

X856/76/11

# **Physical Education**

THURSDAY, 25 APRIL 9:00 AM – 11:30 AM

Total marks — 50

SECTION 1 — 32 marks

Attempt ALL questions.

SECTION 2 — 10 marks

Attempt ALL questions.

SECTION 3 — 8 marks

Attempt the question.

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.





# SECTION 1 — 32 marks

#### Attempt ALL questions

1.	(a)	(i)	Identify <b>one</b> method used to collect <b>qualitative</b> information on mental factors.	1
		(ii)	Identify a <b>different</b> method used to collect <b>quantitative</b> information on mental factors.	1
	(b)	(i)	Explain <b>two</b> reasons why a performer should collect <b>qualitative</b> information on mental factors.	2
		(ii)	Explain <b>two different</b> reasons why a performer should collect <b>quantitative</b> information on mental factors.	2
2.	(a)	) Describe <b>one</b> short term goal and <b>one</b> long term goal for emotional factors.		
	(b)	e) Explain <b>three</b> considerations a performer will have when setting goals for emotional factors.		6
3.	(a)	Describe <b>one</b> approach to develop physical factors.		
	(b)	Explain the possible challenges when carrying out the approach described in part (a).		4
	(c)	Evaluate the effectiveness of the approach described in part (a) on performance.		4
4.	(a)	Describe the ways in which a Personal Development Plan (PDP) for social factors can be evaluated.		4
	(b)	) Explain the impact any improvements in social factors can have on		
		(i)	the performance development process	2
		(ii)	the overall performance.	2

## SECTION 2 — 10 marks Attempt ALL questions

Refer to a Personal Development Plan (PDP) you have created and implemented.

- **5.** Describe your strengths and development needs in **comparison** to a model performer for **one** factor.

4

- 6. (a) Describe one method you used to monitor progress throughout your PDP.
- 2

4

(b) Explain the changes or adaptations you made to your PDP as a result of monitoring.

[Turn over for next question

## SECTION 3 — 8 marks Attempt the question

The extracts below are taken from an interview with a coach.

Extract 1: 'Performance in training indicates progress is being made but in the live performances, results continue to deteriorate'.

Extract 2: 'More errors are observed, especially towards the end of the live performances'.

- 7. (a) Read Extract 1 and answer the following question.
  - Explain the reasons why emotional factors may cause the difference between training and the live performances.
- 4

- (b) Read Extract 2 and answer the following question.
  - Analyse the possible impact of physical factors on the live performances.

[END OF QUESTION PAPER]