**Higher PE**

**Section 1 – Sample Questions**

1)a) Describe **two** different methods that could be used to collect information about the potential impact of **physical** factors on performance. (4)

b) Select **one** of the methods described in part (a).

Evaluate **one** benefit and **one** limitation of using this method to collect information about the potential impact of **physical** factors on performance. (4)

2)a) Describe **two** different methods that could be used to collect information about the potential impact of **social** factors on performance . (4)

b) Select **one** of the methods described in part (a).

Evaluate **one** benefit and **one** limitation of using this method to collect information about the potential impact of **social** factors on performance. (4)

3)a) Describe **two** different methods that could be used to collect information about the potential impact of **emotional** factors on performance. (4)

b) Select **one** of the methods described in part (a).

Evaluate **one** benefit and **one** limitation of using this method to collect information about the potential impact of **emotional** factors on performance. (4)

4)a) Describe **two** different methods that could be used to collect information about the potential impact of **mental** factors on performance (4)

b) Select **one** of the methods described in part (a)

Evaluate **one** benefit and **one** limitation of using this method to collect information about the potential impact of **mental** factors on performance. (4)

5)a) Choose **one physical** factor that impacts on performance. Explain **one** approach to develop this factor (4)

b) Evaluate **one** advantage and **one** disadvantage of applying this approach during a performance

(4)

6)a) Choose **one social** factor that impacts on performance. Explain **one** approach to develop this factor (4)

b) Evaluate **one** advantage and **one** disadvantage of applying this approach during a performance

(4)

7)a) Choose **one emotional** factor that impacts on performance. Explain **one** approach to develop this factor (4)

b) Evaluate **one** advantage and **one**  disadvantage of applying this approach during a performance

(4)

8)a) Choose **one mental** factor that impacts on performance. Explain **one** approach to develop this factor (4)

b) Evaluate **one** advantage and **one** disadvantage of applying this approach during a performance

(4)

9a) Explain the purpose of monitoring and evaluating performance. (4)

b) Explain **at least two** difficulties that might be encountered when monitoring and evaluating the impact of **physical** factors on performance. (4)

10a) Explain the purpose of monitoring and evaluating performance. (4)

b) Explain **at least two** difficulties that might be encountered when monitoring and evaluating the impact of **social** factors on performance. (4)

11a) Explain the purpose of monitoring and evaluating performance. (4)

b) Explain **at least two** difficulties that might be encountered when monitoring and evaluating the impact of **emotional** factors on performance. (4)

12a) Explain the purpose of monitoring and evaluating performance. (4)

b) Explain **at least two** difficulties that might be encountered when monitoring and evaluating the impact of **mental** factors on performance. (4)

1. a) Explain the importance of receiving accurate feedback on your performance (2)

b) Evaluate **at least two** difficulties that may be encountered when receiving feedback evaluating the impact of **Physical** factors impacting on performance. (6)

1. a) Explain the reasons why you may choose to adapt your training programme. (4)

b) Explain at least two difficulties that may be encountered when evaluating these adaptations and the impact of **Social** factors on performance. (4)

1. a) Explain the purpose of **Target and goal setting** within a training programme. (2)

b) Evaluate how you could monitor whether or not you are meeting your targets in relation to **Physical** factors impacting on performance. (6)

1. a) Explain what is meant by ‘**the stages of learning’.** (2)

b) Evaluate how you could use the stages of learning when planning a training programme to develop the **Physical** factors impacting on performance. (6)

1. a) Explain the purpose of a model performer. (2)

b) Explain **at least two** benefits of using a model performer when trying to evaluate the impact of **Social** factors on performance. (6)