**NEW HIGHER**

**PHYSICAL EDUCATION**

**MENTAL, EMOTIONAL, SOCIAL and PHYSICAL**

**FACTORSIMPACTING ON PERFORMANCE**

**NEW HIGHER EXAM QUESTIONS**

**SECTION 1**

**Methods of Collecting Information – Question 1**

a) Describe 2 different methods that could be used to collect information about **MESP** factors that impact on performance.

b) Explain the advantages and disadvantages of using these methods to collect information about the potential impact of **MESP** factors on performance.

1. Describe in detail **one** method of gathering information on the **MESP** factor within an activity.
2. Evaluate the benefits and limitations of using the method you have chosen in part (a) to gather information on the **MESP** factor.
3. Describe **two** different methods that could be used to collect information to identify any **MESP** factor of your performance.
4. Select **one** of the methods described in part (a). Outline why this method is appropriate and give a brief account of the information gathered.
5. Describe **two** different methods that could be used to collect information about the potential impact of **MESP** factors on performance.
6. Select one of the methods described in part (a).Evaluate **one** benefit and **one** limitation of using this method to collect information and give a brief account of your findings.
7. Explain ***why*** it is important to collect information on your performance.
8. Evaluate the effectiveness of one method you have used to collect information on **MESP** factors.
9. Describe a method that could be used to collect information about the potential impact of **MESP** factors on performance?
10. From the method described in part (a). Analyse the method you used to gather information on **MESP** factors?

1. Explain why it is important to collect information about the impact of **MESP** factors on performance before starting a development plan.
2. Evaluate your MESP strengths and development needs in comparison to a model performer.

1. In relation to MESP factors; analyse your performance compared to a model performer.
2. Explain the advantages of considering a model performance when developing performance.
3. Explain the advantages of considering a model performance when developing performance.
4. Choose an activity. Describe how you compared your whole performance to that of a model performer in this activity.

1. Explain the advantages of considering a model performance when developing **MESP** performance.
2. Choose an activity. Describe how you compared your whole performance to that of a model performance in this activity.
3. Describe a method(s) you could use to gather information about the impact the **MESP** factor has on performance.
4. Analyse the information gathered from the method used in part (a)

1. Analyse the appropriateness of two methods for collecting information on **MESP** factors impacting on performance.
2. Based on the data collected, evaluate the **MESP** factors which were strengths in your performance.

1. You will have collected data on one **MESP** factor. Analyse what the data tells you about your performance.
2. Explain how you know your data to be valid and reliable.

**Approaches to Develop Performance – Question 2**

1. Choose a **MESP** factor that impacts on performance. Explain **one** approach to develop this factor.
2. Evaluate **one** advantage and **one** disadvantage of applying this approach prior to a performance.
3. Choose a **MESP** factor that impacts on performance. Evaluate what impact this had on your performance.
4. Explain how you used performance development goals to improve this factor.
5. Choose a **MESP** factor that impacts on performance. Explain **one** approach to develop this factor.
6. Evaluate **one** advantage and **one** disadvantage of applying this approach during a performance.

1. Choose an activity and a **MESP** factor that impacts on performance. Describe an approach you could use to develop this factor.
2. Choose a **different MESP** factor that impacts on performance. Evaluate a different approach to develop this physical factor.
3. Select **one MESP** factor that has had a negative impact on your performance. Explain how you developed this factor to help improve your performance.
4. Describe how improving this **MESP** factor can impact on performance.

1. Explain the decisions you would need to make when preparing a performance development plan to improve the **MESP** factor
2. Choose one **MESP** factor that impacts on performance. Explain one approach to develop this factor.

1. Explain the importance of **two mental** factors on performance.
2. Analyse the benefits of setting short and long-term goals to develop a performance.

1. Explain **two** goals that you have set to develop performance in **MESP** factors.
2. Analyse the impact these goals could have on your performance in developing **MESP** factors.

**Recording, Monitoring and Evaluation of Performance Development – Question 3**

1. Explain, in detail, why it is important to monitor and evaluate performance development.
2. Explain the difficulties that might be encountered when monitoring and evaluating the impact of **MESP** factors on performance.
3. Describe how you monitored and evaluated the social factors that impacted on your performance.
4. Explain the difficulties you might experience when monitoring and evaluating the impact of **MESP** factors on performance.
5. Explain the purpose of monitoring and evaluating performance.
6. Explain **at least two** difficulties that might be encountered when monitoring and evaluating the impact of **MESP** factors on performance.
7. Describe **two** different methods that could be used to monitor and evaluate **MESP** factors impacting on performance**.**
8. Choose one method mentioned in Part (a). Explain **at least one advantage** and **one difficulty** of using this method to monitor and evaluate the impact of **MESP** factors on performance.
9. Describe performance development goals that a performer could set for MESP factors.
10. Explain why a performer might use each of the following when monitoring the development of MESP factor:
	* + - Qualitative information
			- Quantitative information
11. Explain the purpose of monitoring and evaluating performance.
12. Analyse the benefits of collecting both subjective and objective data
13. Explain the purpose of monitoring and evaluating performance
14. Describe **one** approach you could use to **record** the impact of **MESP** factors on performance
15. Explain why it is important to monitor and review your programme of work to develop **MESP** factors impacting on performance.
16. During your training you will have made adaptions to your programme of work, explain what adaptations were made and why.

1. Describe two methods you have used to monitor performance within **MESP** factors.
2. Explain how you used this information to set future development targets in relation this factor.