrelated roles of individuals, groups and governments in the management and promotion of health. Demonstrates an understanding of the interrelationships between the various factors that impact on physical performance. Supports particular arguments thoroughly by using relevant examples and current information on health, participation and performance.

80

Demonstrates a clear understanding of the broad concepts that relate to personal health and physical performance. Relates strategies for managing the major causes of sickness and death to the contributing risk factors. Demonstrates a sound understanding of the roles of individuals, groups and governments in promoting health. Describes a range of factors that affect the quality of physical performance. Communicates information in a clear and logical way providing some examples about health, participation and performance.

70

Uses basic definitions and facts when explaining health and physical performance concepts. Identifies the major causes of sickness and death and understands that a healthy lifestyle is a desirable goal. Demonstrates an understanding of the need for government and community action in relation to promoting health. Identifies some relevant factors which influence physical performance. Provides basic support for the arguments presented on health, participation and performance.

60

Recalls some simple facts and writes brief descriptions. Demonstrates an understanding of elementary terms and recognises simple cause and effect relationships as they apply to health and movement. Outlines some factors affecting health and identifies relevant illness prevention measures. Demonstrates an understanding of general movement principles. Provides limited support for the arguments presented on health, participation and performance.

50

A mark in this band indicates that the student has achieved below the minimum standard expected.

0

The candidature of this course was 16,183.