



National  
Qualifications  
2017

**X756/76/11**

**Physical Education**

THURSDAY, 1 JUNE

9:00 AM – 10:30 AM

---

**Total marks — 40**

**SECTION 1 — 24 marks**

Attempt ALL questions.

**SECTION 2 — 16 marks**

Attempt ALL questions.

Write your answers clearly in the answer booklet provided. In the answer booklet you must clearly identify the question number you are attempting.

Use **blue or black ink**.

Before leaving the examination room you must give your answer booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



\* X 7 5 6 7 6 1 1 \*

## SECTION 1 — 24 marks

Attempt ALL questions

1. (a) Describe the impact of mental factors on performance.	4
(b) Explain why it is important to receive effective feedback when developing mental factors which impact on performance.	4
2. (a) Describe <b>two different</b> methods used to gather information on social factors which impact on performance.	4
(b) Explain why the methods described in part (a) might be selected.	4
3. (a) Describe the adaptations/changes that may need to be made to a performance development plan for physical factors.	4
(b) Explain why the adaptations/changes described in part (a) might be necessary.	4

## SECTION 2 — 16 marks

Read the scenario below and attempt the questions which follow.



Whilst carrying out a **personal** development programme, data is gathered to show the impact it has had on **whole** performance.

The data shows there has been very little improvement.

4. (a) Explain why there may have been little improvement in the whole performance.

In your answer you must refer to emotional factors **and** one other selected from mental, physical or social.

8

(b) For each of the factors used in part (a) evaluate possible approaches which could be used to ensure future performance will improve.

8

[END OF QUESTION PAPER]

## ACKNOWLEDGEMENTS

Section 2 Question 4 – GoodMood Photo/shutterstock.com