



National
Qualifications
2015

X756/76/11

Physical Education

MONDAY, 1 JUNE
9:00 AM – 10:30 AM

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.



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SECTION 1 — 24 marks

Attempt ALL questions

- | | | | |
|----|-----|--|---|
| 1. | (a) | Explain why it is important to collect information about the impact of emotional factors on performance before starting a development plan. | 4 |
| | (b) | Evaluate your emotional strengths and development needs in comparison to a model performer. | 4 |
| 2. | (a) | Describe two approaches you used to develop physical factors. | 4 |
| | (b) | Evaluate the impact of both approaches on your performance. | 4 |
| 3. | (a) | (i) Describe one method used to monitor the impact of social factors on performance development. | 2 |
| | | (ii) Describe a different method used to evaluate the impact of social factors on performance development. | 2 |
| | (b) | Explain why you would select these methods. | 4 |

SECTION 2 — 16 marks

Read the scenario below and attempt the question which follows.

This is an extract from a questionnaire completed by a student studying Higher Physical Education.

Questionnaire on Impact of Mental Factors on Performance	
Statement	Response by student
Before I perform, I am relaxed.	<i>Never</i>
When I perform, I am highly motivated.	<i>Sometimes</i>
When I perform, I concentrate fully.	<i>Sometimes</i>
When I perform, I make appropriate decisions.	<i>Sometimes</i>

4. Your answers must make reference to **mental** factors and one other selected from physical, emotional or social.
- (a) Analyse how the **responses in the table above** could affect this student in an important performance. 8
- (b) Explain how knowledge of a model performance could assist this student to **develop** the factors identified in part 4(a). 8

[END OF QUESTION PAPER]

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