

Achievement Standard

Subject Reference	Physical Education 1.2		
Title	Demonstrate understanding of the function of the body as it relates to the performance of physical activity		
Level	1	Credits	5
		Assessment	Internal
Subfield	Health and Physical Education		
Domain	Physical Education		
Status	Registered	Status date	17 December 2010
Planned review date	31 December 2014	Date version published	8 February 2011

This achievement standard involves relating knowledge of basic body function to the performance of physical activity.

Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none"> Demonstrate understanding of the function of the body as it relates to the performance of physical activity. 	<ul style="list-style-type: none"> Demonstrate in-depth understanding of the function of the body as it relates to the performance of physical activity. 	<ul style="list-style-type: none"> Demonstrate comprehensive understanding of the function of the body as it relates to the performance of physical activity.

Explanatory Notes

- This achievement standard is derived from *The New Zealand Curriculum*, Learning Media, Ministry of Education, 2007. It is aligned with Level 6 Achievement Objective B3 (Science and technology) and the material in the *Teaching and Learning Guide for Physical Education*, Ministry of Education, 2010 at <http://seniorsecondary.tki.org.nz>. Assessment will be consistent with and reflect the underlying and interdependent concepts of the Health and Physical Education Learning Area; Hauora, socio-ecological perspective, health promotion, and attitudes and values. (*The New Zealand Curriculum*, Learning Media, Ministry of Education, 2007, p22.)
- Teachers must offer a choice of suitable large muscle locomotor-type physical activities so that students can relate the knowledge of the body function and the resulting movement/performance. The activities may include but are not limited to:
 - fitness
 - dance

- outdoor education
- adventure-based learning
- games
- team-based sport
- te ao kori
- aquatic activities
- leisure-based activities.

See further details in the curriculum statement

http://www.tki.org.nz/r/health/curriculum/statement/toc_e.php.

- 3 *Function of the body* involves how the human body works in relation to physical activity. This may include but is not limited to:
- basic functional anatomy eg anatomical movement, bones and muscles involved in the movement, agonists, antagonists
 - basic principles of biomechanics (depending on the context used) eg stability, force summation, levers
 - basic physiological responses to large muscle locomotor-type activities (depending on the context used) for example, acute and chronic response to training, energy systems.

Demonstrate understanding involves giving an account of, and/or giving details of, characteristics. For example, anatomical movement is considered a description of the way the joint moves.

Demonstrate in-depth understanding involves explaining how and why the function of the body is related to the performance of the physical activity.

Demonstrate comprehensive understanding involves depth and/or breadth of knowledge, including:

- the relationship between anatomical structure and the performance of a physical activity
 - the use of biomechanical principles to explain the performance of a physical activity
 - the relationship of physiological responses to the intensity of a physical activity.
- 4 Conditions of Assessment related to this achievement standard can be found at www.tki.org.nz/e/community/ncea/conditions-assessment.php.

Replacement Information

This achievement standard replaced unit standard 12540 and AS90068.

Quality Assurance

- 1 Providers and Industry Training Organisations must be accredited by NZQA before they can register credits from assessment against achievement standards.
- 2 Accredited providers and Industry Training Organisations assessing against achievement standards must engage with the moderation system that applies to those achievement standards.

Accreditation and Moderation Action Plan (AMAP) reference

0233