

X205/11/02

NATIONAL
QUALIFICATIONS
2012

TUESDAY, 29 MAY
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) Referring to the demands of a quality performance in this activity, describe in detail your **performance strengths**. 4
- (b) Referring to the demands of a quality performance in this activity, describe in detail your **performance weaknesses**. 4
- (c) Explain the benefits of setting goals when creating a training programme. Give examples of goals that you have set. 4
- (d) Describe a training programme you carried out to help reach your goals. 4
- (e) What effects did training have on your performance? 4
- (20)

QUESTION 2

Choose **one** activity.

- (a) Describe the range of demands in a quality performance. 4
- (b) Describe, in detail, **one** method you used to gather data on your performance. 4
- (c) Mental factors can influence performance.
Give examples of situations where you were successful in managing your emotions. 4
- (d) Give examples of different situations where you were unsuccessful in managing your emotions. 4
- (e) Select **one** or **more** of the method(s) below:
- Imagery/visualisation
 - Deep breathing
 - Relaxation techniques
 - Rehearsal
- Describe how you used the method(s) to manage your emotions more effectively. 4
- (20)

QUESTION 3

Choose **one** activity.

(a) Select **one** type of fitness from the list below.

- Physical fitness
- Skill related fitness
- Mental fitness

Explain why this type of fitness is a strength in your performance.

4

(b) Select a **different** type of fitness from the list in (a). Explain why this type of fitness is a weakness in your performance.

4

(c) When developing your weakness, how did you use the principles of training during your training programme?

4

(d) Describe in detail how you monitored your training programme.

4

(e) Describe how your training programme changed over time. Give examples to support your answer.

4

(20)

QUESTION 4

Choose **one** activity.

(a) (i) Identify **one** aspect of fitness. Explain why this was a **strength** in your performance.

3

(ii) Identify a **different** aspect of fitness. Explain why this was a **weakness** in your performance.

3

(b) Describe a test you carried out to gather information on your weak aspect of fitness and explain why this test was useful.

4

(c) When you planned your training programme, describe the factors you considered to ensure its success.

4

(d) Identify a method of training you used in your training programme. Describe a training session using this method.

3

(e) Explain the benefits of using this method of training.

3

(20)

QUESTION 5

Choose **one** activity.

- (a) Describe a method you used to collect data and explain why this method was appropriate. **4**
- (b) Select a skill or technique which was a strength. What effect did this have on your whole performance? **4**
- (c) Select a skill or technique which was a weakness. What effect did this have on your whole performance? **4**
- (d) Describe a programme of work you used to improve your weakness. **4**
- (e) Describe **two** different examples of feedback used during your programme of work. **4**
- (20)**

QUESTION 6

Choose **one** activity.

- (a) Select a skill or technique that was a weakness.
Describe **two** different methods of practice you used to improve this skill or technique. **4**
- (b) How did you use the principles of effective practice in your programme of work? **4**
- (c) Select **one** of the factors below.
- | Motivation | Concentration | Feedback | |
|--|----------------------|-----------------|----------|
| Describe how you used the selected factor in your programme of work. | | | 4 |
- (d) Explain why you would evaluate your performance at the end of your programme of work. **4**
- (e) What effect did your programme of work have on your whole performance? **4**
- (20)**

QUESTION 7

Choose **one** activity.

- (a) Select a structure, strategy or composition. Describe your role/performance within the structure, strategy or composition. 4
- (b) Explain why you were suited to this role/performance. 4
- (c) Describe some of the problems experienced when using the structure, strategy or composition. 4
- (d) Describe the course of action you took to minimise the problems described in part (c). 4
- (e) Give examples of what you would work on next. Describe how this would further develop your performance. 4
- (20)**

QUESTION 8

Choose **one** activity.

- (a) Describe a structure, strategy or composition. 4
- (b) Explain the benefits of the structure, strategy or composition. 4
- (c) Describe the limitations you experienced when using your chosen structure, strategy or composition. 4
- (d) How did you adapt or change your structure, strategy or composition to improve the effectiveness of your performance? 4
- (e) Describe how this affected your performance. 4
- (20)**

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