

Section 1: Understanding factors that impact on performance

For each factor, Mental, Emotional, Social and Physical, explain its impact on performance. (8 marks)

In your answer you may provide a general response or relate to an activity or activities.

Factor 1:

Factor 2:

Factor 3:

Factor 4:

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

1

of

13

Section 2: Planning, developing and implementing approaches to enhance personal performance

Choose **two** of the factors you selected in Section 1 and any **one** physical activity for which you will provide evidence in your portfolio.

Activity:
Factor 1:
Factor 2:

2a Explain the challenges you may face when gathering reliable data on your two selected factors. (3 marks)

--

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

2

of

13

2b(i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)

Factor 1:

(ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)

Factor 2:

Include a copy of the data you have gathered, which must not exceed four A4 pages.

You must enclose this data with the template and ensure you add your SCN to each page of data.

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

2d Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)

2e From the data you have gathered describe your strengths and development needs in relation to your performance for both factors. (4 marks)

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

5

of

13

2f With reference to the data, identify an appropriate target for each factor.

(i) Identified target for factor 1. (1 mark)

(ii) Identified target for factor 2. (1 mark)

2g Explain why it is important to set targets when creating a personal development programme. (3 marks)

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

6

of

13

Personal Development Programme (PDP) Table

Do not submit your PDP. You must transfer the relevant information from your PDP into the table below.

	Factor 1	Factor 2
Approaches you used in your development programme		
Length of each session		
How many training sessions per week		
Who you trained with		
Methods used to monitor your programme		

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

7

of

13

Describing approaches to develop performance

2h (i) From your personal development programme, select and describe an approach that you used to develop factor 1. (2 marks)

Approach for factor 1:

(ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)

Approach for factor 2:

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

8

of

13

2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)

--

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

9

of

13

Section 3: Monitoring, recording and evaluating performance development

- 3a During your personal development programme you will have received feedback from others. Explain whether the feedback you received was useful or not. (2 marks)

--

- 3b Explain why it is necessary to monitor your performance development. (3 marks)

--

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

10

of

13

Describing methods to monitor performance

3c (i) Describe how you monitored your programme of work for factor 1. (2 marks)

(ii) Using a different method describe how you monitored your programme of work for factor 2. (2 marks)

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

11

of

13

3d Evaluate the effectiveness of your personal development programme. (6 marks)

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

3e Evaluate your performance in the two selected factors. (4 marks)

3f With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

Page

13

of

13