
Assessment task notification

Course	Health and Movement Science
Year	Year 12 2026
Task number	Assessment Task 2
Notification date	Term 1 Week 6 - Tuesday 4 th March 2026
Task type	Research assignment and reflection
Method of issue	Hardcopy from class teacher
Due date and time	Term 1 Week 9 - Wednesday 25 th March 2026
Weighting	25%
Generative AI usage	Generative AI tools are not to be used in the completion of this assessment task.

Task description

For this assessment task, you will take on the role of a sports trainer, physiotherapist or sports medicine professional working with your injured athlete.

You may refer to the **Depth Study – Sports Medicine** booklet and conduct further independent research as you complete the task. You will investigate a significant injury that occurs in your chosen sport and analyse how your injured athlete’s condition should be assessed, rehabilitated and managed to ensure a safe return to play.

On the due date, you will submit your completed task. Your responses should demonstrate your understanding of injury management, from occurrence through to return to competition.

You may use the scaffold provided at the end of this document if you choose to.

Section 1: classification, assessment and injury management

(5 marks)

You will:

- explain how your athlete's injury occurred
- classify the injury using correct sports medicine terminology
- analyse assessment procedures used to diagnose the injury
- describe the management procedures appropriate for your chosen injury.

Section 2: Rehabilitation process

(10 marks)

You will:

- analyse the stages of rehabilitation
- propose and explain appropriate rehabilitation strategies for your athlete
- provide a timeline that shows the anticipated progression of your athlete as they follow your proposed rehabilitation process.

Section 3: Return to play considerations

(10 marks)

Your chosen athlete is recovering from their injury and wants to return to competition before finals.

You will demonstrate the appropriate use of return to play procedures in determining whether this athlete should return.

- analyse criteria used to determine readiness for return to play
- assess risks of premature return for your athlete
- justify return-to-play decisions for your injured athlete.

Outcomes assessed

HM-12-04	investigates factors that impact movement and performance
HM-12-06	analysis: critically analyses the relationships and implications of health and movement concepts
HM-12-07	communication: communicates health and movement concepts using modes appropriate to a range of audiences and contexts
HM-12-10	research: analyses a range of sources to make conclusions and judgements about health and movement concepts

Marking guidelines

You will be assessed on how well you:

- demonstrate knowledge and understanding of syllabus concepts
- apply specific syllabus terminology
- use relevant and specific examples to convey understanding and support statements
- present logical, coherent, and well-structured written responses.
- demonstrate relevant research skills to provide support for arguments

Please see the marking guidelines at the end of this notification for further detail.

Assessment components and weightings

Knowledge and understanding of course content.	5%
Skills in analysis, communication, creative thinking, problem-solving and research.	20%

Feedback provided

Your teacher will provide feedback throughout the process to outline strengths and areas for improvement.

They will provide further feedback after your task has been marked, outlining strengths and areas for improvement to build on your knowledge, understanding and skills for future learning.

Marking guidelines

Section 1: classification, assessment and injury management (5 marks)

Marks	Marking criteria:
5	<ul style="list-style-type: none">• draws out the implications of the assessment procedures for the chosen sports injury and the athlete.• makes evident the relationship between how the injury occurred (the cause) and the type of injury (the effect)• provides all key characteristics and features of the relevant management procedures the injury (soft or hard tissue management)• provides relevant explicit examples of the chosen athlete's injury from the Sports Medicine Depth Study and from research.• uses relevant sports medicine terminology.
4	<ul style="list-style-type: none">• makes evident the relationship between assessment procedures for the chosen sports injury and the athlete.• makes evident the relationship between how the injury occurred (the cause) and the type of injury (the effect)• provides key characteristics and features of the management procedures of sports injuries (soft or hard tissue management)• provides relevant examples that refer to their chosen athlete's injury from the Sports Medicine Depth Study• uses relevant sports medicine terminology.

Marks	Marking criteria:
3	<ul style="list-style-type: none"> • provides some characteristics of an assessment procedure for chosen sports injury and the athlete. • provides clear characteristics and features of how the athlete's injury occurred and the type of injury (tissue and type) • provides some characteristics of the management procedures of sports injury • uses examples that refers to your chosen athlete's injury from the Sports Medicine Depth Study. • uses some sports medicine terminology.
2	<ul style="list-style-type: none"> • sketches in general terms the assessment of an injury • sketches the athlete's injury in general terms and the injury classification (tissue and type) • sketches a management procedure of a sports injury • includes examples
1	<ul style="list-style-type: none"> • provides some relevant information on classification, assessment or management of injury.

Section 2: Rehabilitation process (10 marks)

Marks	Marking Criteria
9 - 10	<ul style="list-style-type: none">• demonstrates a comprehensive understanding of rehabilitation procedures• makes evident the implications of each stage of rehabilitation• provides evidence to support reasons for suitable rehabilitation strategies by demonstrating the relationship between the strategies and rehabilitation• provides a clear and accurate timeline that illustrates the progression through the rehabilitation process• communicates ideas in a clear and logical manner• uses relevant explicit examples to support the answer for your chosen sports injury and athlete
7 - 8	<ul style="list-style-type: none">• demonstrates a clear understanding of rehabilitation procedures• makes evident the implications of the stages of rehabilitation• provides reasons for suitable rehabilitation strategies by demonstrating the relationship between the strategies and the injury rehabilitation• provides a timeline that illustrates the progression through the rehabilitation process.• communicates ideas in a clear and logical manner• uses relevant examples to support the answer for your chosen sports injury and athlete

Marks	Marking Criteria
5 - 6	<ul style="list-style-type: none"> • demonstrates some understanding of rehabilitation procedures • provides key characteristics and features of the stages of rehabilitation • provides reasons for suitable rehabilitation strategies • provides a timeline that illustrates the progression through the rehabilitation process. • uses a relevant example to support the answer for your chosen sports injury and athlete
3 - 4	<ul style="list-style-type: none"> • sketches in general terms the stages of rehabilitation • identifies suitable rehabilitation strategies • provides a timeline that illustrates the rehabilitation process. • uses an example to support the answer
1 - 2	<ul style="list-style-type: none"> • provides some relevant information about sports injury rehabilitation with reference to the case study

Section 3: Return to play considerations (10 marks)

Marks	Marking criteria
9 - 10	<ul style="list-style-type: none">• extensive knowledge and understanding of return to play procedures.• provides clear and well-reasoned judgement/s on whether the athlete should return to play.• shows cause and effect and impact of return to play procedures on the athlete.• presents a logical and cohesive response.• illustrates answers with a range of relevant examples and evidence that support the judgement.
7 - 8	<ul style="list-style-type: none">• thorough knowledge and understanding of return to play procedures.• shows cause and effect and/or impact of return to play procedures on the athlete.• provides characteristics and features on return to play procedures on the athlete.• presents a logical response.• illustrates answers with relevant examples.
5 - 6	<ul style="list-style-type: none">• sound knowledge and understanding of return to play procedure/s.• provides characteristics and features on return to play procedure/s on the athlete.• includes relevant example/s.
3 - 4	<ul style="list-style-type: none">• basic knowledge and understanding of return to play procedure/s.• outlines in general terms on return to play procedure/s on the athlete.• includes an example.
1 - 2	<ul style="list-style-type: none">• limited knowledge and understanding of return to play policies and procedures.• sketches in general terms return to play.

