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.
1. (a) Describe **one** method used to collect information about the impact of mental factors on performance.

(b) Describe the information which could be gathered using the method described in part 1(a).

2. (a) Describe **one** short term and **one** long term goal a performer may set when developing emotional factors which impact on performance.

(b) Explain what a performer might consider when setting goals to develop emotional factors.

3. (a) Explain why it is important to monitor progress when developing physical factors which impact on performance.

(b) Explain possible future development needs within physical factors which impact on performance.
“Participation in an activity is rarely carried out in complete isolation. This can be training, practising or performing with, against, or in front of others. The presence of others can be positive or negative”.

4. (a) Explain why the presence of others can positively and negatively impact performance, practice or training.

In your answer you must refer to:

- Social factors

and

- one other factor from mental, emotional or physical

(b) Analyse approaches which may be used to overcome the negative impact of the presence of others during performance, practice or training.

In your answer you must refer to:

- Social factors

and

- one other factor from mental, emotional or physical