

National Qualifications 2015

X756/76/11

Physical Education

MONDAY, 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.





MARKS

SECTION 1 — 24 marks Attempt ALL questions

1.	(a)	Explain why it is important to collect information about the impact of emotional factors on performance before starting a development plan.	
	(b)	Evaluate your emotional strengths and development needs in comparison to a model performer.	4
2.	(a)	Describe two approaches you used to develop physical factors.	4
	(b)	Evaluate the impact of both approaches on your performance.	4
3.	(a)	 Describe one method used to monitor the impact of social factors on performance development. 	2
		 Describe a different method used to evaluate the impact of social factors on performance development. 	2
		Explain why you would select these methods.	

SECTION 2 — 16 marks

Read the scenario below and attempt the question which follows.

This is an extract from a questionnaire completed by a student studying Higher Physical Education.

Questionnaire on Impact of Mental Factors on Performance		
Statement	Response by student	
Before I perform, I am relaxed.	Never	
When I perform, I am highly motivated.	Sometimes	
When I perform, I concentrate fully.	Sometimes	
When I perform, I make appropriate decisions.	Sometimes	

- 4. Your answers must make reference to **mental** factors and one other selected from physical, emotional or social.
 - (a) Analyse how the **responses in the table above** could affect this student in an important performance.
 - (b) Explain how knowledge of a model performance could assist this student to **develop** the factors identified in part 4(a).

[END OF QUESTION PAPER]

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