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School code

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School name

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Given name/s

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Family name

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Attach your
barcode ID label here

Book

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of

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books used

External assessment 2025

Question and response book

Physical Education

Time allowed

- Perusal time — 15 minutes
- Working time — 120 minutes

General instructions

- Answer all questions in this question and response book.
- Planning paper will not be marked.

Section 1 (10 marks)

- 10 multiple choice questions

Section 2 (28 marks)

- 3 short response questions

Section 3 (17 marks)

- 1 extended response question





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Section 1

Instructions

- This section has 10 questions and is worth 10 marks.
- Use a 2B pencil to fill in the A, B, C or D answer bubble completely.
- Choose the best answer for Questions 1–10.
- If you change your mind or make a mistake, use an eraser to remove your response and fill in the new answer bubble completely.

	A	B	C	D
Example:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	A	B	C	D
1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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9.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Ensure you have filled an answer bubble for each question.

Do not write outside this box.

Section 2

Instructions

- Write using black or blue pen.
 - If you need more space for a response, use the additional pages at the back of this book.
 - On the additional pages, write the question number you are responding to.
 - Cancel any incorrect response by ruling a single diagonal line through your work.
 - Write the page number of your alternative/additional response, i.e. See page ...
 - If you do not do this, your original response will be marked.
 - This section has three questions and is worth 28 marks.
-

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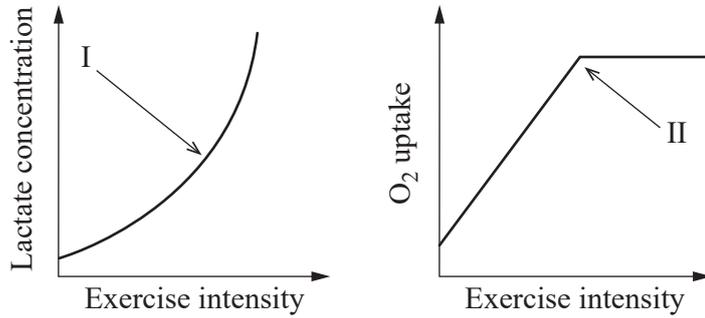
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QUESTION 11 (6 marks)

a) Identify the physiological response occurring at I and II.

[2 marks]



I: _____

II: _____

b) Explain how each concept enhances performance.

[4 marks]

I: _____

II: _____

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QUESTION 12 (10 marks)

An athlete has tracked their heart rate and individual kilometre split times on a 10-km run, as shown in the tables.

Km	Kilometre split time	Heart rate (BPM)
1	5 minutes, 30 seconds	138
2	5 minutes, 45 seconds	135
3	6 minutes, 21 seconds	174
4	5 minutes, 54 seconds	162
5	6 minutes, 11 seconds	158
6	5 minutes, 51 seconds	166
7	5 minutes, 6 seconds	178
8	5 minutes, 9 seconds	176
9	4 minutes, 58 seconds	180
10	6 minutes, 3 seconds	161

Heart rate range (BPM)	% of maximum heart rate (MHR)
103–121	51–60
122–142	61–70
143–162	71–80
163–182	81–90
183–202	91–100

- a) Identify the two most prominent energy systems used during the 10-km run, using evidence from the two tables.

[4 marks]

1: _____

2: _____

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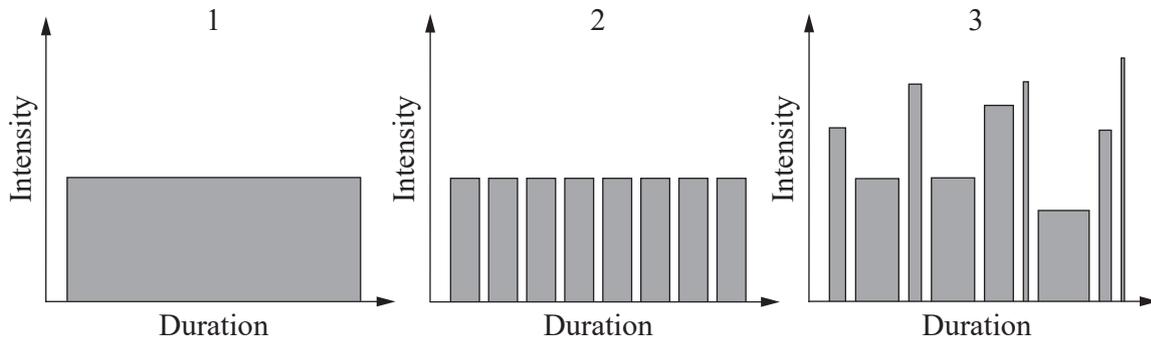
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QUESTION 13 (12 marks)

a) Identify the three training methods shown in the graphs.

[3 marks]



1: _____

2: _____

3: _____

b) Match each training method in Question 13a) to the physical activity for which it is the most suitable for enhancing performance. Provide an example of how the selected training method could be applied.

[9 marks]

Long-distance pool swimming: _____

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Road cycling: _____

Cross-country running: _____

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Section 3

Instructions

- Respond in paragraphs consisting of full sentences.
- Respond in 400 words or more.
- This section has one question and is worth 17 marks.

QUESTION 14 (17 marks)

A game performance assessment instrument (GPAI) was used to identify the number of times movements were completed by athlete A (table 1). Using this information, the coach devised a conditioning phase training session to optimise athlete A's future performance (table 2).

Table 1: GPAI of athlete A

Movement	Average duration of movement (seconds)	Repetitions
walking/jogging	5–15	30
maximum efforts followed by a period of rest	2	21
direction changes at speed	< 1	26
consecutive maximum-intensity sprints (5–10 m)	6	32
jumping movements	< 1	22

Table 2: Training session for athlete A

Set 1	Resistance training	3 × 8 jump squats 3 × 8 push-ups 3 × 8 sit-ups 90–100% MHR* 1:4 W:R**
Set 2	Plyometric training	4 × 6 box jumps 90–100% MHR 1:4 W:R
Set 3	Continuous training	1 × 15-minute jog 60–70% MHR
Set 4	Interval training	3 × 10 40 m straight-line sprints 90–100% MHR 1:4 W:R

* MHR: maximum heart rate; ** W:R work:rest

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