

FOR OFFICIAL USE

--	--	--	--	--	--

Total

--

X205/101

NATIONAL
QUALIFICATIONS
2010

TUESDAY, 1 JUNE
1.00 PM – 2.00 PM

PHYSICAL
EDUCATION
INTERMEDIATE 1

Fill in these boxes and read what is printed below.

Full name of centre

--

Town

--

Forename(s)

--

Surname

--

Date of birth

Day Month Year

--	--	--	--	--	--

Scottish candidate number

--	--	--	--	--	--	--	--	--	--

Number of seat

--

- 1 Candidates should attempt **three** of the 4 sections.
- 2 All answers should be written in the spaces provided in this answer book and should be written clearly and legibly in ink.
- 3 The marks allocated to each question or part of a question are shown at the end of each question or part of a question.
- 4 Space for answers or rough work will be found at the end of this book. If further space is required, supplementary sheets may be obtained from the Invigilator and should be inserted inside the **front** cover of this book. You should draw a line through anything which you do not wish the examiner to mark.
- 5 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.



Marks

Attempt only THREE of the 4 Sections

SECTION 1—PERFORMANCE APPRECIATION

1. Choose **one** activity from your course.

Name of activity _____

(a) **Technical** **Physical** **Personal** **Special**

(i) Choose **one** of the qualities above. Describe the difference between your performance and a model performance in that quality.

2

(ii) Choose a **different** quality from the above list. Describe the difference between your performance and a model performance in that quality.

2

(b) Give a reason why you used a model performance to help plan a programme of work.

2

Marks

1. (continued)

(c) Describe what you did to make your performance more like a model performance. Give **two** examples from your programme of work.

Example 1 _____

2

Example 2 _____

2

(d) Describe how your performance changed.

3

[Turn over

Marks

1. (continued)

(e) Choose **two** of the mental factors from the list below. Describe how they affected your performance.

- Motivation
- Concentration
- Confidence
- Control of Aggression

Mental Factor 1 _____

2

Mental Factor 2 _____

2

(f) What will you work on next to make your performance more like the model performance?

3

Total Marks for Question (20)

Marks

SECTION 2—PREPARATION OF THE BODY

2. Choose **one** activity from your course.

Name of activity _____

(a) For each of the **types** of fitness listed below, select **one** aspect of fitness which is important to this activity.

Type of Fitness	Aspect of Fitness
Physical	
Skill related	
Mental	

3

(b) Describe **one** method you used to gather information about your fitness in this activity.

2

(c) Explain why this method was useful.

2

(d) (i) Select **one** aspect of fitness which was a strength. How did this affect your performance?

2

Marks

2. (d) (continued)

(ii) Select **one** aspect of fitness which was a weakness. How did this affect your performance?

2

(e) Choose a method of training to improve the weakness described in part (d) (ii).

Method of training _____

1

(f) Choose **two** of the principles of training listed below. Describe how you used each when planning a training session.

- Duration
- Frequency
- Intensity
- Adaptation
- Specificity

Principle 1 _____

2

Principle 2 _____

2

Marks

2. (continued)

(g) Explain why it is important to use progressive overload during your training programme.

2

(h) Describe the changes your training made to your performance.

2

Total Marks for Question (20)

[Turn over

Marks

SECTION 3—SKILLS AND TECHNIQUES

3. Choose **one** activity from your course.

Name of activity _____

(a) Select a skill/technique that you found difficult to perform in this activity.

Skill/Technique _____

Describe the parts that gave you problems.

3

(b) Describe a practice you used at the **start** of your training programme to improve this skill/technique.

3

(c) Give **one** reason why this practice was useful.

2

Marks

3. (continued)

(d) Explain **why** it is important to monitor your performance.

2

(e) Describe **one** method you used to check your progress.

2

(f) As you improved, describe a more difficult practice you used to develop the skill/technique from part (a).

3

[Turn over

Marks

3. (continued)

(g) How did developing this skill/technique improve your overall performance?

3

(h) What would you do next to further improve your performance?

2

Total Marks for Question (20)

Marks

SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

4. Choose **one** activity from your course.

Name of activity _____

(a) Describe a structure, strategy or composition you have used in this activity.

3

(b) Describe **two** strengths of this structure, strategy or composition.

Strength 1 _____

2

Strength 2 _____

2

[Turn over

Marks

4. (continued)

(c) Describe **two** weaknesses of this structure, strategy or composition.

Weakness 1 _____

Weakness 2 _____

(d) How did you gather information on your performance?

2

2

3

Marks

4. (continued)

(e) What action(s) did you take to overcome **one** of the weaknesses described in part (c)?

3

(f) Give examples of how these actions affected your whole performance in the structure, strategy or composition.

3

Total Marks for Question (20)

[END OF QUESTION PAPER]

SPACE FOR ANSWERS OR ROUGH WORK

SPACE FOR ANSWERS OR ROUGH WORK

FOR OFFICIAL USE

Question 1	
Question 2	
Question 3	
Question 4	
TOTAL	

(60)