

X205/301

NATIONAL
QUALIFICATIONS
2009

MONDAY, 1 JUNE
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) What do you understand about the **demands** of a quality performance in your chosen activity? 4
 - (b) Describe your performance in comparison to a quality performance in your chosen activity. 6
 - (c) Discuss a training programme you followed that took into account your strengths and any development needs you may have. 6
 - (d) Describe how you monitored the effectiveness of this training programme. 4
- (20)**

Question 2

Choose an activity.

- (a) How can the study of model performance help you in your chosen activity? 4
 - (b) Describe
 - (i) your strengths
 - (ii) your weaknessesin comparison to a model performance in your chosen activity. 6
 - (c) What course of action would you take to improve your performance? Explain your reasons for this course of action. 6
 - (d) Why is it important to evaluate the effects of this course of action on your whole performance? 4
- (20)**

AREA 2: PREPARATION OF THE BODY

Marks

Question 3

Choose an activity.

- (a) Select an aspect of fitness. Describe how you assessed this aspect of fitness both **within** and **outwith** your chosen activity. 6
 - (b) Why is it important to assess your fitness? Justify your reasons. 4
 - (c) What do you understand about the principles of training? Give examples of how these were used within your training programme. 6
 - (d) What impact did your training have on your whole performance? Give examples to support your answer. 4
- (20)**

Question 4

Choose an activity.

- (a) Describe one skill related and one physical aspect of fitness required for effective performance in your chosen activity. 4
 - (b) Select **one** method of training you have used to develop a physical aspect of fitness.
Describe what you did when using this method. Discuss the **advantages** of using the method. 6
 - (c) Select **a different** method of training you have used to develop a skill related aspect of fitness.
Describe what you did when using this method. Discuss the **advantages** of using the method. 6
 - (d) Why is it important to monitor and review your programme of work? 4
- (20)**

[Turn over

AREA 3: SKILLS AND TECHNIQUES

Marks

Question 5

Choose an activity.

- (a) Describe **two** methods you used to gather information on your performance. 4
 - (b) Describe, briefly, **one** skill or technique which is a **strength** in your performance and **one** skill or technique which is a **weakness**. 4
 - (c) Discuss how you planned a **progressive** improvement programme to address the weakness identified in part (b). Give examples from this programme to support your answer. 6
 - (d) Discuss the success of this programme on your whole performance. Why may there still be weakness(es) in your whole performance? 6
- (20)**

Question 6

Choose an activity.

- (a) From analysis of your whole performance, describe your development needs. 4
 - (b) Describe two **methods of practice** you used to improve your development needs. Explain why each method was appropriate. 6
 - (c) What do you understand about the principles of effective practice? Give examples of how these were used within your programme. 6
 - (d) Explain why it is important to monitor your training programme. 4
- (20)**

AREA 4: STRUCTURES, STRATEGIES AND COMPOSITION

Marks

Question 7

Choose an activity.

- (a) Describe the role you played **or** the performance you gave within a structure, strategy or composition you have used. **4**
- (b) Discuss the strengths required to carry out this role or performance effectively. **6**
- (c) Describe the programme of work you went through to develop the role you played or the performance you gave as identified in part (a). **6**
- (d) Explain why it is important to review your programme of work. **4**
- (20)**

Question 8

- (a) Select **one** of the following and explain its importance when planning a structure, strategy or composition.
- **Individual strengths and weaknesses**
 - **Need to cooperate and support others in a team or group situation**
 - **Identifying and exploiting opponents' weaknesses**
 - **Timing, precision and improvisation in performance**
- 4**

Choose an activity.

- (b) Describe, briefly, a structure, strategy or composition you have used. Explain the advantages of using this structure, strategy or composition in your performance. **6**
- (c) Describe, briefly, the weakness(es) you found when carrying out your structure, strategy or composition. Justify the course of action you took to minimise the effects of this weakness(es). **6**
- (d) What improvements can now be observed in your whole performance? **4**
- (20)**

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