

**Performance Analysis: player/performer**  
**Physiological component**

Level	Marks	Description
	0	No rewardable material.
1	1–2	<ul style="list-style-type: none"> <li>Justification of the three most important components of fitness selected is weak and they are not relevant to the demands of the activity.</li> <li>Fitness tests are not selected and performed for each component of fitness and justification for each based upon the validity and reliability of the test is weak.</li> <li>Interpretation of quantitative data for each component of fitness is incomplete, has errors and demonstrates a weak level of understanding.</li> <li>Priorities for training and future development are not fully identified and analysis of test results is basic.</li> </ul>
2	3–4	<ul style="list-style-type: none"> <li>The three most important components of fitness selected are not fully justified and not all are relevant to the demands of the activity.</li> <li>Fitness tests are selected and performed for each component of fitness but each is only partially justified based on the validity and reliability of the test.</li> <li>Interpretation of quantitative data for each component of fitness has errors and demonstrates a limited level of understanding.</li> <li>Identification of priorities for training and future development based on an analysis of test results.</li> </ul>
3	5–6	<ul style="list-style-type: none"> <li>The three most important components of fitness selected are justified and relevant to the demands of the activity.</li> <li>Fitness tests are selected and performed for each component of fitness and each is justified based upon the validity and reliability of the test.</li> <li>Correct interpretation of quantitative data for each component of fitness demonstrates a good level of understanding.</li> <li>Correct identification of priorities for training and future development based on a good analysis of test results.</li> </ul>
4	7–8	<ul style="list-style-type: none"> <li>Selection of the three most important components of fitness are substantially justified and fully relevant to the demands of the activity.</li> <li>An appropriate fitness test is selected and performed for each component of fitness and each is substantially justified based on the validity and reliability of the test.</li> <li>Correct interpretation of quantitative data for each component of fitness demonstrates a very good level of understanding.</li> <li>Correct identification of priorities for training and future development based on very good analysis of test results.</li> </ul>
5	9–10	<ul style="list-style-type: none"> <li>Selection of the three most important components of fitness are fully justified based on the demands of the activity.</li> <li>An appropriate fitness test is selected and performed for each component of fitness and each is fully justified based on the validity and reliability of the test.</li> <li>Correct interpretation of quantitative data for each component of fitness demonstrates a high level of understanding.</li> <li>Correct identification of priorities for training and future development based on a highly structured analysis of test results.</li> </ul>