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Total

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NATIONAL QUALIFICATIONS 2013

# PHYSICAL EDUCATION INTERMEDIATE 1



\* X 2 0 5 1 0 0 2 \*

TUESDAY, 4 JUNE  
1.00 PM – 2.00 PM

## X205/10/02

Fill in these boxes and read what is printed below.

Full name of centre

Town

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Forename(s)

Surname

Number of seat

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Date of birth

Day

Month

Year

Scottish candidate number

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- 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.



\* X 2 0 5 1 0 0 2 0 1 \*

Attempt only THREE of the 4 Sections

DO NOT  
WRITE IN  
THIS  
MARGIN

Marks

SECTION 1—PERFORMANCE APPRECIATION

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

Name of activity \_\_\_\_\_

(a) Describe the nature or demands of your chosen activity.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(b) Describe the qualities required for a successful performance in your chosen activity.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3

(c) Describe how a weakness in one of these qualities affected your performance.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2



1. (continued)

Marks

(d) How did you know it was a weakness?

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2

(e) What steps did you take to improve your performance?

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3

(f) How did your performance change after making improvements?

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2

[Turn over



**1. (continued)**

*Marks*

(g) Name **two** mental factors which affected your performance.

Factor 1 \_\_\_\_\_

**1**

Factor 2 \_\_\_\_\_

**1**

(h) Explain the effect each mental factor had on your performance.

Explanation 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2**

Explanation 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2**

**Total Marks for Question (20)**



**SECTION 2—PREPARATION OF THE BODY**

DO NOT  
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Marks

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

**Name of activity** \_\_\_\_\_

(a) Describe how a good level of fitness can affect performance in your chosen activity.

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3

(b) (i) Name an aspect of fitness which was a weakness in your performance.

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1

(ii) Explain how this aspect affected your whole performance.

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3

**[Turn over**



2. (continued)

Marks

(c) Describe **one** session of training you used to help improve this aspect of fitness.

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3



Marks

2. (continued)

(d) Choose **three** of the principles of training listed below. Describe how you used each in your training programme.

- Duration
- Frequency
- Intensity
- Adaptation
- Specificity
- Progressive Overload

Principle 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

Principle 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

Principle 3 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

[Turn over



2. (continued)

Marks

(e) Describe how you monitored your training.

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2

(f) Why did you monitor your training?

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2

**Total Marks for Question (20)**





**SECTION 3—SKILLS AND TECHNIQUES**

DO NOT  
WRITE IN  
THIS  
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Marks

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

**Name of activity** \_\_\_\_\_

(a) Choose a skill/technique from your activity and explain **why** it is important for a successful performance.

Skill/Technique \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(b) Choose a skill/technique from your activity which was a weakness.

Skill/Technique \_\_\_\_\_

Thinking about preparation, action and recovery, describe the problems you had when performing this skill/technique.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3

**[Turn over**



3. (continued)

Marks

(c) How did you collect information on your performance of the skill/technique described in part (b)?

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2

(d) Why was this a good way of collecting information?

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2

(e) Name **two** methods of practice you used in your improvement programme.

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1

1

(f) Describe the improvement programme you completed to overcome your weakness.

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3



3. (continued)

Marks

(g) **Circle one** of the following.

Motivation      Concentration      Feedback

Describe how it helped you to improve your skill/technique.

Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(h) Give an example of how your **whole** performance changed after completing your improvement programme.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

**Total Marks for Question (20)**

**[Turn over**



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SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

DO NOT  
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MARGIN

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

Name of activity \_\_\_\_\_

Choose a structure, strategy or composition you have used in the activity.

\_\_\_\_\_

(a) Describe how you gathered information about your structure, strategy or composition.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(b) Why is gathering information about this structure, strategy or composition important?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(c) Explain **one** strength in your structure, strategy or composition.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2



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Marks

4. (continued)

(d) Describe the weakness(es) in your structure, strategy or composition.

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(e) Describe the steps you took to improve your weakness(es)?

Step 1 \_\_\_\_\_

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2

Step 2 \_\_\_\_\_

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2

[Turn over



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4. (continued)

Marks

(f) Describe how these steps improved your overall performance.

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3

(g) Choose **two** from the list below and explain why they are important in your structure, strategy or composition.

- Speed
- Being creative
- Speed of play/performance
- Use of space
- Width
- Depth
- Mobility
- Developing motifs
- Applying pressure

Choice 1 \_\_\_\_\_

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2



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4. (g) (continued)

Marks

Choice 2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

**Total Marks for Question (20)**

[END OF QUESTION PAPER]



SPACE FOR ANSWERS OR ROUGH WORK

DO NOT  
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*SPACE FOR ANSWERS OR ROUGH WORK*

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Question 1	
Question 2	
Question 3	
Question 4	
TOTAL	

(60)



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