

# A Guide To The 8 Mark Question

**Evaluate** how appropriate it would be for a **rugby player** to use a mixture of **interval training** and **weight training**  
(8)

ASK YOURSELF

“WHAT IS THE COMMAND WORD?”

“WHAT EXACTLY DOES THE EXAMINER WANT ME TO TALK ABOUT?”

## A01 – Knowledge

What is Interval Training?

What is Weight Training?

## A02 - Application

In rugby why would interval training be used?

In rugby why would weight training be used?

## A03 - Analyse

Method Of Training	PROS For Rugby	CONS For Rugby
Interval Training		
Weight Training		

Conclude with application, evaluation and justification

# A Guide to answering 8 Mark Questions

With reference to a named sporting activity, **outline** what **plyometric** and **fartlek** training are, and **justify** why they are both relevant to performers in that activity. (8)

ASK YOURSELF

“WHAT IS THE COMMAND WORD?”

“WHAT EXACTLY DOES THE EXAMINER WANT ME TO TALK ABOUT?”

## A01 – Knowledge

What is Plyometric Training?

What is Fartlek Training?

## A02 - Application

In ... why would plyometric training be used?

In ... would fartlek training be used?

## A03 - Analyse

Method Of Training	PROS For .....	CONS For .....
Plyometric Training		
Fartlek Training		

Conclude with application, evaluation and justification

# A Guide to answering 8 Mark Questions

Evaluate the use of continuous training and plyometric training to improve performance in cycling.(8)

ASK YOURSELF

“WHAT IS THE COMMAND WORD?”

“WHAT EXACTLY DOES THE EXAMINER WANT ME TO TALK ABOUT?”

## A01 – Knowledge

What is Continuous Training?

What is Plyometric Training?

## A02 - Application

In ..... why would continuous training be used?

In ..... why would plyometric training be used?

## A03 - Analyse

Method Of Training	PROS For Cycling	CONS For Cycling
Plyometric Training		
Fartlek Training		

Conclude with application, evaluation and justification

# A Guide to answering 8 Mark Questions

**Discuss** how a **long distance** runner may alter their **diet** in order to improve performance. (8)

ASK YOURSELF

“WHAT IS THE COMMAND WORD?”

“WHAT EXACTLY DOES THE EXAMINER WANT ME TO TALK ABOUT?”

## AO1 – Knowledge

What food supplies the body with energy?

What type of event is a long distance run?

## AO2 – Application

Why would certain food groups be ideal for a long distance runner?

## AO3 - Analyse

Type Of Diet	PROS For Runner	Cons For Runner
Example		
Example		

Conclude with application, evaluation and justification

# A Guide to answering 8 Mark Questions

**Discuss** the effect **mental preparation** has on the **performance** of a **batter** in cricket. (8)

ASK YOURSELF

“WHAT IS THE COMMAND WORD?”

“WHAT EXACTLY DOES THE EXAMINER WANT ME TO TALK ABOUT?”

## AO1 – Knowledge

What are the types of mental preparation?

What are the types of effects of mental preparation?

## AO2 – Application

Why would certain mental preparation techniques be ideal for a batter?

## AO3 - Analyse

Type Of Mental Preparation	PROS For Performance	Cons For Performance
Example		
Example		

Conclude with application, evaluation and justification

# A Guide to answering 8 Mark Questions

Assess the relative importance of agility, flexibility and power for a Badminton player(8)

ASK YOURSELF

“WHAT IS THE COMMAND WORD?”

“WHAT EXACTLY DOES THE EXAMINER WANT ME TO TALK ABOUT?”

## A01 – Knowledge

What is agility, flexibility and power?  
Define them.

## A02 – Application

Explain why these components of fitness are important to a Badminton Player

## A03 - Analyse

Which components of fitness are the most important ?	PROS For Badminton	Cons For Badminton
Example		
Example		

Conclude with application, evaluation and justification