

FOR OFFICIAL USE

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Total

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**X205/10/02**

NATIONAL  
QUALIFICATIONS  
2012

TUESDAY, 29 MAY  
1.00 PM – 2.00 PM

PHYSICAL  
EDUCATION  
INTERMEDIATE 1

Fill in these boxes and read what is printed below.

Full name of centre

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Town

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Forename(s)

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Surname

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Date of birth

Day    Month    Year

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Scottish candidate number

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Number of seat

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- 1 Candidates should attempt **three** of the 4 sections.
- 2 All answers should be written in the spaces provided in this answer book and should be written clearly and legibly in ink.
- 3 The marks allocated to each question or part of a question are shown at the end of each question or part of a question.
- 4 Space for answers or rough work will be found at the end of this book. If further space is required, supplementary sheets may be obtained from the Invigilator and should be inserted inside the **front** cover of this book. You should draw a line through anything which you do not wish the examiner to mark.
- 5 Before leaving the examination room you must give this book to the Invigilator. If you do not, you may lose all the marks for this paper.



Marks

Attempt only THREE of the 4 Sections

SECTION 1—PERFORMANCE APPRECIATION

1. Choose **one** activity from your course.

Name of activity \_\_\_\_\_

(a) Describe the **personal** qualities that are important for a successful performance in your chosen activity.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(b) Choose a **different** quality that is important in your activity.

\_\_\_\_\_

1

(c) Explain why this quality is important.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

(d) How can comparing your performance to a model performer help you improve?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

Marks

1. (continued)

(e) Describe how your performance was **similar** to a model performer.

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2

(f) Describe how your performance was **different** to a model performer.

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2

(g) Describe a programme of work you used to improve your performance.

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3

(h) How did you know that your **overall** performance had improved?

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2

[Turn over

Marks

**1. (continued)**

(i) Choose **two** of the mental factors from the list below. Explain why each is important during your performance.

- Control of aggression
- Motivation
- Confidence
- Concentration

Mental Factor 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

Mental Factor 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

**Total Marks for Question (20)**

Marks

**SECTION 2—PREPARATION OF THE BODY**

2. Choose **one** activity from your course.

**Name of activity** \_\_\_\_\_

(a) (i) Name a type of fitness \_\_\_\_\_ **1**

(ii) Describe why this type of fitness is important in your chosen activity.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3**

(b) Choose an **aspect** of fitness you needed to improve.

Aspect of fitness \_\_\_\_\_

(i) Name a test for this aspect of fitness.

\_\_\_\_\_

**1**

(ii) Describe this test.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2**

**[Turn over**

Marks

2. (continued)

(c) Give **two** reasons why you used this test.

Reason 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

Reason 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(d) Describe a method of training you used to improve the aspect of fitness in (b).

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3

Marks

2. (continued)

- (e) In your course you will have carried out a programme of work.  
How did you monitor your programme of work?

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2

- (f) Describe **one** change you made in your programme of work.

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2

- (g) What would you hope to see in your performance after finishing a programme of work?

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2

**Total Marks for Question (20)**

**[Turn over**

Marks

### SECTION 3—SKILLS AND TECHNIQUES

3. Choose **one** activity from your course.

**Name of activity** \_\_\_\_\_

(a) Name a skill/technique which was a strength in your performance.

\_\_\_\_\_

What affect did this skill/technique have on your **whole** performance?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(b) Choose a different skill/technique which was a weakness in your performance.

Skill/technique \_\_\_\_\_

Describe this skill/technique \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

What affect did this skill/technique have on your **whole** performance?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2



Marks

**3. (continued)**

(c) What method did you use to gather information on your weak skill/technique?

\_\_\_\_\_

1

Describe this method \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(d) To develop your weak skill/technique you will have used a programme of work.

What goal(s) did you set at the beginning of the programme of work?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

(e) Describe a method of practice you used in your programme of work.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3

**[Turn over**

Marks

**3. (continued)**

(f) During your programme of work you will have received feedback.  
How did this feedback help you?

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2

(g) Select **two** of the principles of effective practice from the list below.

- Setting clear objectives/targets
- Work to rest ratio
- Identifying strengths and weaknesses
- Model performance
- Boredom
- Fatigue
- Intensity of practice
- Progression

Describe how you used this principle to improve your weak skill/technique.

Principle 1 \_\_\_\_\_

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2

Principle 2 \_\_\_\_\_

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2

**Total Marks for Question (20)**

Marks

**SECTION 4—STRUCTURES, STRATEGIES AND COMPOSITION**

4. Choose **one** activity from your course.

**Name of activity** \_\_\_\_\_

(a) Name a structure, strategy or composition from this activity.

\_\_\_\_\_

**1**

(b) Describe the structure, strategy or composition.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3**

(c) Describe a weakness of the structure, strategy or composition.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2**

(d) How did you know this was a weakness?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2**

**[Turn over**

Marks

4. (continued)

(e) Describe the steps you took to improve your weakness.

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3

(f) Give **two** examples of how your whole performance changed in the structure, strategy or composition.

Example 1 \_\_\_\_\_

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2

Example 2 \_\_\_\_\_

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2

(g) What would you do next to improve your performance in the structure, strategy or composition?

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1

Marks

**4. (continued)**

(h) Choose **two** of the listed examples below.

- Using information on team/group strengths or weaknesses
- Using information on individual strengths or weaknesses
- Being creative
- Making good decisions/good judgements
- The importance of adapting/changing structure, strategy or composition

Explain why each is important when performing your structure, strategy or composition.

Choice 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

Choice 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

**Total Marks for Question (20)**

*[END OF QUESTION PAPER]*

*SPACE FOR ANSWERS OR ROUGH WORK*

*SPACE FOR ANSWERS OR ROUGH WORK*

**FOR OFFICIAL USE**

Question 1	
Question 2	
Question 3	
Question 4	
TOTAL	

(60)