

May 2018 extended essay reports

Sports Exercise and Health Science

Overall grade boundaries

Grade:	E	D	C	B	A
Mark range:	0-6	7-13	14-20	21-26	27-34

The range and suitability of the work submitted

In the main, the topics covered were suitable and presented an appropriate and interesting range. There are however significant exceptions, where topics are more focused on technology or medicine.

The standard of the work is highly variable. There are some exceptional pieces of work but it is disappointing how frequent very weak submission are.

Candidate performance against each criterion

Criterion A: focus and method

There are some very interesting methods that are conducted with excellent rigor. Where they are weak, they are largely too broad. Introductions are typically much too broad, explaining things like what sport science is, or why humans need muscles.

Rationale for an investigation should be theoretically led. Often, there are long personal reasons explained, which is not in-keeping with a scientific approach. The use of appropriate methodological approaches is good to see and at times is conducted with excellent rigor. It is important that for those conducting literature-based studies rather than experimental designs, that the level at which they engage with theory is sufficient.

Criterion B: knowledge and understanding

For background, ensure that it is relevant to the RQ. Often, a tangent occurs, where the candidate writes two pages on a construct very generally without it being specific to the investigation. Many are overly descriptive and it does not link well to the rationale/focus.

Criterion C: critical thinking

The analysis of data is frequently unable to sufficiently answer the research question. When presenting data, individual participant data is seldom useful. Group-level data (e.g., mean and SD) should be used only. Those who are able to analyse their findings best are those who are most clear about their variables and therefore know what question they are asking of the data.

In literature-based EEs (as opposed to experimental), it is very important that candidates are able to critically evaluate a concept.

Criterion D: presentation

The standard of presentation is, on the whole, excellent. The consistency in referencing has significantly improved over recent years.

Criterion E: engagement

Overall, reflections told the story of the practical development of the EE but lacked conceptual reflection.

Recommendations for the supervision of future candidates

- Ensure that research questions are sufficiently focused enough to be answered.
- Include reference to the variables being measured in the research question.
- Ensure that research questions fall within SEHS.
- Engage with peer-reviewed material, much of which is readily available for free.
- Present a scientific rationale for the research rather than merely a personal interest.
- Include reference to informed consent and a copy of the form in the appendices, ensuring anonymity.
- Ensure that candidates understand their research design in order to sufficiently answer their research question.
- Present group-level data rather than individual data in quantitative studies.
- Present better tables or figures with mean and standard deviations.
- Explain the results with reference to what it means theoretically rather than focusing only on limitations.
- Encourage candidates to reflect on the development of their conceptual understanding rather than merely practical components of completing the work.