

National Qualifications 2017

X756/76/11

Physical Education

THURSDAY, 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.





SECTION 1 — 24 marks Attempt ALL questions

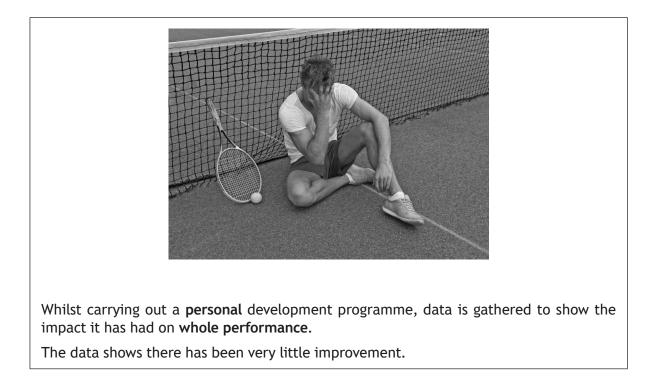
1.	(a)	Describe the impact of mental factors on performance.	4
	(b)	Explain why it is important to receive effective feedback when developing mental factors which impact on performance.	4
2.	(a)	Describe two different methods used to gather information on social factors which impact on performance.	4
	(b)	Explain why the methods described in part (a) might be selected.	4
3.	(a)	Describe the adaptations/changes that may need to be made to a performance development plan for physical factors.	4
	(b)	Explain why the adaptations/changes described in part (a) might be necessary.	4

8

8

SECTION 2 — 16 marks

Read the scenario below and attempt the questions which follow.



- 4. (a) Explain why there may have been little improvement in the whole performance.In your answer you must refer to emotional factors and one other selected from mental, physical or social.
 - (b) For each of the factors used in part (a) evaluate possible approaches which could be used to ensure future performance will improve.

[END OF QUESTION PAPER]

ACKNOWLEDGEMENTS Section 2 Question 4 – GoodMood Photo/shutterstock.com