**NZQA**

**Approved**

Achievement standard: 91331 Version 2

Standard title: Examine the significance for self, others and society of a sporting event, a physical activity, or a festival

Level: 2

Credits: 4

Resource title: Pilates or yoga

Resource reference: Physical Education VP-2.5 v2

Vocational pathway: Services Industries

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| Quality assurance status | These materials have been quality assured by NZQA. NZQA Approved number A-A-02-2015-91331-02-8203 |
| Authenticity of evidence | Assessors/educators must manage authenticity for any assessment from a public source, because learners may have access to the assessment schedule or exemplar material.Using this assessment resource without modification may mean that learners’ work is not authentic. Assessors/ educators may need to change figures, measurements or data sources or set a different context or topic to be investigated or a different text to read or perform. |

Vocational Pathway Assessment Resource

Achievement standard: 91331

Standard title: Examine the significance for self, others and society of a sporting event, a physical activity, or a festival

Level: 2

Credits: 4

Resource title: Pilates or yoga

Resource reference: Physical Education VP-2.5 v2

Vocational pathway: Services Industries

Learner instructions

# Introduction

This assessment activity requires you to examine how and why pilates or yoga is significant, with reference to relevant sociological factors and issues for self, others and society, and to prepare a presentation (seminar or talk).

You are going to be assessed on how critically you examine the interrelationship between relevant sociological factors and the significance of pilates or yoga for yourself, others and society.

The following instructions provide you with a way to structure your work so you can demonstrate what you have learnt and achieve success in this standard.

Assessor/educator note: It is expected that the assessor/educator will read the learner instructions and modify them if necessary to suit their learners.

# Task

## Gathering perspectives

Participate personally in pilates or yoga classes and draw on this experience to support your examination of the significance of pilates or yoga for yourself, others and society. Significance for self, others and society refers to sociological factors including: societal, political, economic, environmental, ethical, cultural, and historical. Others may include: friend, family, whānau. Society may include: community, hapu, iwi, region, nation, global society.

Seek out a variety of perspectives on the importance and value of pilates or yoga, for example for postural care and relaxation. Ask colleagues, tutors, employers, family or whānau what they think of pilates or yoga, and why. Try to discover what experiences and values have given them their particular perspective. Has their perspective changed over time? If so, what events, issues, experiences or factors have led to this change? You will need to take notes or record their responses.

## Research

Research the internet, magazines/journals and the news for items that explain:

* how society views pilates or yoga as a physical activity (consider, for example, your training organisation, a beauty therapy business, local community, region or New Zealand)
* why different groups may view pilates or yoga in quite different ways
* the ongoing health requirements offered by pilates or yoga.

Sources that may be useful include:

* physiotherapy, beauty therapy, massage or alternative health industry websites
* physiotherapy, beauty therapy, massage or alternative health industry magazines
* newspaper articles
* your tutors
* physiotherapy, beauty therapy, massage or alternative health business owners/managers
* occupational health advisors.

Keep thorough records of your research so that you can acknowledge and authenticate your sources.

## Preparing your presentation

Prepare a presentation about your own experiences of pilates or yoga and the information and perspectives you gathered. Your presentation can be a seminar or talk supported by visuals, such as PowerPoint slides, video clips, audio clips or photos.

In your presentation include:

* critical examination of the ways pilates or yoga is/is not significant for yourself, others and society. Others may include, for example, friends, other course participants, clients, whānau. Society could include your training organisation, physiotherapy or beauty therapy industries, local community, region or New Zealand
* a range of sociological factors and issues that help to explain why people have differing views on the importance and value of pilates or yoga. These could include, for example societal, political, economic, environmental, ethical, cultural, or historic factors
* evidence supporting your explanations from your own personal experience, quotes from others, case studies, research, etc
* explanations of how different, relevant sociological factors relate to each other and influence the significance of pilates or yoga for yourself, others, and society. Identify assumptions, identify who is advantaged and disadvantaged by pilates or yoga, and the pros and cons of pilates or yoga as a physical activity
* a conclusion with your evaluation of pilates or yoga, based on the evidence you have presented
* acknowledgement of your sources.

Assessment may be ongoing as opportunities arise or are created.

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Vocational pathway: Services Industries

Assessor/Educator guidelines

# Introduction

The following guidelines are supplied to enable assessors/educators to carry out valid and consistent assessment using this internal assessment resource.

As with all assessment resources, education providers will need to follow their own quality control processes. Assessors/educators must manage authenticity for any assessment from a public source, because learners may have access to the assessment schedule or exemplar material. Using this assessment resource without modification may mean that learners' work is not authentic. The assessor/educator may need to change figures, measurements or data sources or set a different context or topic. Assessors/educators need to consider the local context in which learning is taking place and its relevance for learners.

Assessors/educators need to be very familiar with the outcome being assessed by the achievement standard. The achievement criteria and the explanatory notes contain information, definitions, and requirements that are crucial when interpreting the standard and assessing learners against it.

# Context/setting

This activity requires learners to critically examine the significance for self, others and society of either pilates or yoga as a physical activity.

# Conditions

None.

# Resource requirements

The following resources may be helpful:

<http://www.dsr.wa.gov.au/sport-and-recreation-ndash-its-more-than-you-think>

<http://www.sportnz.org.nz/en-nz/young-people/SPARC-Young-Peoples-Survey-2011/Key-findings/>

Look at physiotherapy, beauty care, massage or alternative health industry resources, which may include magazine and/or online articles.

# Additional information

Choose a mode of assessment that will give your learners every opportunity to demonstrate the quality of their thinking.

Annotated grade boundary exemplars for this standard provide guidance and can be accessed on <http://www.nzqa.govt.nz/qualifications-standards/qualifications/ncea/subjects/physical-education/annotated-exemplars/>.

## Other possible contexts for this vocational pathway

Skiing: travel and tourism

Fitness programme: armed forces/sport and fitness**.**

# Assessment schedule: Physical Education 91331 – Pilates or yoga

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| Evidence/Judgements for Achievement | Evidence/Judgements for Achievement with Merit | Evidence/Judgements for Achievement with Excellence |
| The learner examines the significance for self, others and society of a sporting event, a physical activity, or a festival by:* explaining how and why pilates or yoga is significant, with reference to relevant sociological factors and issues for self, others and society

For example:Significance for self:I really enjoyed taking part in yoga classes and found it different to anything I have experienced in the past. This is due to the nature of the activity. It uses my muscular endurance, but there was no real stress on my cardiovascular fitness. The instructor talked about the importance of breathing, but I found that this was more to ensure full relaxation and positioning for holds.Significance for others:I interviewed my mother who has been taking part in yoga as an activity for about four years. She talks about the significance this has had in her life. My mother had recurring back injuries and was advised by her doctor to give up running, which she enjoyed, and to try some other forms of exercise. She now does Yoga 3 times a week. She believes that her muscles are stronger and that her back issues are resolved. She puts this down to the yoga.Significance for society:Yoga is significant as an activity in society because it has a strong history across many cultures and religions. It is used by people of all ages and is not restricted to the young and able. It is seen as an exercise that is relevant to all the dimensions of hauora. Taha Tinana (physical), Taha hinengaro (mental/emotional), Taha Whānau (social/family) and Taha Wairua (spiritual) …The above expected learner responses are indicative only and relate to just part of what is required. | The learner examines, in-depth, the significance for self, others and society of a sporting event, a physical activity, or a festival by:* giving full and thorough explanations of the significance of pilates or yoga with reference to relevant sociological factors and issues for self, others, and society, supported by evidence, such as quotations, case studies, research, examples, personal accounts

For example:Significance for self:I really enjoyed taking part in yoga classes and found it different to anything I have experienced in the past. This is due to the nature of the activity. It uses my muscular endurance, but there was no real stress on my cardiovascular fitness. The instructor talked about the importance of breathing, but I found that this was more to ensure full relaxation and positioning for holds. I found that I could hold the cat pose and down dog for minutes after taking part for a while. When I first started I always got the shakes. I think my core was pretty weak so I have noticed definite improvements there.Significance for others:I interviewed my mother who has been taking part in yoga as an activity for about four years. She talks about the significance this has had in her life. My mother had recurring back injuries and was advised by her doctor to give up running, which she enjoyed, and to try some other forms of exercise. She now does Yoga 3 times a week. She believes that her muscles are stronger and that her back issues are resolved. She puts this down to the yoga.She also believes that along with the physical benefits she has had other benefits; she believes that she sleeps better at night, she has more energy and that she is less stressed in general with her work life. She also puts this down to the yoga. She had a very busy time with accounts recently, but thought that every time that she went to yoga that stress dissipated.Significance for society:Yoga is significant as an activity in society because it has a strong history across many cultures and religions. It is used by people of all ages and is not restricted to the young and able. It is seen as an exercise that is relevant to all the dimensions of hauora. Taha Tinana (physical), Taha hinengaro (mental/emotional), Taha Whānau (social/family) and Taha Wairua (spiritual) …In terms of Taha Tinana (physical) there are many benefits to be found from participating in yoga, these include: decreases in heart disease, reduction in high blood pressure, enhanced cardiac rehabilitation after heart failure, lower cardiovascular risk factors, and a decrease in chronic low back pain …The above expected learner responses are indicative only and relate to just part of what is required. | The learner examines critically the significance for self, others and society of a sporting event, a physical activity, or a festival by:* explaining the interrelationship between relevant sociological factors and the significance of pilates or yoga for self, others and society by identifying assumptions, identifying who is advantaged/disadvantaged, considering pros and cons, making judgements, and providing supporting evidence

For example:Significance for self:I really enjoyed taking part in yoga classes and found it different to anything I have experienced in the past. This is due to the nature of the activity. It uses my muscular endurance, but there was no real stress on my cardiovascular fitness. The instructor talked about the importance of breathing, but I found that this was more to ensure full relaxation and positioning for holds.I found that I could hold the cat pose and down dog for minutes after taking part for a while. When I first started I always got the shakes. I think my core was pretty weak so I have noticed definite improvements there.I see benefits but I also am all about everything in moderation so, while I could see myself doing it once a week, I think I would need some variety as variety adds spice.Significance for others:I interviewed my mother who has been taking part in yoga as an activity for about four years. She talks about the significance this has had in her life. My mother had recurring back injuries and was advised by her doctor to give up running, which she enjoyed, and to try some other forms of exercise. She now does Yoga 3 times a week. She believes that her muscles are stronger and that her back issues are resolved. She puts this down to the yoga.She also believes that along with the physical benefits she has had other benefits; she believes that she sleeps better at night, she has more energy and that she is less stressed in general with her work life. She also puts this down to the yoga. She had a very busy time with accounts recently, but thought that every time that she went to yoga that stress dissipated. It could be that yoga had all these benefits. However, the recovery from her reoccurring back injury could also be put down to the fact that she was not running any more. I still think some type of walking etc … could benefit her as well.Significance for society:In terms of Taha Tinana (physical) there are many benefits to be found from participating in yoga, these include: decreases in heart disease, reduction in high blood pressure, enhanced cardiac rehabilitation after heart failure, lower cardiovascular risk factors, and a decrease in chronic low back pain …I would say that some are disadvantaged by access to yoga in society. It is alright once you know what to do, but you do need to learn how to practice the activity and you should actually be receiving feedback about posture, etc, to ensure injury does not occur. If you get a video then you are not getting that feedback. However, the cost of classes is an issue. I did some research and the cost of yoga classes in our area is very high. This, therefore, puts those who cannot afford the course at a disadvantage.While I have listed the positives associated with yoga as a physical activity, there are also negative outcomes, for example, possible injury is a consideration, and this relates particularly to the back …The above expected learner responses are indicative only and relate to just part of what is required. |

Final grades will be decided using professional judgement based on an examination of the evidence provided against the criteria in the Achievement Standard. Judgements should be holistic, rather than based on a checklist approach.