

[C068/SQP030]

Higher
Physical Education
Specimen Question Paper

Time: 2 hours 30 minutes

NATIONAL
QUALIFICATIONS

Candidates should attempt **three** questions, each chosen from a different area.

AREA 1: PERFORMANCE APPRECIATION

Marks

Question 1—General

“That was a special performance; it had in it everything I wanted. All my planning has been worthwhile.”

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| (a) From an activity of your choice, describe in detail, a performance that was special for you. Refer to the nature and demands of the performance and identify the personal qualities you valued in this performance. | 6 |
| (b) With reference to the special performance you used in part (a), discuss the ways in which your personal qualities influenced the effectiveness of your performance. | 6 |
| (c) Discuss the personal goals and training priorities which you set in preparation for the special performance. | 8 |
| | (20) |

Question 2—Specific, Individual activity

“Mentally I felt well prepared for performance and this was reflected in the way I performed.”

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| (a) From an activity of your choice describe in detail, one method you have used to help you mentally prepare for performance. | 6 |
| (b) With reference to some qualities of your performance in the activity selected in part (a), discuss the benefits of using mental preparation as part of your training. | 8 |
| (c) With reference to the selected individual activity, discuss the importance of using appropriate models of performance in helping establish training priorities. | 6 |
| | (20) |

Question 3—Specific, Team/Group activity

Marks

- (a) With reference to your particular role within a team/group activity, describe the qualities you require for effective performance. Give specific examples from your performance of each of the qualities you have described.
- (b) Explain how the demands of your role, within the team/group activity used in part (a), have influenced your preparation and training for performance. Give specific examples to support your answer.
- (c) As part of your ongoing performance review you will have evaluated your performance in the role explained in part (b). Explain the methods you used.

6

8

6

(20)

Question 4—General

“Conditioning should be developed in the main through participation in the whole activity.”

Select **one** activity in which you have tried to improve your overall fitness through a conditioning approach.

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|--|-------------|
| (a) Describe the main reasons why a conditioning approach was suited to your selected activity. | 6 |
| (b) With regard to two aspects of skill related fitness, explain the principles of training you took into consideration when designing a conditioning training programme. | 6 |
| (c) Discuss, in detail, how you monitored your progress in performance throughout this conditioning training programme. | 8 |
| | (20) |

Question 5—Specific, Individual activity

“My thorough preparation has been effective.”

In an individual activity you may have improved your performance after completing a fitness training programme.

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| (a) From an individual activity, choose two aspects of physical fitness. Describe how lack of physical fitness affected your performance. | 4 |
| (b) Describe how you used fitness assessment information about yourself to ensure that your fitness training programme was specific to your physical fitness needs. | 6 |
| (c) For the physical fitness needs identified in part (b), explain how you would design a fitness training programme for yourself. Provide specific details from your programme to support your answer. | 6 |
| (d) Explain how you would evaluate your performance following your fitness training programme. | 4 |
| | (20) |

Question 6—Specific, Team/Group activity

Marks

“In team and group activities the aspects of physical and mental fitness required are often dependent upon your own specific role within the team or group.”

- (a) From an activity of your choice describe, in detail, the aspects of **physical fitness** required for your own specific role within the team or group. **6**
- (b) For the activity chosen in part (a), explain the particular importance of **mental fitness** for performance for your role within the team/group activity chosen. **4**
- (c) Discuss the performance factors and principles of training you would take into account when planning improvements to your level of **physical fitness** for your role within the team/group activity chosen in part (a). **6**
- (d) Having completed your **physical fitness** improvement programme, explain how you would evaluate your performance during team/group activity. **4**

(20)

AREA 3: SKILLS AND TECHNIQUE

Marks

Question 7—General

“In performance when learning or developing skills it is important that your practice is effective and specific to your identified needs.”

- (a) Describe how you analysed your performance in **one** activity. Give details about the results of your analysis. 6
- (b) Referring to the chosen activity from part (a), explain why one of the methods of analysis which you chose was useful in assessing your performance. 4
- (c) List A below contains methods of practice. List B contains influential factors that are important in learning and developing skills.

List A—Methods of Practice

Gradual build up
Whole/Part/Whole
Pressure training

List B—Influential Factors

Motivation
Concentration
Feedback

Choose **one** from each list.

- (i) Explain how you have used this method of practice in the development of your performance in your chosen activity.
- (ii) Explain the importance of this influential factor in the development of your performance in your chosen activity.

10
(20)

Question 8—Specific, Individual activity

“Effective analysis of skills can provide you with information that will allow you to improve your technique.”

- (a) Describe **one** method you used for analysing your skills in **one** activity. Explain the importance of this method. 4
- (b) Give details about the results of your analysis with regard to the strengths and weaknesses of your own technique in the skills analysed in part (a). 6
- (c) With regard to the weaknesses which you identified in part (b), describe the course of action you took to improve your technique. Make reference to the principles of effective practice you applied in completing your course of action. 6
- (d) Explain how you evaluated your performance following your course of action to improve skilful performance. 4

(20)

Question 9—Specific, Team/Group activity

Marks

“Quality practice needs to be appropriate to the skills being improved and to your current level of performance.”

- (a) From the analysis of your own performance within a team or group activity, describe **two skills** that need to be improved. What specific weaknesses did your analysis reveal? **6**
- (b) Explain how you would design practices to ensure that they were effective for the **two skills** being developed. Give specific examples of practices you would use. **8**
- (c) Select **one** of the skills you have described. Explain how you evaluated your performance following your skills practices. Explain why your evaluation was appropriate to an analysis of your individual effectiveness within a team or group activity. **6**

(20)

AREA 4: STRUCTURES, STRATEGIES AND COMPOSITION

Marks

Question 10—General

- (a) Describe **two** different strategies or compositions you have used in **one** activity of your choice. 6
- (b) Discuss the effectiveness of **one** of the strategies or compositions used in part (a). Explain how you measured its effectiveness. 6
- (c) The strengths and weaknesses within each of the following concepts can influence a strategy or composition when applied within a structure.
- Roles and relationships
Formations
Group and team principles
Tactical or design elements
Choreography
- Choose **one** concept from the above list. Describe how consideration of this concept along with the information collected in part (b) helped you to refine your performance. 8
- (20)

Question 11—Specific, Individual activity

- (a) Describe, in detail, a structure/strategy **or** structure/composition you have used in an individual activity of your choice. 6
- (b) Discuss your individual strengths and weaknesses when using this structure/strategy **or** structure/composition. 4
- (c) With regard to your individual weaknesses, describe a course of action to improve your performance in this structure/strategy **or** structure/composition. Explain how your course of action would lead to improvement. 6
- (d) Explain how you would evaluate your overall performance in the chosen structure/strategy **or** structure/composition in order to assess any improvements. 4
- (20)

Question 12—Specific, Team/Group activity

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| <p>(a) Describe, in detail, a structure/strategy or structure/composition you have used in a team/group activity of your choice.</p> <p>(b) Choose three of the concepts from the following list.</p> <p style="margin-left: 40px;">Roles and relationships
Formations
Group and team principles
Tactical or design elements
Choreography</p> <p style="margin-left: 40px;">Discuss how your team/group applied each concept selected in attempting to improve the team/group performance.</p> <p>(c) Choose one of the three concepts selected in part (b). Explain how you evaluated performance during whole team/group activity in relation to the chosen concept.</p> | <p><i>Marks</i></p> <p>6</p> <p>9</p> <p>5</p> <p>(20)</p> |
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[END OF QUESTION PAPER]