

X205/201

NATIONAL
QUALIFICATIONS
2009

MONDAY, 1 JUNE
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) Describe, in detail, a quality performance in this activity. 5
- (b) Outline a goal you set to achieve your own quality performance. 3
- (c) Describe the improvement programme you used to achieve your goal. 4
- (d) Choose **two** factors from the list below.

Confidence **Concentration** **Motivation**

Determination **Aggression** **Stress**

Explain how these factors affected your whole performance. 4

- (e) Choose **one** or **more** of the method(s) from the list below.

Imagery/Visualisation **Deep Breathing**

Relaxation Techniques **Mental Rehearsal**

What effect would using the method(s) have on your whole performance? 4

(20)

QUESTION 2

Choose **one** activity.

- (a) Describe your performance **strength(s)** in relation to **one** of the qualities from the list below.

Technical **Physical** **Personal** **Special** 4

- (b) Now select a different quality from the list below and describe your performance **weakness(es)**.

Technical **Physical** **Personal** **Special** 4

- (c) Describe how you collected data about your performance. 4

- (d) Explain how you used this data to plan your improvement programme. 4

- (e) Why is it important to monitor your improvement programme? 4

(20)

SECTION 2—PREPARATION OF THE BODY

Marks

QUESTION 3

Choose **one** activity.

- | | | |
|-----|--|-------------|
| (a) | Select two aspects of fitness. Explain why each is important for a successful performance. | 5 |
| (b) | Select one of the aspects of fitness from part (a). Describe how you collected information on this aspect of fitness. | 3 |
| (c) | Describe one method of training you have used to develop this aspect of fitness. | 4 |
| (d) | Explain how your method of training helped to improve your whole performance. | 4 |
| (e) | Explain why it is important to monitor your performance during training. | 4 |
| | | (20) |

QUESTION 4

Choose **one** activity.

- | | | |
|-----|--|-------------|
| (a) | Describe a performance where Physical fitness and Skill Related fitness helped you perform successfully. | 5 |
| (b) | Describe one situation where Mental fitness affected your performance. | 3 |
| (c) | Select an aspect of fitness from either Physical, Skill Related or Mental fitness. Describe a training programme you used to develop this aspect of fitness. | 4 |
| (d) | Explain how you used the principles of training in your programme. | 4 |
| (e) | Identify your future development needs. Explain how these development needs may further improve your performance. | 4 |
| | | (20) |

[Turn over

SECTION 3—SKILLS AND TECHNIQUES

Marks

QUESTION 5

Choose **one** activity.

- (a) Describe **one** method you used to collect data about your **whole** performance. 4
- (b) Now describe **one** method you used to collect data about a **specific** skill in your performance. 3
- (c) Explain why both methods you used to collect data were appropriate. 4
- (d) Describe, in detail, an improvement programme you used to develop your skills and techniques. 5
- (e) Describe the changes to your whole performance, after completing your improvement programme. 4
- (20)

QUESTION 6

Choose **one** activity.

- (a) Describe the strengths and weaknesses in your performance. 4
- (b) Select a skill or technique you found difficult to perform. Describe **two** methods of practice you used to develop this skill or technique. Give specific examples. 4
- (c) What effect did the methods of practice have on your **whole** performance? 4
- (d) Explain how you used the principles of effective practice when developing your skill or technique. 4
- (e) Choose **one** of the factors from the list below.

Motivation

Concentration

Feedback

Explain why it was important in the development of the skill or technique in your performance.

4
(20)

SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION

Marks

QUESTION 7

Choose **one** activity.

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|-----|---|-------------|
| (a) | Describe, in detail, your chosen structure, strategy or composition. | 4 |
| (b) | Describe how you gathered data on the effectiveness of your structure, strategy or composition. | 4 |
| (c) | Describe any problems you had when using the chosen structure, strategy or composition. | 4 |
| (d) | How would you change or adapt your structure, strategy or composition to develop your performance? | 4 |
| (e) | Explain the importance of decision making in relation to a structure, strategy or composition. Give examples. | 4 |
| | | (20) |

QUESTION 8

Choose **one** activity.

- | | | |
|-----|--|-------------|
| (a) | Select a structure, strategy or composition. Describe the role you played or the performance you gave, within this structure, strategy or composition. | 4 |
| (b) | In your role, describe one weakness you had when performing the Structure, strategy or composition. | 4 |
| (c) | Explain the effect the weakness had on your whole performance. | 4 |
| (d) | What course of action did you take to improve your performance? | 4 |
| (e) | Following the course of action, how did you evaluate the effectiveness of your role or performance in the structure, strategy or composition? | 4 |
| | | (20) |

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