



## **General Certificate of Education**

# **Applied Science**

## **8771/8773/8776/8779**

**SC09      Sports Science**

# **Report on the Examination**

*2007 examination - June series*

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## General Comments – June 2007 Series

### The A2 Units – SC07, SC09, SC10, SC12, SC13, SC15 and SC16

The entry for the specification has continued to grow and centres have continued to successfully guide candidates to achieve, this first cohort for the A2 award has generated much high quality work from centres. Due credit should be given to both teachers and students in making every effort to meet the requirements of a new specification, producing portfolios, in many areas, of a commendable standard of content, approach and presentation. Centre administration overall has been good. However a number of centres were very late in sending initial documentation to moderators and in sending off requested samples. A number of centres failed to fully complete candidate record forms, missing candidate names and numbers makes recognition of work very difficult and leads to frustration and the potential for mis-allocation of marks.

### Unit 9 – Sports Science

Some outstanding work was seen from candidates preparing portfolios for this unit. Very good work was produced from candidates who were actively involved in sports and showed they really understood what they were doing.

Good portfolios showed the following features:

- A candidate and sport were clearly identified.
- A sensible 4-week programme of activities was devised that clearly targeted the areas of need identified for improvement in performance. (Some portfolios included programmes of activity that were insufficiently challenging, such as going for a 20 minute walk each day, or too challenging where up to 6 hours training was scheduled each day. Some training schedules appeared to have little connection with the requirements of the chosen sport).
- Sensible detailed or outline diet plans were included in the health and fitness programme. These plans were directly linked to the individual, the chosen sport and the fitness regime. Some candidates made very little reference to the role of diet in a healthy programme or suggested diets which were insufficiently nourishing or unrelated to the sport, person or fitness programme.
- Appropriate measurements of bodily physical features or capabilities were taken at the outset of the programme using accepted standard measures of fitness. Some also monitored progress throughout the 4-week programme being able to track progress.
- At the end of the programme the same measurements as at the outset were repeated to enable progress to be determined and appropriate calculations used to determine the change. (It is surprising that, in some portfolios, even when these before and after measurements were taken, the next step of actually calculating changes was not completed. In many cases candidates were so keen to state their programme had been effective that fractional improvements were taken as significant). It would appear that in the work produced from some centres, candidates developed heart rates that were far too high for safety. When such values are obtained, the functionality of the equipment should be checked, the validity of the readings established or the candidate should be referred to their GP for further investigation. To raise candidate's heart rates to exceptionally high levels over a sustained period is unsafe.
- Related to the above, moderators also had some concerns over the reliability of values, as well as some worryingly high heart rates. There were cases where readings which

would be expected to fall during a training programme, such as resting breathing rate - were observed to steadily rise, this being seen by candidates as an improvement.

- It was interesting that very few candidates made judgements on the capabilities of the chosen individual in the sport selected at the start and end of the programme, in addition to the measurements of physical capability. This was what the programme was meant to be for.
- Most candidates included background science to human performance. This showed a wide range of levels of understanding and knowledge.
- The effect of drugs, alcohol, etc. on performance was included by the majority of candidates.
- Sports injury and an occupation involving science and sport. These areas were covered by many candidates, often very well, especially where it was an actual injury that was reported from “real life”, supplemented by relevant research. Unfortunately many resorted to what appeared to be down-loaded information which had been altered little. This compromised some candidate’s marks in these two areas. Wayne Rooney, Michael Owen and David Beckham appeared in many portfolios!
- Many candidates included work on first aid but some did not relate it to the sports injury chosen. A discussion of immediate first aid applicable to the injury chosen is a requirement of the assessment objectives. In a small number of cases, the injury was too contrived in nature.

## **Mark Ranges and Award of Grades**

Grade boundaries and cumulative percentage grades are available on the [Results statistics](#) page of the AQA Website.