

**Hillhead High School**

**Physical Education Prelim Exam (Higher)**

**December 2015**

**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.**

**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** two different methods that could be used to gather information about the potential impact of ***mental*** factors on performance. (4)

(b) Select one of the methods described in part (a).

**Evaluate** one advantage and one disadvantage of using this method to collect information about the potential impact of ***mental***factors on performance. (4)

2. (a) **Describe** one approach to developing the ***social*** factor. (4)

(b) **Evaluate** one benefit and one limitation of using this method to develop the ***social*** factor. (4)

3. (a) **Describe** two different approaches to monitoring and evaluating the ***physical*** factor. (4)

(b) **Explain** the benefits of using both quantitative and qualitative approaches to monitoring and evaluating your performance. (4)

**SECTION 2 - Scenario — 16 marks**

**Look at the pictures below and attempt the questions that follow.**

The pictures show an elite Tennis player at different points during a tournament.



**1.** (a) Analyse the possible **strengths** and **areas for development** of the performer. In your answer you must refer to the following factors impacting on performance: **emotional** and **one other** — from **physical**, **social** or **mental**. **8**

(b) Using examples from the **strengths** and **areas for development** you have analysed in 1(a), **explain**, **in detail**, a performance development plan (**PDP**) the performer could use to further develop his performance.