

Extended essay: Example commentary
Subject: Sports, exercise and health science
WSEE theme (if applicable):
Category for language essays (if applicable):
Subjects used for WSEE (if applicable):
Title of essay: A study of the effects of Mindfulness Meditation Therapy (MMT) on accuracy in competitive 10 metre Air Pistol Shooting
Research question: How does Mindfulness Meditation Therapy (MMT) effect accuracy in 10 metre Air Pistol Shooting in a competitive environment when comparing two groups of amateur male shooters from Mumbai with 6–8 years of training experience?
Assessment details
Criterion Mark awarded
Commentary

A: Focus and method

[Maximum possible mark: 6]

6 A good, focused research question is communicated. An appropriate range of relevant sources and methods has been selected in relation to the topic and research question. There is evidence of effective and informed selection of sources and methods.

B: Knowledge and understanding

[Maximum possible mark: 6]

6 Excellent knowledge and understanding. The use of subject-specific terminology and concepts is accurate and consistent, demonstrating effective knowledge and understanding.

C: Critical thinking

[Maximum possible mark: 12]

12 The research is excellent, appropriate to the research question, and consistently applied to support the argument. Analysis is excellent. It is clearly focused on the research question. Discussion and evaluation are excellent; an effective and focused reasoned argument is developed from the research with a conclusion reflective of the evidence presented.

D: Presentation

[Maximum possible mark: 4]

4 Presentation is good. The structure and layout support the reading, understanding and evaluation of the extended essay.

E: Engagement

[Maximum possible mark: 6]

6 Engagement is excellent. Reflections on decision-making and planning are evaluative. These reflections communicate a high degree of intellectual and personal engagement with the research focus and process of research, demonstrating authenticity and intellectual initiative.
Total marks awarded 34/34