

# **X205/201**

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NATIONAL  
QUALIFICATIONS  
2009

MONDAY, 1 JUNE  
1.00 PM – 3.00 PM

PHYSICAL  
EDUCATION  
INTERMEDIATE 2

Candidates should attempt **THREE** questions, each chosen from a different section.



## SECTION 1—PERFORMANCE APPRECIATION

Marks

### QUESTION 1

Choose **one** activity.

- (a) Describe, in detail, a quality performance in this activity. 5
- (b) Outline a goal you set to achieve your own quality performance. 3
- (c) Describe the improvement programme you used to achieve your goal. 4
- (d) Choose **two** factors from the list below.

**Confidence**                      **Concentration**                      **Motivation**

**Determination**                      **Aggression**                      **Stress**

Explain how these factors affected your whole performance. 4

- (e) Choose **one** or **more** of the method(s) from the list below.

**Imagery/Visualisation**                      **Deep Breathing**

**Relaxation Techniques**                      **Mental Rehearsal**

What effect would using the method(s) have on your whole performance? 4

**(20)**

### QUESTION 2

Choose **one** activity.

- (a) Describe your performance **strength(s)** in relation to **one** of the qualities from the list below.

**Technical**                      **Physical**                      **Personal**                      **Special** 4

- (b) Now select a different quality from the list below and describe your performance **weakness(es)**.

**Technical**                      **Physical**                      **Personal**                      **Special** 4

- (c) Describe how you collected data about your performance. 4

- (d) Explain how you used this data to plan your improvement programme. 4

- (e) Why is it important to monitor your improvement programme? 4

**(20)**

## SECTION 2—PREPARATION OF THE BODY

Marks

### QUESTION 3

Choose **one** activity.

- |     |  |             |
|-----|--|-------------|
| (a) | Select <b>two</b> aspects of fitness. Explain why each is important for a successful performance.                            | 5           |
| (b) | Select <b>one</b> of the aspects of fitness from part (a). Describe how you collected information on this aspect of fitness. | 3           |
| (c) | Describe <b>one</b> method of training you have used to develop this aspect of fitness.                                      | 4           |
| (d) | Explain how your method of training helped to improve your whole performance.  | 4           |
| (e) | Explain why it is important to monitor your performance during training.   | 4           |
|     |  | <b>(20)</b> |

### QUESTION 4

Choose **one** activity.

- |     |  |             |
|-----|--|-------------|
| (a) | Describe a performance where Physical fitness <b>and</b> Skill Related fitness helped you perform successfully.  | 5           |
| (b) | Describe <b>one</b> situation where Mental fitness affected your performance.  | 3           |
| (c) | Select an aspect of fitness from <b>either</b> Physical, Skill Related <b>or</b> Mental fitness. Describe a training programme you used to develop this aspect of fitness. | 4           |
| (d) | Explain how you used the principles of training in your programme.   | 4           |
| (e) | Identify your future development needs. Explain how these development needs may further improve your performance.  | 4           |
|     |  | <b>(20)</b> |

**[Turn over**

### SECTION 3—SKILLS AND TECHNIQUES

*Marks*

#### QUESTION 5

Choose **one** activity.

- (a) Describe **one** method you used to collect data about your **whole** performance. 4
- (b) Now describe **one** method you used to collect data about a **specific** skill in your performance. 3
- (c) Explain why both methods you used to collect data were appropriate. 4
- (d) Describe, in detail, an improvement programme you used to develop your skills and techniques. 5
- (e) Describe the changes to your whole performance, after completing your improvement programme. 4
- (20)**

#### QUESTION 6

Choose **one** activity.

- (a) Describe the strengths and weaknesses in your performance. 4
- (b) Select a skill or technique you found difficult to perform. Describe **two** methods of practice you used to develop this skill or technique. Give specific examples. 4
- (c) What effect did the methods of practice have on your **whole** performance? 4
- (d) Explain how you used the principles of effective practice when developing your skill or technique. 4
- (e) Choose **one** of the factors from the list below.

**Motivation**

**Concentration**

**Feedback**

Explain why it was important in the development of the skill or technique in your performance.

4  
**(20)**

## SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

### QUESTION 7

Choose **one** activity.

- |     |   |             |
|-----|---|-------------|
| (a) | Describe, in detail, your chosen structure, strategy or composition.  | 4           |
| (b) | Describe how you gathered data on the effectiveness of your structure, strategy or composition.               | 4           |
| (c) | Describe any problems you had when using the chosen structure, strategy or composition.                       | 4           |
| (d) | How would you change or adapt your structure, strategy or composition to develop your performance?            | 4           |
| (e) | Explain the importance of decision making in relation to a structure, strategy or composition. Give examples. | 4           |
|     |   | <b>(20)</b> |

### QUESTION 8

Choose **one** activity.

- |     |  |             |
|-----|--|-------------|
| (a) | Select a structure, strategy or composition. Describe the role you played or the performance you gave, within this structure, strategy or composition. | 4           |
| (b) | In your role, describe <b>one</b> weakness you had when performing the Structure, strategy or composition.   | 4           |
| (c) | Explain the effect the weakness had on your whole performance.   | 4           |
| (d) | What course of action did you take to improve your performance?  | 4           |
| (e) | Following the course of action, how did you evaluate the effectiveness of your role or performance in the structure, strategy or composition?          | 4           |
|     |  | <b>(20)</b> |

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