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**Hillhead High School**

**Physical Education Prelim Exam (Higher)**

**November / December 2017**

**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) Analyse one method that could be used to gather information about the potential impact of mental factors on performance. (4)

(b) Explain the impact the mental factor has on your performance. (4)

2. (a) Describe one approach to develop 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 physical factor. (4)

(b) Explain any adaptations you made while undertaking a Personal Development Plan to develop physical factors.

**SECTION 2 — 16 marks**

**Read the following personal reflection entry and answer the questions that follow. The following exert was taken from one session undertaken during a 6 week Personal Development Plan.**

*“I did not enjoy today’s session. For the whole duration of the match I felt nervous with the large audience watching. Every time I went to take a first touch I had to spend more time thinking about it. When asked to take a penalty I declined the offer. I also rushed the decisions I was making on the ball and at one point in the game I felt as if I was simply there in person but offering my team nothing due to my nerves.”*

4.(a) Describe approaches performers could use to overcome the issues recorded in in the personal reflection exert. (8). You should refer to the emotional factor and one other from: mental, social or physical.

(b) Evaluate the impact of the approaches described in (a). (8)

**End of Question Paper**