**Hillhead High School**

**Physical Education Prelim Exam (Higher)**

**November / December 2016**

**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 ***physical*** factors on performance. (4)

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

**Evaluate** the appropriateness of one of the approaches you described in part (a). (4)

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

(b) **Evaluate** the benefits and limitations of the approach you described in part (a).(4)

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

(b) **Explain** the benefits of using both quantitative and qualitative approaches to monitoring and evaluating your 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 the following Factors:

Mental **and** one other factor from social, 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: Mental factors **and** one other factor from social, emotional or physical. (8)

**[END OF QUESTION PAPER]**