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**Hillhead High School**

**Physical Education Prelim Exam (Higher)**

**November 2018**

**Total marks — 50**

**SECTION 1 — 32 marks**

**SECTION 2 — 8 marks**

**SECTION 3 — 10 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**

Q1 a) **Describe** a recognised test or analytical tool that you have used to gather information on the physical factor. (4)

Q1 b) **Analyse** the same 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) **Evaluate** the effectiveness of any methods used to monitor and evaluate progress while carrying out a PDP to develop mental factors. (4)

**Section 1 – 32 Marks**

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

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

(ii) **Explain** 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 2 - 8 Marks**

**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” | Argued 10 times during game  Walked off game 2 times  Covered 10 km during game  Player scored goal 3 minutes into game  Player had 90% pass completion rate  Player set up 3 scoring opportunities  Player sent off |

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

1. **Analyse** the emotional factors that may have impacted on this performer. (5)
2. **Analyse** the physical factors that may have impacted on this performer. (5)

**Section 3 – 10 Marks**