***Higher Specimen Paper***

**Section 1 – 32 Marks**

Q1 a) **Describe** one session to develop physical factors. (4)

Q1 b) **Explain** four reasons why a performer may re-prioritise the focus of a Personal Development Plan for Physical Factors. (4)

Q2 a) **Describe** a recognised test or analytical tool to gather information on mental factors. (4)

Q2 b) **Evaluate** the use of the recognised test or analytical tool described in part (a). (4)

Q3 **Describe** one type of feedback that could be used to develop emotional factors. (2)

Q4 **Describe** two strengths or two development needs for emotional factors. (4)

Q5 (a) **Analyse** the impact social factors can have on each of the three other factors during a performance. (6)



(b) **Describe** one approach to develop social factors. (4)

**Section 2 - *Refer to a Personal Development Plan (PDP) you have created and implemented.***

Q6 a) (i) **Describe** a goal you have set for one factor within a PDP that you have carried out. (1)

(ii) **Explain** the reasons why you set this goal. (2)

(iii) **Describe** one approach you used to achieve this goal. (2)

(b) (i) **Describe** a goal you set for a different factor within a PDP that you carried out. (1)

(ii) **Explain** the reasons why you set this goal. (2)

(iii) **Describe** one approach you used to achieve this goal. (2)

**Section 3**

The table below contains feedback relating to physical and mental factors which impacted on a performance.

|  |  |
| --- | --- |
| **Performance criteria** | **Marks awarded** |
| Repertoire of skills during the performance | 5/10 |
| Control and fluency during the performance | 10/10 |
| Decision making during the performance | 1/10 |
| Concentration during the performance | 7/10 |

Q7. Use the information from the table to answer the following.

1. **Analyse** the reasons why this performer maybe have been impacted by physical factors. (4)
2. **Analyse** the reasons why this performer maybe have been impacted by mental factors. (4)

***Higher Model Paper A (To be verified)***

**Section 1 – 32 Marks**

Q1 (a) **Describe** one method you have used to gather information on the emotional factor. (4)

Q1 (b) From the method described in part (a), **describe** what this information told you about your performance. (4)

Q2 (a) **Describe** one approach that could be used to develop mental factors. (4)

Q2 (b) **Evaluate** the impact this approach had on your performance. (4)

Q3 (a) **Explain** the importance of receiving feedback from a coach or model performer. (4)

Q3 (b) **Describe** feedback that you received from a coach of model performer in relation to the social factor. (4)

Q4 (a) **Explain** the purpose of monitoring and evaluating progress when undertaking a personal development plan. (4)

Q4 (b) **Explain** the impact the physical factor has on your performance. (4)

**Section 2 - *Refer to a Personal Development Plan (PDP) you have created and implemented.***

Q6 (a) **Describe** one goal you set for a PDP for any factor. (1)

Q6 (b) **Describe** a different goal you set for a PDP to develop any other factor. (1)

Q6 (d) **Explain** changes you made to your PDP for the goal you identified in Q6 (a). (3)

Q6 (e) **Explain** changes you made to your PDP for the goal you identified in Q6 (b). (3)

**Section 3 – Scenario** (Taken from 2018)

Read the scenario below and attempt the questions which follow.

*A performer is injured whilst participating in an activity.*

*The injury stops the performer from taking part in any form of training, practice or the full activity for two months.*

Q7 (a) With reference to the emotional and physical factors, **explain** the possible challenge (s) a performer may face when returning to training, practice and / or the full activity. (5)

Q7 (b) **Describe** approaches the performer could use as part of their return to full activity. (5)

***Higher Model Paper B (To be verified)***

**Section 1 – 32 Marks**

Q1 (a) **Analyse** one recognised method to gathering information on the physical factor. (4)

Q1 (b) **Explain** the purpose of gathering information before starting a personal development plan.(4)

Q2 (a) **Describe** one approach to developing the social factor. (4)

Q2 (b) **Evaluate** the benefits and limitations of the approach described in Q2 (a). (4)

Q3 (a) **Describe** what you would take into consideration when planning a personal development plan to develop emotional factors.

Q3 (b) **Explain** the characteristics of a model performer in relation to the emotional factor. (4)

Q4 (a) **Describe** your strengths and development needs within the mental factor. (4)

Q4 (b) **Describe** one approach you used to monitor the progress made during a PDP when developing the mental factor. (4)

**Section 2 – 10 marks - *Refer to a Personal Development Plan (PDP) you have created and implemented.***

Q6 (a) **Explain** one goal you set for a PDP for any factor. (1)

Q6 (b) **Explain** a different goal you set for a PDP to develop any other factor. (1)

Q6 (d) **Describe** an approach you used to develop the goal you identified in Q6 (a). (2)

Q6 (e) **Describe** an approach you used to develop the goal you identified in Q6 (b). (2)

Q7 (a) **Evaluate** the impact the approach described in Q6 (d) had on your performance. (2)

Q7 (b) **Evaluate** the impact the approach described in Q6 (e) had on your performance. (2)

**Section 3 – Scenario – 8 marks** (Self-Created)

Read the scenario below and attempt the questions which follow.

The following feedback was given from a model performer to an amateur level performer:

*“You have made an excellent start to your PDP. You have established the basic skills of the activity have an excellent base level of fitness and should now think about your decision making, concentration and improving your creativity and problem solving. Keep up the good work.”*

Q8 (a) **Explain** the potential impact the physical factor has on this performer. (4)

Q8 (b) **Explain** the potential impact the mental factor has on this performer. (4)

***Higher Model Paper C (To be verified)***

Q1 (a) **Explain** the benefits of using both quantitative and qualitative methods to gather information on physical factors. (4)

Q1 (b) **Describe** one recognised method of gathering information on physical factors. (4)

Q1 (c) **Explain** the appropriateness of this method of gathering information. (4)

Q2 (a) **Describe** the impact the social factor has on your performance. (4)

Q2 (b) **Explain** how a model performer could be used to develop social factors. (4)

Q3 **Describe** what you would taking into considering when planning a PDP to develop emotional factors. (4)

Q4 (a) **Describe** one approach to developing mental factors. (4)

Q4 (b) **Evaluate** the benefits and limitations of the approach described in Q4 (b). (4)

**Section 2 – 10 marks - *Refer to a Personal Development Plan (PDP) you have created and implemented.***

Q5 (a) **Describe** one approach to developing any factor. (2)

Q5 (b) **Explain** how you monitored the progress of this approach. (2)

Q6 (a) **Describe** a different approach you used to develop another factor. (2)

Q7 (b) **Explain** how you monitored the progress of this approach. (2)

Q8 While undertaking a PDP you will have made changes to the approaches described in Q5 (a) or Q6 (a). **Describe** any two of the changes you have made. (2)

**Section 3 – Scenario – 8 marks** (Self-Created)

Read the scenario below and attempt the questions which follow.

*The following information displays two performer’s national norm results for different recognised methods of gathering information on physical and mental factors:*

|  |  |  |  |
| --- | --- | --- | --- |
| Performer A | | Performer B | |
| Bleep Test Score | Excellent | Bleep Test Score | Average |
| Illinois Agility Score | Above Average | Illinois Agility Score | Excellent |
| Strength Test | Poor | Strength Test | Excellent |
| Muscular Endurance Test | Excellent | Muscular Endurance Test | Average |
| Concentration Test | Below Average | Concentration Test | Above Average |
| Motivation Test | Above Average | Motivation Test | Excellent |
| Decision Making Test | Excellent | Decision Making Test | Average |
| Information Processing Test | Above Average | Information Processing Test | Average |

Q9 With reference to physical activities and the mental and physical factors, **analyse** the potential differences between the two performers. (8)

***Higher Prelim November 2018***

**Section 1 – 32 Marks**

Q1 a) **Describe** a method of gathering information on the physical factor. (4)

Q1 b) **Analyse** a different method of gathering information on the physical factor. (4)

Q1 c) **Explain** your strengths and development needs within the physical factor. (4)

Q2 a) **Describe** an approach to develop emotional factors. (2)

Q2 b) **Evaluate** the impact this approach had on your performance. (2)

Q3 a) **Explain** the purpose of monitoring and evaluating progress while carrying out a PDP. (4)

Q3 b) **Describe** two types of feedback that could be used as monitoring tools while carrying out a PDP to develop social factors. (4)

Q4 a) **Explain** your future development needs within the mental factor. (4)

Q4 b) **Explain** any adaptations that you have made to methods used to monitor and evaluate progress while carrying out a PDP. (4)

**Section 2 - *Refer to a Personal Development Plan (PDP) you have created and implemented.***

Q6 a) (i) **Explain** a goal you have set for one factor within a PDP that you have carried out. (1)

(ii) **Describe** one approach you used to achieve this goal. (2)

b) (i) **Explain** a different goal you have set for one factor within a PDP that you have carried out. (1)

(ii) **Describe** one approach you used to achieve this goal. (2)

c) **Describe** how you evaluated the success of either of the goals described in part (a) or (b) (2)

**Section 3**

The table below contains information relating to physical and emotional factors which impacted on a performer during a high level game.

|  |  |
| --- | --- |
| **Coaches Observations** | **Quantitative Facts related to the Performer during the game** |
| “player made immediate impact at start of game”  “player gave up when deficit went to 2 goals”  “player extremely fit”  “player displayed moments of aggression”  “player very skilful and creative”  “player was argumentative”  “player did not appear nervous” |  |

Q7. Use the information from the table to answer the following:

1. **Analyse** the reasons why this performer maybe have been impacted by emotional factors. (5)
2. **Analyse** the reasons why this performer maybe have been impacted by physical factors. (5)

