



National
Qualifications
2019

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.



* X 8 5 6 7 6 1 1 *

SECTION 1 — 32 marks

Attempt ALL questions

- | | | | | |
|----|-----|------|--|---|
| 1. | (a) | (i) | Identify one method used to collect qualitative information on mental factors. | 1 |
| | | (ii) | Identify a different method used to collect quantitative information on mental factors. | 1 |
| | (b) | (i) | Explain two reasons why a performer should collect qualitative information on mental factors. | 2 |
| | | (ii) | Explain two different reasons why a performer should collect quantitative information on mental factors. | 2 |
| 2. | (a) | | Describe one short term goal and one long term goal for emotional factors. | 2 |
| | (b) | | Explain three considerations a performer will have when setting goals for emotional factors. | 6 |
| 3. | (a) | | Describe one approach to develop physical factors. | 2 |
| | (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
- (b) Explain the changes or adaptations you made to your PDP as a result of monitoring. 4

[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. 4

[END OF QUESTION PAPER]