

X205/12/02

NATIONAL
QUALIFICATIONS
2012

TUESDAY, 29 MAY
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) Why is it important to consider models of performance when identifying the **demands** of an activity? 4
- Choose an activity.
- (b) Describe the **physical** and **technical** demands of this activity. 6
- (c) Discuss the mental factors you consider before and during performance. 4
- (d) Explain how you planned and managed a performance improvement programme to develop the mental factors described in part (c). 6
- (20)**

Question 2

- Choose an activity.
- (a) Describe the **personal** and **special** qualities that are important to performance in your chosen activity. 6
- (b) You will have used a performance improvement programme to develop the personal or special qualities described in part (a).
Justify why this programme was appropriate. 4
- (c) Describe **one** method you used to evaluate the success of this programme. 4
- (d) Discuss the importance of setting short and long-term goals to develop your whole performance. Give examples to support your answer. 6
- (20)**

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

Choose an activity.

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| (a) Discuss the fitness requirements needed for effective performance in your chosen activity. | 6 |
| (b) Describe the improvements that took place in your whole performance as a result of your fitness training programme. | 4 |
| (c) Describe in detail the method(s) of training that helped you to achieve these improvements in your performance. | 6 |
| (d) Explain why the training method(s) was appropriate. | 4 |
| | (20) |

Question 4

Choose an activity.

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| (a) Discuss the importance of one type of fitness to your performance. | 4 |
| (b) Describe, in detail, a training programme that helped you develop the type of fitness discussed in part (a). | 6 |
| (c) Explain the importance of the other two types of fitness to your performance. | 4 |
| (d) Explain the importance of fitness assessment | |
| <ul style="list-style-type: none"> • before starting a training programme; • on completion of a training programme. | 6 |
| | (20) |

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AREA 3: SKILLS AND TECHNIQUES

Question 5

- (a) Explain what you understand about
- closed skills;
 - open skills.
- 6
- Choose an activity and a skill or technique.
- (b) Give specific details of how your performance of this skill or technique compares to a model performance. 4
- (c) Explain why motivation **and** concentration affect the development of this skill or technique. 6
- (d) Discuss why it is important to monitor your progress while developing your performance. 4
- (20)**

Question 6

- (a) There are three stages of learning.
- For **each** stage, identify **one** method of practice used to develop performance. Justify why these methods are appropriate to each stage. 6
- Choose an activity and a skill or technique.
- (b) Describe the method(s) you used to gather information on your chosen skill or technique. 4
- (c) Describe the development needs identified from the information gathered in part (b). 4
- (d) Explain how you made use of the **principles of effective practice** within your programme of work. 6
- (20)**

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

Choose an activity.

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| (a) Describe a structure, strategy or composition you have used in this activity. | 4 |
| (b) Describe a situation where you had to adapt or change this structure, strategy or composition. | 4 |
| (c) Explain the course of action you took to change/adapt this structure, strategy or composition. Describe the impact of these changes/adaptations on your whole performance. | 6 |
| (d) Describe a method you used to evaluate the success of this course of action. Why was this method appropriate? | 6 |
| | (20) |

Question 8

- | | |
|--|---|
| (a) Discuss the factors to consider when selecting structures, strategies or compositions. | 6 |
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Choose an activity and a structure, strategy or composition.

- | | |
|---|-------------|
| (b) Describe your role within this structure, strategy or composition. | 4 |
| (c) (i) Within your role, identify one strength when performing in this structure, strategy or composition. Explain the effect this had on your performance. | 3 |
| (ii) Within your role, identify one weakness when performing in this structure, strategy or composition. Explain the effect this had on your performance. | 3 |
| (d) Describe the programme of work you followed to improve the weakness identified in part (c) (ii). | 4 |
| | (20) |

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