

X205/12/02

NATIONAL
QUALIFICATIONS 2013

TUESDAY, 4 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) Describe in detail the **nature** and **demands** of a quality performance in this activity. 6
- (b) Describe your **whole** performance in comparison to a model performance in this activity. 4
- (c) Briefly outline a training programme you have undertaken to improve your performance.

Discuss why it was necessary to consider both your **strengths** and **development needs** when devising this training programme. 6

- (d) The mental factors which influence performance are:

- aggression (controlled)
- anxiety (state of arousal)
- concentration
- confidence.

Select **two** of these factors and explain their importance when performing. 4

(20)

Question 2

Choose an activity.

- (a) • Imagination
• Flair
• Disguise/deception
• Creativity

Select **one** of the above **special** performance qualities and explain the importance of this when performing within your chosen activity. 4

- (b) Explain why **physical, personal and technical** qualities are required for effective performance in your chosen activity. 6
- (c) Describe in detail an **integrated** (combination) improvement programme that developed your performance. 6
- (d) Discuss the reasons why you would collect information on your performance before starting a programme of work. 4

(20)

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

(a) Explain why **each** of the following principles of training are important when planning and implementing a training programme:

- specificity
- progressive overload.

6

Choose an activity.

(b) Select a physical related aspect of fitness which was a weakness. Explain the effect this had on your performance.

4

(c) Select a skill related aspect of fitness which was a weakness. Explain the effect this had on your performance.

4

(d) Describe in detail **one** training session you used to develop the physical **or** skill related aspect of fitness described in part (b) **or** (c).

6

(20)**Question 4**

Choose an activity.

(a) There are **three** types of fitness:

- physical
- skill related
- mental.

Select **one** aspect of fitness from **each** of the types of fitness. Explain why each aspect is important for effective performance in your chosen activity.

6

(b) Select **one** of the aspects of fitness from part (a). Describe in detail a programme of work you used to develop this aspect.

6

(c) During your training you will have had to make changes to your programme of work. Discuss why these changes were necessary.

4

(d) Explain why it is important to monitor your progress when carrying out your programme of work.

4

(20)**[Turn over**

AREA 3: SKILLS AND TECHNIQUES**Question 5**

Choose an activity.

- (a) Describe one method you used to collect information on your **whole** performance. Explain why this method was appropriate. 4

Choose a skill or technique.

- (b) Describe a **different** method you used to collect information on this **skill or technique**. Explain why this different method was appropriate. 4

- (c) Discuss why you applied the **principles of effective practice** as you worked to develop your performance. 6

- (d) Explain the importance of feedback, concentration and motivation when developing performance. 6

(20)

Question 6

Choose an activity.

- (a) Describe the strengths you identified in your **whole performance**. 4

Choose a skill or technique.

- (b) Describe the specific weakness(es) you identified within this skill or technique. Explain the effects of these weakness(es) on your performance. 6

- (c) Justify the methods of practice you used to improve your weakness(es) in this skill or technique. 6

- (d) Explain what you understand about:

- simple skills
- complex skills. 4

(20)

AREA 4: STRUCTURES, STRATEGIES AND COMPOSITION

Question 7

Choose an activity.

- (a) Describe **two** structures, strategies or compositions that you have used in this activity. 6

Select **one** of the structures, strategies or compositions described in part (a).

- (b) Describe the problem(s) you encountered when applying this structure, strategy or composition. 4
- (c) Justify the programme of work you carried out to overcome the problem(s). 4
- (d) With particular reference to the programme of work you carried out, explain the impact this had on your whole performance. Describe briefly what you now consider to be your future development needs. 6
- (20)**

Question 8

- (a) Explain the importance of **two** of the features listed below when applying a structure, strategy or composition:

- being perceptive
- making good decisions when under pressure
- being creative
- width/depth/mobility
- using space
- tempo/speed.

6

Choose an activity and a structure, strategy or composition.

- (b) Describe your role within this structure, strategy or composition. 4
- (c) Explain why this role makes best use of your performance strengths. 4
- (d) Briefly describe an alternative structure, strategy or composition that you have used. Justify why you chose to use this other structure, strategy or composition. 6

(20)

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