

X205/301

NATIONAL
QUALIFICATIONS
2011

MONDAY, 30 MAY
9.00 AM – 11.30 AM

PHYSICAL
EDUCATION
HIGHER

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



AREA 1: PERFORMANCE APPRECIATION**Question 1**

Choose an activity.

(a) Discuss how your **overall** performance compares to that of a model performance. **6**

(b) Select **one** of the following performance qualities.

- Technical
- Physical
- Personal
- Special

Describe a programme of work you followed to improve this quality. **4**

(c) How did you make the most of your strengths within this quality when performing? **4**

(d) Why is it important to evaluate your overall performance following the programme of work described in part (b)? Describe how this evaluation was carried out. **6**

(20)

Question 2

Choose an activity.

(a) Describe the **nature** of a quality performance in this activity. **4**

(b) How did you prepare mentally for this quality performance? **4**

(c) Describe, in detail, an **integrated** (combination) improvement programme that developed your performance. **6**

(d) Discuss the improvements in your overall performance following this improvement programme. **6**

(20)

AREA 2: PREPARATION OF THE BODY**Question 3**

Choose an activity.

- (a) Why is it important to gather information about your fitness **before** carrying out a training programme? **4**
- (b) Explain what you understand about the three phases of training. **6**
- (c) Select **one** phase of training. Describe a training programme you used to develop or maintain your fitness during this phase. **4**
- (d) Throughout the different phases of your training you will have set personal goals. Give examples of the goals you set. **6**
- Discuss the factors you considered when setting these goals. **6**

(20)**Question 4**

- (a) Explain the importance of mental aspects of fitness to performance. **4**

Choose an activity.

- (b) Describe, in detail, the physical and skill-related aspects of fitness required for this activity. **6**
- (c) Discuss the principles of training you considered when planning a fitness programme. **6**
- (d) During your training programme you will have made changes. Explain why these changes were necessary. **4**

(20)**[Turn over**

AREA 3: SKILLS AND TECHNIQUES**Question 5**

Choose an activity.

(a) Describe the information you gathered about your performance using **one** of the following approaches.

- Mechanical Analysis
- Movement Analysis
- Consideration of quality

4

(b) Explain why you considered this approach to be appropriate.

4

(c) Justify the course of action you took to improve your performance.

6

(d) Explain the importance of using different types of feedback when developing performance.

6

(20)**Question 6**

(a) Explain the advantages of considering a model performance when developing performance.

4

Choose an activity and a skill or technique.

(b) Describe the strengths and/or weaknesses you found when applying this skill or technique.

4

(c) Discuss the **principles of effective practice** you considered when planning your development programme.

6

(d) Describe **one** method of practice you used to improve your performance. Explain why this method was relevant.

6

(20)

AREA 4: STRUCTURES, STRATEGIES AND COMPOSITION

Question 7

Choose an activity and a structure, strategy or composition.

- (a) Describe how you gathered information about your performance when applying this structure, strategy or composition. **4**
- (b) Explain why this structure, strategy or composition makes the best use of your performance strengths. **6**
- (c) Describe the problems you encountered when applying this structure, strategy or composition. **4**
- (d) Justify the decisions you took to develop your performance within this structure, strategy or composition. **6**

(20)

Question 8

Choose an activity.

- (a) Describe **two different** structures, strategies or compositions you have used in this activity. **6**
- (b) Select **one** of these structures, strategies or compositions.
Explain the advantage(s) of using it in a performance situation. **4**
- (c) Explain the advantage(s) of using the **other** structure, strategy or composition in a performance situation. **4**
- (d) Discuss **one limitation of each** of these structures, strategies or compositions. **6**

(20)

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