



National  
Qualifications  
2016

**X756/76/11**

**Physical Education**

FRIDAY, 3 JUNE

9:00 AM – 10:30 AM

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**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 <b>one</b> method used to collect information about the impact of mental factors on performance.                                       | 4 |
|    | (b) | Describe the information which could be gathered using the method described in part 1(a).   | 4 |
| 2. | (a) | Describe <b>one</b> short term and <b>one</b> long term goal a performer may set when developing emotional factors which impact on performance. | 4 |
|    | (b) | Explain what a performer might consider when setting goals to develop emotional factors.  | 4 |
| 3. | (a) | Explain why it is important to monitor progress when developing physical factors which impact on performance.                                   | 4 |
|    | (b) | Explain possible future development needs within physical factors which impact on performance.  | 4 |

## SECTION 2 — 16 marks

Read the sports magazine excerpt below and answer the questions which follow.



“Participation in an activity is rarely carried out in complete isolation. This can be training, practising or performing with, against, or in front of others.

The presence of others can be positive or negative”.

4. (a) Explain why the presence of others can positively and negatively impact performance, practice or training.

In your answer you must refer to:

- Social factors

**and**

- one other factor from mental, emotional or physical

**8**

- (b) Analyse approaches which may be used to overcome the negative impact of the presence of others during performance, practice or training.

In your answer you must refer to:

- Social factors

**and**

- one other factor from mental, emotional or physical

**8**

[END OF QUESTION PAPER]

## ACKNOWLEDGEMENT

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