Higher Prelim Knowledge Check

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why is it important to gather data on your performance? (all 4 factors)

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1. What methods did you use to gather data on your performance and why?

Physical –

Mental –

Emotional –

Social –

1. Evaluate your strengths and weakness

Physical –

Mental –

Emotional –

Social –

1. How do you compare to a model performer?

Physical –

Mental –

Emotional –

Social –

1. What is the purpose of using a model performer? (all 4 factors)

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1. What approaches can be used to develop your performance and why?

Physical –

Mental –

Emotional –

Social -

1. Why is it important to monitor and evaluate performance? (all 4 factors)

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1. What methods did you use to monitor (each session) your performance and why?

Physical –

Mental –

Emotional –

Social –

1. What methods did you use to record (collect data) your performance and why?

Physical –

Mental –

Emotional –

Social –

1. What methods did you use to evaluate (at the end) your performance and why?

Physical –

Mental –

Emotional –

Social –