

FOR OFFICIAL USE

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C

(EV) (KU)

Total

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3200/403

NATIONAL
QUALIFICATIONS
2008

FRIDAY, 2 MAY
11.50 AM – 12.50 PM
(APPROX)

PHYSICAL
EDUCATION
STANDARD GRADE
Credit Level

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day Month Year

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Scottish candidate number

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Number of seat

- 1 There are **two** sections to this paper. Section 1—Evaluating and Section 2—Knowledge and Understanding.
- 2 All questions are in two parts—A and B. Answer both parts of each question.
- 3 There will be a short introduction on the DVD before the first question in Section 1 is asked. Read each question **when told**.
- 4 Answer questions 1–5 **when told**.
- 5 Some questions tell you to refer to the DVD clip in your answer.
- 6 In other questions you may be asked to tick a box **or** write a word **or** words in the space given.
- 7 At the end of Section 1 (Question 5) you will be given **five** minutes to check over your answers. You may not speak to anyone nor move from your seat during this period of time. To help you a buzzer will sound 30 seconds before the end of your checking time and before the DVD introduction to Section 2.
- 8 You will then have 30 minutes to complete your answers to Section 2.
- 9 Before leaving the examination room you must give this book to the invigilator. If you do not, you may lose all the marks for this paper.



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SECTION 1
EVALUATING
(QUESTIONS 1 TO 5)

Activity
Life-saving

DO NOT
WRITE IN
THIS
MARGIN

QUESTION 1

Marks

EV

This piece of action takes place in a swimming pool.

Part A Describe, in detail and **in the correct order**, three actions used by the rescuer to control the casualty. The first has been completed for you.

Action 1 **Places right hand on casualty's chin**

Action 2 _____

2

Action 3 _____

2

Part B Now watch a similar piece of action in a swimming pool.

- (i) Suggest, in detail, two improvements the rescuer could make to her **approach swim**.

First improvement

2

Second improvement

2

- (ii) Suggest, in detail, one improvement the rescuer could make to her **support position** at the wall.

2

(10)

Activity
Table Tennis

DO NOT
WRITE IN
THIS
MARGIN

QUESTION 4

	Marks	EV
	2	
	2	
	2	
	2	
	2	
(10)		

This piece of action shows two boys playing a game of table tennis.

Part A Describe, in detail, three actions of the server (highlighted player) before he strikes the ball.

Action 1 _____

Action 2 _____

Action 3 _____

Part B Now watch a similar piece of table tennis action.

Suggest, in detail, two improvements the server could make to his performance.

First improvement

Second improvement

[Turn over

Activity
Rugby

DO NOT
WRITE IN
THIS
MARGIN

QUESTION 5

This piece of action takes place on a rugby pitch.

Part A (i) Describe, in detail, the throw performed by the highlighted player (No 2).

2

(ii) Describe, in detail, how he makes the ball available to Player No 9.

2

Part B Now watch a similar piece of rugby action.

(i) Suggest, in detail, two improvements the highlighted player (No 2) could make to his performance.

First improvement

2

Second improvement

2

(ii) Suggest, in detail, one improvement the highlighted player (No 9) could make to his performance.

2

(10)

You now have 5 minutes to check over your answers to Questions 1–5 of SECTION 1

SECTION 2
KNOWLEDGE AND UNDERSTANDING
(QUESTIONS 6 TO 10)

Tactics

QUESTION 6

Marks

KU

Parts A and B are based on tactics.

Part A (i) What is meant by an attacking tactic?

2

(ii) When planning an attacking tactic you may consider a number of factors.

Name three factors you may consider.

Factor 1 _____

1

Factor 2 _____

1

Factor 3 _____

1

Tactics

QUESTION 6 (continued)

Marks

KU

Part B Skills/techniques must be performed well for tactics to be successful.

- (i) Choose an individual activity.

Individual activity _____

Describe a tactic you used. _____

2

- (ii) Choose a skill/technique you required for successful performance of this tactic.

Skill/technique _____

Explain why your chosen skill/technique was important in this tactic.

2

- (iii) Choose a team activity.

Team activity _____

Describe a tactic you used. _____

2

- (iv) Choose a skill/technique you required for successful performance of this tactic.

Skill/technique _____

Explain why your chosen skill/technique was important in this tactic.

2

(13)

[Turn over

**Fitness
training**

QUESTION 7

Marks

KU

Part A is based on fitness training.

Part A Name an appropriate type of training to develop each aspect of fitness.
(You must name a **different type** of training for each aspect of fitness).

An example has been completed for you.

<i>Aspect of fitness</i>	<i>Type of training</i>
Muscular endurance	Circuit training
Strength	
Speed	
Flexibility	

3

Fitness training

QUESTION 7 (continued)

Marks

KU

Part B Circuit training sessions can be used to develop your level of muscular endurance.

- (i) Name a circuit training exercise you could use to develop muscular endurance in your **upper** body.

1

- (ii) Describe how you could measure your **initial** level of muscular endurance for this exercise.

2

Weight training can also be used to develop your level of muscular endurance.

- (iii) Name a weight training exercise you could use to develop muscular endurance in your **lower** body.

1

- (iv) Describe the intensity that you worked at during this exercise.

2

(9)

[Turn over

QUESTION 8

Marks

KU

Part A is based on application of force.

- (i) Describe how the body creates the force which allows you to jump powerfully upwards.

2

- (ii) In which direction is force applied as you jump upwards?

1

- (iii) When jumping upwards you will have applied a force against a resistance.

Name the resistance you applied force against.

1

QUESTION 8 (continued)

Marks

KU

Part B is based on follow through and transfer of weight.

Part B Choose a skill/technique which requires a powerful follow through for successful performance.

Skill/technique _____

- (i) Explain how a powerful follow through helps your performance of this skill/technique.

2

- (ii) Describe how you transferred your weight in this skill/technique.

2

- (iii) Choose a skill/technique which requires a restricted follow through for successful performance.

Skill/technique _____

Describe a situation when a restricted follow through helped your performance of this skill/technique.

2

(10)

[Turn over

QUESTION 9

Marks

KU

Parts A and B are based on the automatic stage of learning.

Part A (i) What is meant by the automatic stage of learning?

2

(ii) Describe **two** benefits of being able to perform skills automatically.

Benefit 1 _____

2

Benefit 2 _____

2

QUESTION 9 (continued)

Marks

KU

Part B (i) Choose an individual activity and a skill/technique you can perform automatically.

Individual activity _____

Skill/technique _____

Describe a **pressure** practice you could use to develop this skill/technique.

2

(ii) Choose a team activity and a skill/technique you can perform automatically.

Team activity _____

Skill/technique _____

Describe a **pressure** practice you could use to develop this skill/technique.

2

(iii) Describe a change you could make to this practice if you were finding it too difficult.

2

(12)

[Turn over

QUESTION 10

Marks

KU

Parts A and B are based on aerobic and anaerobic endurance.

Part A Waste products are produced when you exercise anaerobically.

- (i) What gas is breathed out as a waste product?

1

- (ii) What waste product builds up in your muscles?

1

The body goes into oxygen debt when you work anaerobically.

- (iii) What is meant by oxygen debt?

2

QUESTION 10 (continued)

Marks

KU

Part B (i) Describe a situation where you required **anaerobic** endurance when participating in an activity.

2

You can improve your **aerobic** endurance (cardiorespiratory endurance) through training.

(ii) Choose a type of training to improve aerobic endurance.

Type of training _____

1

(iii) Describe your first aerobic endurance training session.

2

When training you must progressively overload your body.

(iv) Describe what you could do after four weeks to progressively overload this training session.

2

(11)

[END OF QUESTION PAPER]

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	EV		KU
Question 1		Question 6	
Question 2		Question 7	
Question 3		Question 8	
Question 4		Question 9	
Question 5		Question 10	
TOTAL		TOTAL	
	(50)		(55)