

X205/301

NATIONAL
QUALIFICATIONS
2008

WEDNESDAY, 28 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

Marks

Question 1

Choose an activity.

- (a) Describe in detail your personal performance in relation to **two** of the performance qualities listed below.

- **Technical**
- **Physical**
- **Personal**
- **Special**

6

- (b) Select **one** of the qualities highlighted in Part (a). Describe in detail how you gathered information about this quality during your **overall** performance.

4

- (c) Why is it important to use appropriate models of performance when developing your own performance?

4

- (d) Discuss the importance of goal setting when planning your performance development. Give specific examples of the goals you set.

6

(20)

Question 2

Choose an activity.

- (a) Explain what you understand about the **mental factors** which affect performance.

4

- (b) Select a mental factor that had a negative effect on your performance. What method(s) did you use to overcome this difficulty? Why was the method(s) appropriate?

6

- (c) Select a **weakness** within your whole performance. Discuss how you planned and managed a programme of improvement to develop your performance.

6

- (d) Explain why it is important to review the effectiveness of your programme of improvement.

4

(20)

AREA 2: PREPARATION OF THE BODY

Marks

Question 3

Choose an activity.

- (a) Describe the physical, skill related and mental fitness requirements for effective performance within your activity. **6**
- (b) From the fitness requirements described in Part (a), select **one** aspect. Explain how you gathered information about it **within** the activity. **4**
- (c) There are three phases of training:
- **preparation** (pre season)
 - **competition** (during the season)
 - **transition** (off season).

Discuss why your training might differ between **each** of the phases. Give examples to support your answer. **6**

- (d) Describe **one** method of training you used to develop your fitness. Explain why this method was appropriate. **4**
- (20)**

Question 4

- (a) Describe in detail a situation where your level of fitness:
- (i) was a **strength** to your performance;
 - (ii) was a **weakness** to your performance.
- (You may wish to answer this question through more than one activity.) **6**
- (b) With reference to either the strength or weakness identified in Part (a), describe in detail **one** method of training you used to develop your fitness. **4**
- (c) Discuss the **principles of training** you would consider when designing and completing a training programme. **6**
- (d) Explain why it is important to evaluate the effectiveness of your training programme. **4**
- (20)**

[Turn over

AREA 3: SKILLS AND TECHNIQUES

Marks

Question 5

(a) Select **two** of the influential factors listed below.

- **Motivation**
- **Concentration**
- **Feedback**

Explain what you understand about each factor.

6

Choose an activity and a skill or technique.

(b) Describe the programme of work that you followed to develop this skill or technique.

4

(c) Discuss how the **principles of effective practice** were applied to the programme.

6

(d) Explain how your whole performance was affected on completion of this programme of work.

4

(20)

Question 6

Choose an activity and a skill or technique.

(a) Select **one** of the following approaches. Describe how you gathered information about your chosen skill or technique using this approach.

- **Mechanical analysis**
- **Movement analysis**
- **Consideration of quality**

4

(b) Discuss the results of the information gathered in Part (a). Make specific reference to how your **whole** performance was affected.

6

(c) Outline the programme of work that you followed to develop your performance in this skill or technique. Explain why this programme of work was appropriate.

6

(d) Explain why it is important to monitor and review your programme of work.

4

(20)

AREA 4: STRUCTURES, STRATEGIES AND COMPOSITION

Marks

Question 7

Choose an activity.

- (a) Describe a Structure, Strategy or Composition that you have used. What were your strength(s) when applying this Structure, Strategy or Composition? **6**
 - (b) Discuss how you planned your performance to make best use of your strength(s) when performing in this Structure, Strategy or Composition. **4**
 - (c) Describe your weakness(es) when applying this Structure, Strategy or Composition. Discuss the effect that this had on your performance. **6**
 - (d) Explain what you did to reduce the effect of the weakness(es) identified. **4**
- (20)**

Question 8

Choose an activity.

- (a) Discuss the factors that you would take into consideration when selecting a Structure, Strategy or Composition. **6**
 - (b) Describe in detail a Structure, Strategy or Composition that you have used. **4**
 - (c) Briefly describe a situation where you had to **adapt or change** the Structure, Strategy or Composition in Part (b). Discuss why these changes or adaptations made your performance more effective. **6**
 - (d) Having adapted or changed this Structure, Strategy or Composition, explain how you would evaluate its effectiveness. **4**
- (20)**

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