

X205/12/02

NATIONAL
QUALIFICATIONS 2014

MONDAY, 2 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**Question 1**

- (a) Describe the personal and special demands of a quality performance in an activity of your choice. 4
- (b) Describe **either** the technical or physical demands of a quality performance in an activity of your choice. 4
- Choose an activity.
- (c) Discuss how your **overall** performance compares to that of a model performance. 6
- (d) What course of action would you take to improve your performance? Explain your reasons for this course of action. 6
- (20)**

Question 2

- (a) Explain the importance of managing emotions before, during and after performance. 6
- Choose an activity.
- (b) Select **two** of the following performance qualities:
- Timing
 - Speed
 - Determination
 - Flair
- Explain the importance of each quality when performing. 4
- (c) Select **one** of the qualities highlighted in Part (b). Describe how you gathered information about this quality during your overall performance. 4
- (d) Discuss what you should take into account when setting short, medium and long term goals to develop performance. 6
- (20)**

AREA 2: PREPARATION OF THE BODY**Question 3**

Choose an activity.

- (a) Explain the importance of **two** aspects of mental fitness to your performance. 4
- (b) Explain the importance of **two** aspects of skill-related fitness to your performance. 4
- (c) Discuss the principles of training you considered when planning a fitness programme. 6
- (d) Describe **one** method of training to improve your performance in this activity. Discuss why this method was appropriate. 6
- (20)

Question 4

- (a) There are **three** phases of training:
- **preparation** (pre season)
 - **competition** (during the season)
 - **transition** (off season).

Discuss why your training might differ between each of the phases. Give examples to support your answer. 6

Choose an activity.

- (b) Select an aspect of fitness. Describe how you assessed this aspect of fitness both **within** and **outwith** your chosen activity. 6
- (c) Describe **one** training session that you undertook to develop your personal level of performance. 4
- (d) Why is it important to monitor and review your programme of work? 4
- (20)

[Turn over

AREA 3: SKILLS AND TECHNIQUES

Question 5

(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

Choose an activity and a skill or technique.

(b) For **one** stage of learning, select a method of practice you used to develop this skill or technique. Explain why this method was appropriate.

4

(c) Describe the strengths and/or weaknesses you found when applying this skill or technique.

4

(d) Justify the course of action you took to improve your performance.

6

(20)

Question 6

Choose an activity and a skill or technique.

(a) Explain the advantages of considering a model performance when developing performance.

4

(b) Describe **one** method of practice you used to improve your performance. Explain why this method was relevant.

6

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

4

(d) Select **two** of the following.

- Motivation
- Concentration
- Feedback

Discuss the importance of **both** when carrying out your development programme.

6

(20)

AREA 4: STRUCTURES, STRATEGIES AND COMPOSITION**Question 7**

Choose an activity.

- | | |
|---|-------------|
| (a) Describe a structure, strategy or composition that you have used. | 4 |
| (b) Discuss why this structure, strategy or composition makes the best use of your performance strengths. | 6 |
| (c) Describe your weakness(es) when applying this structure, strategy or composition. Discuss the effect that this had on your performance. | 6 |
| (d) Explain what you did to reduce the effect of the weakness(es) identified in part (c). | 4 |
| | (20) |

Question 8

Select **two** Structures, Strategies or Compositions from the same activity.

- | | |
|---|-------------|
| (a) Describe the benefits of one of these structures, strategies or compositions. | 4 |
| (b) Explain the limitations of the other structure, strategy or composition. | 4 |
| (c) Discuss why it is important to gather information about your performance when applying this structure, strategy or composition. Give examples of the strengths and weaknesses you identified. | 6 |
| (d) Justify the decisions you took to develop your performance within this structure, strategy or composition. | 6 |
| | (20) |

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