

X205/301

NATIONAL
QUALIFICATIONS
2007

FRIDAY, 25 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 the **nature** and **demands** of a quality performance within your selected activity. 6
 - (b) Mental factors can influence your performance. Explain how you were able to manage your emotions and mental state for a performance in your selected activity. 4
 - (c) When planning for performance improvement, discuss why it is important to use an **integrated training** (combination) approach to develop your whole performance. Give examples from your training programme to support your answer. 6
 - (d) Discuss why it is important to **monitor** and **review** your performance development. 4
- (20)**

Question 2

Choose an activity.

- (a) Discuss the **positive** and **negative** influence of mental factors on performance. 4
 - (b) Technical, physical, personal and special qualities are important when performing. Select **three** of these qualities and explain their importance. 6
 - (c) Describe, in detail, the **strengths** and **weaknesses** in your whole performance in relation to **one** of the qualities you selected within part (b). 4
 - (d) Explain how you organised your training to **improve your weaknesses** whilst **maintaining your strengths**. Give examples from your training to support your answer. 6
- (20)**

AREA 2: PREPARATION OF THE BODY

Marks

Question 3

Choose an activity.

- (a) Describe in detail the **range** of fitness requirements for effective performance. **6**
- (b) Discuss why it is important to gather information about your **fitness**. **4**
- (c) Training can take place:
- **within the activity (conditioning)**
 - **outwith the activity**
 - **through a combination of both.**

Select **one** of the above and briefly outline a training programme. Discuss why it was appropriate for you to train using the selected approach. **6**

- (d) Having monitored your level of fitness during your training programme you will have made changes. Explain why these changes were necessary. Give examples to support your answer. **4**
- (20)**

Question 4

Choose an activity.

- (a) Select an aspect of **skill related** fitness. Describe **one** method of gathering information on this aspect. Explain why this method was appropriate. **4**
- (b) Explain the importance of **mental** fitness within an activity of your choice. **4**
- (c) Discuss the importance of **setting goals** to improve your level of **physical** fitness. Give examples of the goals you set. **6**
- (d) Discuss how you **planned** and **implemented** a training programme to achieve the goals set in part (c). **6**
- (20)**

[Turn over

AREA 3: SKILLS AND TECHNIQUES

Marks

Question 5

Choose an activity and a skill or technique.

(a) When learning and developing a skill, it is important to work through the three stages of learning. These are:

- **the preparation/cognitive stage**
- **the practice/associative stage**
- **the automatic/autonomous stage.**

Explain what you understand about **each** stage. 6

(b) Discuss why it is appropriate to use different methods of practice at **two different** stages of learning. Give examples from your programme of work to support your answer. 6

(c) Describe how you monitored your progress as you worked through your development programme. 4

(d) Having developed this skill/technique, discuss the **effect** that this has had on your **whole** performance. 4

(20)

Question 6

Choose an activity and a skill or technique.

(a) Describe the **features** of a skilled performance in this activity. 4

(b) When learning or developing a skill or technique, discuss the importance of **one** of the following:

- (i) **Information Processing Model**
- (ii) **Skill classification.**

4

(c) Describe, in detail, the **methods** you used to gather information on your level of performance. Explain why these methods were appropriate. 6

(d) From the information gathered, briefly describe a programme of work you used to develop this skill or technique. Explain why it is important to **review** your programme. 6

(20)

AREA 4: STRUCTURES, STRATEGIES AND COMPOSITION

Marks

Question 7

Choose an activity and a Structure, Strategy or Composition.

- (a) Discuss why it is important to gather information about your performance when applying the Structure, Strategy or Composition. Give examples of the strengths and weaknesses you identified. **6**
- (b) Describe how you addressed the weaknesses highlighted in part (a). Explain the actions you took. **4**
- (c) When addressing your weaknesses you will have monitored your progress. Explain why this process is important. **4**
- (d) Structures, Strategies or Compositions are based on a number of key principles/fundamentals. For example:
- **speed in attack**
 - **width/depth/mobility**
 - **using repetition, variation and contrast**
 - **the importance of creativity.**

Choose **two, either from your course or** from the list above and explain their importance when applying the Structure, Strategy or Composition. **6**

(20)

Question 8

Choose an activity.

- (a) Describe, in **detail**, a Structure, Strategy or Composition you have used. **4**
- (b) Discuss some of the **problems** that **either** you **or** your team/group experienced when applying this Structure, Strategy or Composition. **6**
- (c) With reference to the problems you experienced in part (b), discuss the **decisions** you took to develop and improve your performance. **6**
- (d) Explain how you evaluated any improvements that were made in your performance in the chosen Structure, Strategy or Composition. **4**

(20)

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