

## National Unit Specification: General Information

<b>UNIT</b>	Sporting Activity - Nordic Skiing (Advanced Higher)
<b>NUMBER</b>	D708 13
<b>COURSE</b>	This is a free-standing unit that may be used as part of a Scottish Group Award or be associated with programmes of study in schools, colleges of further education or other centres.

### SUMMARY

On successful completion of this unit, the candidate will be able to refine performance skilfully in increasingly demanding contexts, critically review the development of the sporting activity from historical and contemporary perspectives and research both fitness preparation for performance and the nature and quality of skilful performance in the sporting activity.

### OUTCOMES

- 1 Refine performance in the sporting activity in increasingly demanding contexts.
- 2 Research the development of the sporting activity from historical and contemporary perspectives.
- 3 Research fitness preparation for performance in the sporting activity.
- 4 Research skilful performance with regard to the nature and quality of overall effectiveness in the sporting activity.

### RECOMMENDED ENTRY

While entry is at the discretion of the centre, candidates would find it advantageous to have attained one or more of the following:

- D708 12 Sporting Activity - Nordic Skiing (Higher)
- A unit, units or course in Physical Education at Higher
- Other relevant prior experience in physical education, including experience gained outwith certificated courses.

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## Administrative Information

<b>Superclass:</b>	MF
<b>Publication date:</b>	December 1998
<b>Source:</b>	Scottish Qualifications Authority
<b>Version:</b>	01

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**CREDIT VALUE**

1 Credit at Advanced Higher.

**CORE SKILLS**

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, 1999).

## **National unit specification: statement of standards**

**UNIT**            Sporting Activity - Nordic Skiing (Advanced Higher)

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

### **OUTCOME 1**

Refine performance in the sporting activity in increasingly demanding contexts.

#### **Performance Criteria**

- a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.
- b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.
- c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.

#### **Evidence Requirements**

Evidence should be generated through candidate's active participation that satisfies the three performance criteria.

The tutor should record evidence of performance, for example through a marked checklist or brief explanatory comment.

The tutor should record for performance criterion (a) the essential elements that are required in a minimum of six relevant techniques. The tutor should record for performance criteria (b) and (c) the decisions in context and application of control and fluency that are required for refining performance in increasingly demanding contexts.

### **OUTCOME 2**

Research the development of the sporting activity from historical and contemporary perspectives.

#### **Performance Criteria**

- a) Discuss relevant historical perspectives in the development of the sporting activity.
- b) Discuss relevant contemporary perspectives in the development of the sporting activity.

#### **Note on range for the outcome**

Historical: origins; the development of relevant rules/procedures.

Contemporary: adapting to current rules/procedures; applying relevant strategies.

## **National unit specification: statement of standards (cont)**

**UNIT**                      Sporting Activity - Nordic Skiing (Advanced Higher)

### **Evidence Requirements**

Evidence which satisfies both performance criteria. It is most likely to be oral or written evidence. Other relevant media may be used to complement this evidence, for example videotape or computer data. The evidence required will show, through extended discussion, a focus on the historical and contemporary development of the sporting activity with clarity of thought and expression throughout. Relevant sources of information should be used to support discussion points.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

### **OUTCOME 3**

Research fitness preparation for performance in the sporting activity.

#### **Performance Criteria**

- a) Discuss the specific needs for performance preparation in the sporting activity.
- b) Discuss appropriate forms of training programmes for performance preparation in the sporting activity.
- c) Discuss the relative importance of managing personal performance.
- d) Discuss relevant ways in which preparation for performance can be evaluated.

#### **Note on range for the outcome**

Specific needs: personal; activity.

Managing personal performance: setting short term goals; setting long term goals.

Evaluation: monitoring performance; using specific performance evidence for evaluation.

### **Evidence Requirements**

Evidence which satisfies all performance criteria. It is most likely to be oral or written evidence. Other relevant media may be used to complement this evidence, for example videotape or computer data. The evidence required will show, through extended discussion, a focus on preparation for performance in the sporting activity with clarity of thought and expression throughout. Relevant sources of information should be used to support discussion points.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

## **National unit specification: statement of standards (cont)**

**UNIT**                      Sporting Activity - Nordic Skiing (Advanced Higher)

### **OUTCOME 4**

Research skilful performance with regard to the nature and quality of overall effectiveness in the sporting activity.

#### **Performance Criteria**

- a)        Discuss specific needs for performance in the sporting activity.
- b)        Discuss the role of model performers in understanding quality performance.
- c)        Discuss the role of different influential factors in the development of skilful performance in the sporting activity.
- d)        Evaluate own performance with regard to its overall nature and quality in the selected sporting activity.

#### **Note on range for the outcome**

Specific needs: personal; activity.

Model performers: uses in evaluating personal style; uses in establishing training priorities.

Influential factors: feedback; motivation; confidence; concentration; decision making.

#### **Evidence Requirements**

Evidence which satisfies all performance criteria. It is most likely to be oral or written evidence. Other relevant media may be used to complement this evidence, for example videotape or computer data. The evidence required will show, through extended discussion, a focus on the nature and quality of skilful performance in the sporting activity with clarity of thought and expression throughout. Relevant sources of information should be used to support discussion points.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

## **National unit specification: support notes**

**UNIT**                      Sporting Activity - Nordic Skiing (Advanced Higher)

This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

### **GUIDANCE ON CONTENT AND CONTEXT**

Candidates will refine their performance skilfully in increasingly demanding contexts in a single activity. Consideration should be given to candidate's interest, motivation and expertise and the centre's available facilities and resources. The research of performance from historical and contemporary perspectives, and the research of skilful performance with regard to the nature and quality of performance may take place in a variety of contexts. In particular the research of the activity from historical and contemporary perspectives may require additional research methods to be introduced in addition to practical contexts.

This unit refers to the term 'skill' as being able to be performed or applied. Techniques are demonstrated within performance contexts. Hence in outcome 1 the term used is 'perform skilfully' whilst the performance criteria refers 'techniques appropriate to this level'.

The notion of 'refining performance' is crucial to improvement at this level. Candidates in the majority of sporting activities will be refining existing techniques rather than being introduced to new techniques in their progress towards performing skilfully and consistently.

### **GUIDANCE ON TEACHING AND LEARNING APPROACHES**

Candidates should learn in familiar contexts which provide opportunities to work individually, with a partner and in groups when practising techniques that are relevant to refining performance in increasingly demanding contexts. Candidates should be provided with accurate and appropriate feedback that is relevant to their development. Regular practice opportunities should be provided in order to refine technique and improve performance standards.

The tutor should involve candidates in a range of contexts that are relevant to developing an activity specific understanding of refining performance in increasingly demanding contexts. The research of performance from historical and contemporary perspectives, the research of preparation for performance and the research of skilful performance with regard to the nature and quality of performance may require a range of different methodologies are appropriate to each candidate. The breadth of possible approaches for collection, interpretation and detailed discussion of relevant information should be encouraged. The research of the activity from historical and contemporary perspectives may require additional research methods to be introduced in addition to practical contexts. Researching preparation for performance in the sporting activity will require a discussion of many influential factors that affect body preparation. However the necessary discussion will not require the lengthy completion of a training programme, which is covered under outcome 3 of Sporting Activity (Higher). A personal evaluation of skilful performance with regard to the nature and quality of overall effectiveness in the sporting activity is required though at outcome 4.

## **National unit specification: support notes (cont)**

**UNIT**            Sporting Activity - Nordic Skiing (Advanced Higher)

### **GUIDANCE ON APPROACHES TO ASSESSMENT**

Candidates should demonstrate their competence in practical situations and should be assessed when they are ready. Opportunities for re-assessment are available throughout this unit. Evidence for assessment should arise naturally from the range of tutor-led situations in which candidates are engaged, and should be recorded by the tutor as appropriate. Sufficient evidence requires to be provided to indicate that all outcomes and performance criteria have been met within any range specified. While a variety of assessment instruments is available, the tutor is encouraged to adopt an integrated approach to assessment in the unit.

### **SPECIAL NEEDS**

This unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative outcomes for units. For information on these, please refer to the SQA document *Guidance on Special Assessment and Certification Arrangements* (SQA, 1998).