

IB Sports, Exercise & Health Science IA

Topic-Picker & Top-Band Checklist - a free guide for IB students

Most Sports, Exercise & Health Science IA marks are won or lost in the choice of question. Use this to pick something that can reach the top band, then to pressure-test your draft against the actual criteria.

1 . Choose a question that can score

- * **Make it focused** - not a broad theme. A narrow, specific question beats a survey of a topic.
- * **Make it answerable** - you can answer with evidence, data or close analysis you produce yourself.
- * **Make it doable** - feasible with the time, sources, access or materials you actually have.
- * **Leave room to argue** - if the answer is obvious, there is nothing to analyse or evaluate.

2 . The five habits of every top-band IA

- * **Focus** - a narrow, specific research question or line of inquiry.
- * **Argue** - analysis and evaluation, not description or summary.
- * **Evaluate** - limitations or alternatives weighed by impact, with a forward step.
- * **Structure** - write criterion by criterion against the rubric; cover every strand.
- * **Discipline** - stay within the word/time limit and cite every source.

3 . IB Sports, Exercise & Health Science IA - the assessment criteria

- ☐ Research design (/6): a focused RQ on human participants; a testable hypothesis; participant sampling & standardisation; PAR-Q screening and informed consent; a reproducible method.
- ☐ Data analysis (/6): raw + processed data; mean +/- standard deviation; an appropriate statistical test with a decision; a graph with error bars.
- ☐ Conclusion (/6): answer the RQ, justified against the physiology and secondary data.
- ☐ Evaluation (/6): limitations weighed by impact; improvements + an extension.

4 . Using AI honestly

The IB permits AI tools provided you acknowledge them honestly. Anything an AI produces that you use directly must be cited like any other source; using AI to do the work and passing it off as your own is academic misconduct. The work must be your own.

Write it with a guided, examiner-written frame

IA Studio gives you a section-by-section writing frame with these criteria built in, worked examples, a live top-band readiness check, and 24 topic ideas for this subject.

Free to start: ibdp.ed-planner.com/sportsscience **24 ideas:** [/sportsscience-ia-ideas](https://sportsscience-ia-ideas.com)

