

# X205/301

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NATIONAL  
QUALIFICATIONS  
2010

TUESDAY, 1 JUNE  
9.00 AM – 11.30 AM

PHYSICAL  
EDUCATION  
HIGHER

Candidates should attempt **three** questions, each chosen from a different area.



**Question 1**

Choose an activity.

(a) Quality performance depends on:

- fluency
- economy of effort
- precision
- accuracy
- control.

Select **two** of the above and explain the importance of each.

6

(b) Why is it important to use an **integrated (combination) training approach** to develop whole performance? Justify your answer by giving examples from your programme.

4

(c) Discuss the importance of using short and long term goals. Give examples to support your answer.

6

(d) Describe the methods used to evaluate the success of the programme in achieving your goals.

4

**(20)**

**Question 2**

(a) Discuss the importance of considering models of performance when establishing training priorities.

4

Choose an activity.

(b) Describe the **nature** and **demands** of this activity.

6

(c) Describe your initial level of performance with reference to technical, physical, personal and special qualities.

4

(d) Select one of the qualities from part (c).

Discuss how a programme of work helped you to improve your overall level of performance. Give examples to support your answer.

6

**(20)**

## AREA 2: PREPARATION OF THE BODY

Marks

### Question 3

(a) Discuss why it is appropriate to train using each of the following approaches.

- Within the activity (conditioning)
- Outwith the activity
- Through a combination of both

6

Choose an activity.

(b) Explain how you planned and implemented your training programme.

6

(c) Describe **one** training session that you undertook to develop your personal level of performance.

4

(d) How did you monitor your progress within the training programme?

4

(20)

### Question 4

Choose an activity.

(a) Explain the importance of each of the following types of fitness in your chosen activity.

- Physical
- Skill-related
- Mental

6

(b) Select **one** aspect of fitness.

Describe **one** method you used to gather information on this aspect.

4

(c) Explain why the method used was both **valid** and **reliable**.

4

(d) Describe, briefly, one method of training to improve your performance in this activity. Discuss why this method was appropriate.

6

(20)

[Turn over

### AREA 3: SKILLS AND TECHNIQUES

Marks

#### Question 5

(a) Explain what you understand about the following.

- Information Processing model
- Skill classification

6

Choose an activity.

(b) Compare your whole performance to that of a model performance.

4

Select a skill or technique.

(c) Describe, in detail, the different methods of practice you used to develop this skill or technique.

6

(d) Discuss why it is important to monitor and review your development programme.

4

(20)

#### Question 6

(a) Explain what you understand about the stages of learning.

6

Choose an activity and a skill or technique.

(b) For one stage of learning, select a method of practice you used to develop this skill or technique. Explain why this method was appropriate.

4

(c) Select **two** of the following.

- Motivation
- Concentration
- Feedback

Discuss the importance of **both** when carrying out your development programme.

6

(d) Having developed this skill or technique, describe the effect this had on your whole performance.

4

(20)

## AREA 4: STRUCTURES, STRATEGIES AND COMPOSITION

Marks

### Question 7

Choose an activity.

- (a) Describe a structure, strategy or composition you have used. **4**
- (b) What factors did you take into consideration when selecting this structure, strategy or composition? **4**
- (c) Describe briefly a situation where this structure, strategy or composition was not effective. Explain why this was the case in this situation. **6**
- (d) What changes/adaptations did you make to address this situation? Justify the actions that were taken. **6**
- (20)**

### Question 8

Choose an activity and structure, strategy or composition.

- (a) (i) Describe **one** strength when performing in this structure, strategy or composition. Explain the effects this had on your performance. **3**
- (ii) Describe **one** weakness when performing in this structure, strategy or composition. Explain the effects this had on your performance. **3**
- (b) Explain what you did to address the weakness identified in part (a) (ii). **4**
- (c) Describe how you evaluated the effectiveness of your performance in relation to the weakness identified in part (a) (ii). **4**
- (d) The following are key fundamentals when applying a structure, strategy or composition.
- Using space effectively in performance
  - Using repetition, variation and contrast in performance
  - Using creativity
  - Width, depth and mobility
- Select **two** of the above and explain the importance of each when applying your chosen structure, strategy or composition. **6**
- (20)**

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