



National  
Qualifications  
2015

**X756/76/11**

**Physical Education**

MONDAY, 1 JUNE  
9:00 AM – 10:30 AM

**Total marks — 40**

**SECTION 1 — 24 marks**

Attempt ALL questions.

**SECTION 2 — 16 marks**

Attempt ALL questions.

Write your answers clearly in the answer booklet provided. In the answer booklet you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give your answer booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



\* X 7 5 6 7 6 1 1 \*

## SECTION 1 — 24 marks

Attempt ALL questions

- |    |     |                                                                                                                                                    |   |
|----|-----|----------------------------------------------------------------------------------------------------------------------------------------------------|---|
| 1. | (a) | Explain why it is important to collect information about the impact of <b>emotional</b> factors on performance before starting a development plan. | 4 |
|    | (b) | Evaluate your emotional strengths and development needs in <b>comparison</b> to a model performer.                                                 | 4 |
| 2. | (a) | Describe <b>two</b> approaches you used to develop physical factors.                                                                               | 4 |
|    | (b) | Evaluate the impact of <b>both</b> approaches on your performance.                                                                                 | 4 |
| 3. | (a) | (i) Describe <b>one</b> method used to <b>monitor</b> the impact of social factors on performance development.                                     | 2 |
|    |     | (ii) Describe a different method used to <b>evaluate</b> the impact of social factors on performance development.                                  | 2 |
|    | (b) | Explain why you would select these methods.                                                                                                        | 4 |

## SECTION 2 — 16 marks

Read the scenario below and attempt the question which follows.

This is an extract from a questionnaire completed by a student studying Higher Physical Education.

Questionnaire on Impact of <b>Mental Factors</b> on Performance	
Statement	Response by student
Before I perform, I am relaxed.	<i>Never</i>
When I perform, I am highly motivated.	<i>Sometimes</i>
When I perform, I concentrate fully.	<i>Sometimes</i>
When I perform, I make appropriate decisions.	<i>Sometimes</i>

4. Your answers must make reference to **mental** factors and one other selected from physical, emotional or social.
- (a) Analyse how the **responses in the table above** could affect this student in an important performance. 8
- (b) Explain how knowledge of a model performance could assist this student to **develop** the factors identified in part 4(a). 8

[END OF QUESTION PAPER]

**[BLANK PAGE]**

**DO NOT WRITE ON THIS PAGE**