

**X205/12/02**

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NATIONAL  
QUALIFICATIONS 2015

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****Question 1**

Choose an activity.

- (a) Why is it important to use appropriate models of performance when developing your own performance? 4
- (b) Describe in detail your personal performance in relation to **two** of the performance qualities listed below. 6
- Technical
  - Physical
  - Personal
  - Special
- (c) What course of action would you take to improve your performance? Explain your reasons for this course of action. 6
- (d) Discuss why it is important to monitor and review your performance development. 4
- (20)**

**Question 2**

Choose an activity.

- (a) Explain what you understand about the mental factors which affect performance. 4
- (b) Describe, in detail, an **integrated** (combination) improvement programme that developed your performance. 6
- (c) Why is it important to evaluate your overall performance following the programme described in part (b)? Describe how this evaluation was carried out. 6
- (d) What do you understand about the demands of a quality performance in your chosen activity? 4
- (20)**

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

- (a) Why is it important to gather information about your fitness **before** carrying out a training programme? 4
- Choose an activity.
- (b) Describe in detail the **range** of fitness requirements for effective performance. 6
- (c) Describe the method(s) used to monitor your progress during your training programme. 4
- (d) Discuss how you used the information gathered from monitoring your progress to make changes to your training programme. 6
- (20)**

**Question 4**

Choose an activity.

- (a) In a role or performance you gave, explain the importance of physical fitness. 4
- (b) Training can take place:
- **within the activity (conditioning)**
  - **outwith the activity**
  - **through a combination of both.**
- Select **one** of the above and briefly outline a training programme. Discuss why it was appropriate for you to train using the selected approach. 6
- (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? 4
- (20)**

**[Turn over**

### AREA 3: SKILLS AND TECHNIQUES

#### Question 5

- (a) Explain what you understand about:
- simple skills
  - complex skills.
- 4
- (b) Explain what you understand about:
- open skills
  - closed skills.
- 4
- Choose an activity and a skill or technique.
- (c) Describe, in detail, the methods you used to gather information on your level of performance. Explain why these methods were appropriate. 6
- (d) Outline the programme of work that you followed to develop your performance in this skill or technique. Discuss why this programme of work was appropriate. 6
- (20)**

#### Question 6

- Choose an activity.
- (a) Describe the features of a skilled performance in this activity. 4
- (b) Briefly 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 the importance of feedback when developing performance. 4
- (20)**

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

- (a) Discuss the factors that you would take into consideration when selecting a Structure, Strategy or Composition. 6

Choose an activity and a Structure, Strategy or Composition.

- (b) Describe the role you played or the performance you gave within this Structure, Strategy or Composition. 4

- (c) Describe the programme of work you went through to develop the role you played or the performance you gave as identified in part (b). 6

- (d) Select **one** of the following: Explain their importance when applying your chosen Structure, Strategy or Composition.

- Co-operating or supporting others
- Identifying or exploiting opponents weaknesses
- Developing movement motifs, phrases and themes
- Timing and improvisation.

4  
**(20)**

**Question 8**

Choose an activity and a Structure, Strategy or Composition.

- (a) Discuss the strengths a performer requires to successfully implement this Structure, Strategy or Composition within a team, group or individual activity. 6

- (b) Describe the problems you encountered when applying this Structure, Strategy or Composition. 4

- (c) What changes/adaptations did you make to address this situation? Justify the actions that were taken. 6

- (d) Explain how you evaluated your performance in the chosen Structure, Strategy or Composition. 4

**(20)**

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