



Advanced Higher Physical Education

Writing the Project Report – Advice for candidates

You are required to complete a project report that integrates and further develops the work undertaken during the completion of the *Performance, Perspectives on Performance Development and Analysis and Development of Performance Units*.

The project report should have a performance-led focus which is relevant to your chosen activity and performance goals. A significant development need should be identified and a detailed analysis of performance undertaken.

This work must relate to a "Perspectives on Performance" area. These areas are:

- Performance Appreciation
- Preparation of the Body
- Skills and Techniques
- Structures, Strategies and Composition.

A minimum of two key concepts from a minimum of one perspectives area should be addressed during this research. Further information on the areas and their key concepts is provided in Appendix 4 of the Arrangements documents.

The sequence of sections, and the marks allocated to each section is given in the table below:

MARK RELATED CRITERIA	MARKS
1. Rationale and Project Proposal	12
2. Research	17
3. Interpretation and Discussion	17
4. Application to Performance Development	12
5. Evaluation	12
TOTAL	70

1. Rationale and Project Proposal (12 marks)

Refer to your *Analysis and Development of Performance* NABs; Learning Outcome 1(a) and 1(b) and *Perspectives on Performance Development* NAB; Learning Outcome 1(a).

You may find it easier to separate the Rationale and Project Proposal into two separate areas.

Rationale

This is sub-divided into three areas:

1. *Nature of the activity*
2. *Demands of the activity*
3. *Quality performance in the activity*

In this section you are 'scene setting'. As you extend your writing in each of these three areas, the reader gets a clear impression of your ability to write logically. The areas do not need to be headed but integrated into the body of text.

Rationale (Part 1)

Refer to your *Analysis and Development of Performance* NAB; Learning Outcome 1(a) and 1(b).

1. *Nature of the activity*

Outline the performance environment and specific features of performance in your activity ie purpose of the activity, indoor/outdoor or both, roles, rules etc.

2. *Demands of the activity*

Outline the applicable; technical, physical, mental and strategic demands of your activity, including reference to your specific strengths and weaknesses, for example, *technically I have real strengths here, I have wide range of techniques and skilfully execute them at the appropriate time ... my ability to maintain pace and focus is a targeted weakness...*

3. *Quality performance in the activity*

Reflect on your own performance requirements and summarise the activity/role, specific; physical, technical, mental, special and tactical qualities required for an effective performance.

Rationale (Part 2)

Refer to your *Perspectives on Performance Development NAB*; Learning Outcome 1 (a)(i) and (ii).

Summarise the Rationale with your Project Proposal

Offer a brief assumption of your intent. Emphasise the 'critical limiting' factor affecting your performance and indicate your plan of action.

State the Key Concepts and Key Features which your report is based upon. This will convince the reader why they are relevant to the project proposal and give a clear impression of your ability to write analytically.

2. Research (17 marks)

By including a wide range of research you can access high marks. This will allow you to offer a meaningful interpretation and discussion. You will do this by convincing the reader of your ability to demonstrate high levels of analytical and critical thinking.

You must provide both primary and secondary research; importantly this should be referenced in the appendices and referred to throughout your report.

Primary Research

Refer to your *Analysis and Development of Performance NAB*; Learning Outcome 2 (a).

Discuss the methods you used to gather information on your performance (initial/focussed). It is crucial you address validity and reliability issues. Some things to consider:

- Make reference to any research which influenced your decisions regarding the design/structure of a tool of analysis selected.

- Make reference to the practical purposes, for example; ease of use, replication, and comparison against norms, used in previous studies.

Here you are trying to justify your reasons for selecting a specific tool of analysis, you must convince the reader of the reliable, accurate and detailed information they will provide with regards to your development need(s). This gives the reader a clear impression of your ability to write both logically and critically.

Secondary Research

Refer to your *Perspectives on Performance Development* NAB; Learning Outcomes 2(a) and (b)(i).

Make reference to relevant appendices and discuss the most relevant information you have found from your research literature. Combine this research and emphasise how important the findings are to your activity/role/training considerations/proposal. Establish patterns within the research. Bring common points together in a logical and structured manner. Draw conclusions based on the research findings and make sure your own thoughts/opinions are included. The importance of any findings which validate your proposal must be clearly highlighted. Remember, it is also crucial to discuss conflicting viewpoints that have been discovered in the secondary research. This will provide the reader with a true account of all the information that is available regarding your proposal. The real skill is then convincing the reader why you have disregarded information. This requires real critical, high level thinking.

3. Interpretation and Discussion (17 marks)

Refer to your *Analysis and Development of Performance* NAB; Learning Outcome 2(b) and 3(a) and your *Perspectives on Performance Development* NAB; Learning Outcome 3.

By offering a meaningful interpretation and discussion you can access high marks. You will do this by convincing the reader of your ability to demonstrate high levels of analytical and critical thinking.

Points to consider:

- Provide a full interpretation of performance strengths and weaknesses as a result of your primary research analysis. Obvious strengths and development needs must be identified. Initial discussion should clearly highlight impact on whole performance.
- Offer a comparative analysis of your primary research data. This must include; pre/during/post training results ie the monitoring process should be highlighted.
- Secondary research sources should be used to support patterns established within the primary research data as well as supporting decisions regarding training programme content/structure and impact on whole performance.
- When discussing your data and drawing conclusions on the results you have found you must provide personal reasons, opinions and reflect on why significant improvements/slight improvements/no improvements have been made.

4. Application to Performance Development (12 marks)

Refer to your *Perspectives on Performance Development* NAB; Learning Outcome 2 (b) (ii).

This is where you get a real opportunity to demonstrate how your newly acquired knowledge has impacted on your thinking.

Re-examine the proposal based on what you have discovered in the research.

This can be done by considering if the research information has:

1. changed/modified your thinking with regards to your proposal/role/activity.
2. confirmed/altered your initial thoughts on how your whole performance would be affected.
3. enhanced your knowledge in your chosen proposal. What new information have you learned that has given you a deeper understanding of your proposal?

4. other research been available you have not yet included in the project that could further enhance research findings already discussed. Has this enabled you to develop an even greater understanding?

Secondary research sources should be used effectively to support your argument.

Some questions you may wish to consider when exploring the four points from above:

- What were your initial thoughts on your proposal? What did you know then and what do you know now? Is the area much more complex than you initially thought?
- What new information have you learned from the research? What information was particularly surprising? What information was most useful? This information can be wide ranging. It could be connected with your proposal/training considerations or recommendations/performance within your specific role.
- Has your behaviour changed as a result of the research? For example, is your approach pre or post match different? Is your approach to training/performing different? If so, has your performance benefited?
- Has your thoughts or opinions on elite performance changed or altered in any way as a result of the research?
- Has the research made you think about how top performances can be affected by so many variables? Your proposal being one. Do you admire performers in your activity more as a result of the research? Justify.

Secondary sources must be used to support any arguments.

You may find that some of your research already included in the project will be used again; however, the key is to make sure you prioritise and select the most relevant, ensuring new/different research is included to further support your argument.

5. Evaluation (12 marks)

Refer to your *Analysis and Development of Performance* NAB; Learning Outcome 3. In this final section you must convince the reader about your performance and future development.

By summarising the main points and offering a personal reflection on the process you will be demonstrating your logical and critical thinking skills.

You could consider the following methods depending on your style of writing and clarity:

Method One

Focus on three areas. This involves a summarised debate with the reader which includes your evaluation about:

1. the process
2. your performance development
3. your future development

You will find that you repeat some previous statements but it is crucial this is in summary format.

1. Evaluation of the process

You must provide a review of the reasons and benefits of following a structured process of analysis and development of performance. Refer to the benefits of the areas you enjoyed, as well as any problems you encountered.

Consider the whole process; the challenge faced when researching, monitoring methods of training or practice etc. When discussing the whole process you must reflect on what has/hasn't worked? For example, would you do anything different if you started the process again? What have you learned from the process? Evaluate your findings.

2. Evaluation of Performance Development

Justify how your whole performance has been affected. At this stage you want to confirm or disprove your proposal and justify why you have arrived at this conclusion.

3. Evaluation of future development

Are you likely to continue or not with the programme? Justify this. Is there any other pressing issues linked to your performance that you feel need to be addressed. What skills for life/work have you improved? Will this process benefit you during college/university/work and if so why? How will the skills you have developed during this process be put to good use? Finally, are you proud of what you have accomplished and have you enjoyed the process?

Method Two

This involves a dialogue with the reader where you pose yourself questions and either confirm or disprove the questions posed. Some questions you may want to consider when summarising are:

- Have I confirmed or disproved my original hypothesis/project proposal?
- Was I secure in the decisions that I made about my performance development?
- Did I manage to make my training or skill development programme relevant/realistic/challenging?
- Am I more informed as a result of the knowledge gained?
- How could I ensure future performance development?

As you challenge your opinion and answer each question you are providing the reader with a real impression about your reflection and critical thinking.

Finally

Have one final edit check before handing your report in. Now - congratulate yourself on a job well done!