

# Commentary on candidate evidence

## Stage 1(a) – Investigate Performance (10 marks)

The candidate was awarded **8 marks**.

Paragraph 1 on video game analysis was awarded 4 marks:

- ♦ “I carried out a video analysis of...data about my performance.” **1 mark (accuracy of data, pause/re-wind)**
- ♦ “I chose to use this...reliability of my results.” **1 mark (reliability - game environment/number of opportunities)**
- ♦ “I was also provided...programme as necessary.” **1 mark (comparison - check for improvement)**
- ♦ “In addition there is a...performing these skills.” **1 mark (reliability – knowledgeable team-mate)** Note: Candidate was not penalised for incorrect use of “validity”

Paragraph 2 on performance wheel was awarded 1 mark:

- ♦ “The performance wheel...mental strengths and weaknesses.” **1 mark (strength and weaknesses)**

Paragraph 3 on standardised tests was awarded 3 marks:

No marks awarded for first three sentences as they were descriptive.

- ♦ “The appropriateness... elevating for a lay-up.” **1 mark (validity of tests)**
- ♦ “In addition to these jump...and jumping performance” **1 mark (appropriateness of test -correlation between strength and power)**
- ♦ “Furthermore...strengths and weaknesses” **1 mark (comparison to National Norms)**

## Stage 1b) – Analyse Information (10 marks)

The candidate was awarded **10 marks**

The candidate was awarded 8 marks for each point of analysis leading to a clearly identified focus for research into performance development.

Paragraph 1 on video game analysis was awarded 5 marks:

- ♦ “My first set of...getting the ball.” **1 mark (poor offensive rebounding/inability to jump high/opponent positioning/less chance of securing the ball)**
- ♦ “After reviewing the video...in which I was involved.” **1 mark (poor stationary jump proficiency/less chance of winning rebound)**
- ♦ “In terms of rebounding...driving for my teammates.” **1 mark (poor stationary jump proficiency/affects role of shooter/lessens team mate success)**
- ♦ “My efficiency when guarding the ball...opposition to score.” **1 mark (poor change of speed/unable to defend perimeter/opponent can score)**
- ♦ “The data wasn’t all poor...shooting contested shots.” **1 mark (can overcome some defenders/due to their limited defensive ability or good own skills/gained uncontested shots)**

Paragraph 2 performance wheel was awarded 3 marks:

- ♦ “My second method of data collection...power behind them.” **1 mark** (poor confidence/lack of athletic ability and second guessing/limited power)
- ♦ “This often means that...theoretically easy points.” **1 mark** (Development point - Hesitate to shoot/miss scoring opportunities)
- ♦ “Decision making and anxiety...create a shot for myself.” **1 mark** (poor confidence/panic induces slow or poor decisions/prevents shots)

**Maximum marks for analysis of PDP data reached at this point.**

A further **2 marks** were awarded for detailed analysis of the many connection made throughout the response; impact of opponents’ ability, court positioning, other strengths (footwork, fakes, jabs + screens), poor jumping mechanics (test + video).

**Stage 2a) – Review Sources (10 marks)**

The candidate was awarded **10 marks**

Paragraph 1 was awarded 1 mark:

- ♦ “The ability to exert a...speed of the pedals is greatest” **1 mark** (power/force relationship)

Paragraph 2 was awarded 1 mark:

- ♦ “Bella says...low start speed” **1 mark** (power needed to accelerate relevance to MTB XC racing)

Paragraph 3 was awarded 1 mark:

- ♦ “Nino Shurter, the current...do not hold you up” **1 mark** (importance of power at the start of the race)

Paragraph 4 was awarded 2 marks:

- ♦ “Approaches to improving...efficient and fast rider” **1 mark** (value of deadlifting as an approach)
- ♦ “The website also discusses...athletic movement” **1 mark** (value of squatting for cyclists)

Paragraph 5 was awarded 1 mark:

- ♦ “Core strength is important...combat the rocking” **1 mark** (importance of core strength in cycling efficiency)

Paragraph 6 was awarded 1 mark:

- ♦ “Core exercises are used...to avoid crashing.” **1 mark** (importance of active rest)

Note: No mark awarded for information at the end of the paragraph as no source was referenced.

Paragraphs 7 and 8 were awarded 1 mark:

- ♦ “Plyometrics is another...speed into your repertoire” **1 mark** (nature and value of plyometric training)

Paragraph 9 was awarded 1 mark:

- ♦ “Methods of increasing power...until you spin out” **1 mark** (nature and value of “on the bike efforts)

Paragraph 10 was awarded 1 mark:

- ♦ “Power is the combination...increasing maximum power.” **1 mark** (nature and value of cadence intervals)

**Stage 2b) – Analyse the findings from the review of sources to create a Personal Development Plan (10 marks)**

The candidate was awarded **7 marks** for each point of analysis of findings from their review which led to the creation of their PDP.

Paragraph 1 was awarded 1 mark:

- ♦ “Bell has given...course of a race.” **1 mark** (generic point about importance of power for overall success/ gaining distance at start, corner and climb)

Paragraph 2 was awarded 1 mark:

- ♦ “Redbull, Enduro Mtb and Short...I will use going forward.” **1 mark** (squats of specific benefit to cycling/stabilize joints/equipment available)

Paragraph 3 was awarded 1 mark:

- ♦ “The deadlift was also...corner or at the start.” **1 mark** (facilities available/build strength/improve hills)

Paragraph 4 was awarded 1 mark:

- ♦ “Plyometrics, mainly box jumps...fellow competitors in a race.” **1 mark** (develop explosive power/accelerate quicker/ equipment available)
- ♦ Paragraph 6 was awarded 2 marks:
- ♦ “Cycling Weekly states that...rest time in a race.” **1 mark** (each exercise specific to mountain biking / relevance of active rest)
- ♦ There is an element...overall race performance.” **1 mark** (development of point – impact of active rest on focus/similar to race)

Paragraph 7 was awarded 1 mark:

- ♦ “Over geared efforts...over geared efforts.” **1 mark** (recognition of additional method / how it can be incorporated during and after recovery from injury)

No further marks were awarded, as no connections were made between analytical points,

**Stage 2c) – Set and justify Personal Development Plan targets (5 marks)**

The candidate was awarded **4 marks**

**Candidate identified increasing maximum power and used three personal reasons to justify this main target.**

Paragraph 1 was awarded 1 mark:

- ♦ “One goal is...getting away from you.” **1 mark** (importance of power at the start of the race)

Paragraph 2 was awarded 1 mark:

- ♦ “Improving my maximum...rider behind me.” **1 mark** (importance of power to accelerate out of corners)

Paragraph 3 was awarded 1 mark:

- ♦ “Getting up steep...not able to do before.” **1 mark** (importance of power on steep climbs)

**Candidate identified a further target of increasing core strength and justified this choice.**

Paragraph 4 was awarded 1 mark:

- ♦ “Another goal...improved leg power.” **1 mark**

### Stage 3 – Implementing the Personal Development Plan (5 marks)

The candidate was awarded **5 marks**.

Note: The candidate provided a comprehensive record of implementation of a relevant PDP in their appendices. (A small extract is provided for your information).

The PDP was summarised in the main text and reference was made to the work located in the appendices.

PDP session **3 marks** (each session throughout a progressive 8-week programme was detailed and comprehensive)

Training comments and adaptations **2 marks** (the training diary included detailed comments and outlined how training was adapted)

### Stage 4a) – Analyse post-PDP data (8 marks)

The candidate was awarded **7 marks**

The candidate was awarded 6 marks analysis of post PDP data relevant to target set and the impact on their whole performance.

Paragraph 2 was awarded 1 mark:

- ◆ “After re-testing...pressure to our defence.” **1 mark** (Improve bench press/average category/absorb hit + drive tackle backwards)

Paragraph 3 was awarded 1 mark:

- ◆ “Another improvement I made...a try in a game.” **1 mark** (Improve overhead press/better tackle technique/bring opponent to ground)

Paragraph 4 was awarded 1 mark:

- ◆ “My deadlift improved...next day or two.” **1 mark** (Improve deadlift/strong tackle position/prevent injury)

Paragraph 5 was awarded 1 mark:

- ◆ “However, my squat...re-secure the ball.” **1 mark** (Ankle injury/lack of explosiveness in tackle/unable to secure ball)

Paragraph 6 was awarded 1 mark:

- ◆ “In my match analysis...lowering the chance of conceding a try.” **1 mark** (Improved tackle success rate/improved decision making/reducing number of missed tackles)

Paragraph 7 was awarded 1 mark:

- ◆ “In the same game...secure the ball.” **1 mark** (More dominant tackles/increased chance of turnover/boost confidence)

### Maximum marks for analysis of PDP data reached at this point.

A further mark was awarded for the analysis of the connection between increased confidence and other aspects of the whole performance.

Paragraph 7:

- ◆ “This in turn...reduce any spaces” **1 mark**

### **Stage 4b) – Evaluate the process of carrying out the Personal Development Plan (8 marks)**

The candidate was awarded **5 marks**.

Note: The candidate made reference to their PDP record in the appendices which provided evidence to support the evaluations made.

Paragraph 1 was awarded 1 mark:

- ♦ “Throughout my development...myself to improve.” **1 mark** (value of the training diary to ensure progression)

Paragraph 2 was awarded 1 mark:

- ♦ “For the weight sessions...chance of improvement.” **1 mark** (motivational value of training with a partner)

Paragraph 3 was awarded 1 mark:

- ♦ “An adaptation I made...during a tackle.” **1 mark** (value of including tackle bag in warm-up)

Paragraph 4 was awarded 1 mark:

- ♦ “Throughout my PDP...effective as possible.” **1 mark** (value of rest days)

Paragraph 5 was awarded 1 mark:

- ♦ “My weight sessions...in strength gains.” **1 mark** (effective structure of weight sessions)

### **Stage 4c) – Future Development Needs (6 marks)**

The candidate was awarded **5 marks**.

#### **Stage 4c) i)**

Paragraph 1 was awarded 1 mark for justification of the new development need of improving CRE (Note: further development would be required for an additional mark to be awarded).

- ♦ “My post PDP games...for my team.” **1 mark**

#### **Stage 4c) ii)**

Paragraph 2 was awarded 3 marks:

- ♦ “Improving my CRE...until the end” **1 mark** (impact of improved CRE on emotional factor -confidence)
- ♦ “Improving my CRE would also...both on and off the ball.” **1 mark** (impact of improved CRE on mental factor – decision-making)
- ♦ “This would mean...attacking players.” **1 mark** (development of point on mental factor)

Paragraph 3 was awarded 1 mark:

- ♦ “Finally, improving...to training and matches.” **1 mark** (impact of improved CRE on social factor – communication/positive team dynamics)