



X856/76/11

Physical Education

Duration — 2 hours 30 minutes

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) Describe **one** method of collecting information on mental factors. 2
- (ii) Describe a **different** method of collecting information on mental factors. 2
- (b) Explain the suitability of **one** method described in part (a) for collecting information on mental factors. 4
2. (a) Describe **one** approach to develop emotional factors. 4
- (b) Explain the appropriateness of the approach described in part (a) to develop emotional factors. 4
3. Explain **two** ways the performance development process can be **negatively** impacted by physical factors. 4
4. For either an individual, team or group performance, **analyse** the impact of physical factors on the following factors.
- (a) The mental factor. 2
- (b) The emotional factor. 2
- (c) The social factor. 2
5. (a) Describe **one** method to monitor the development of social factors. 2
- (b) Explain the purpose of the on-going process of monitoring social factors throughout performance development. 4

SECTION 2 — 10 marks

Attempt ALL questions

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

6. (a) Describe the strengths you identified at the start of your PDP. 2
- (b) Evaluate the impact of maintaining strengths on your performance. 2
7. (a) Explain why your PDP was extended and/or reprioritised. 2
- (b) Describe **two** changes you made when extending and/or reprioritising your PDP. 2
- (c) Describe your next performance development goal for **two** different factors. 2

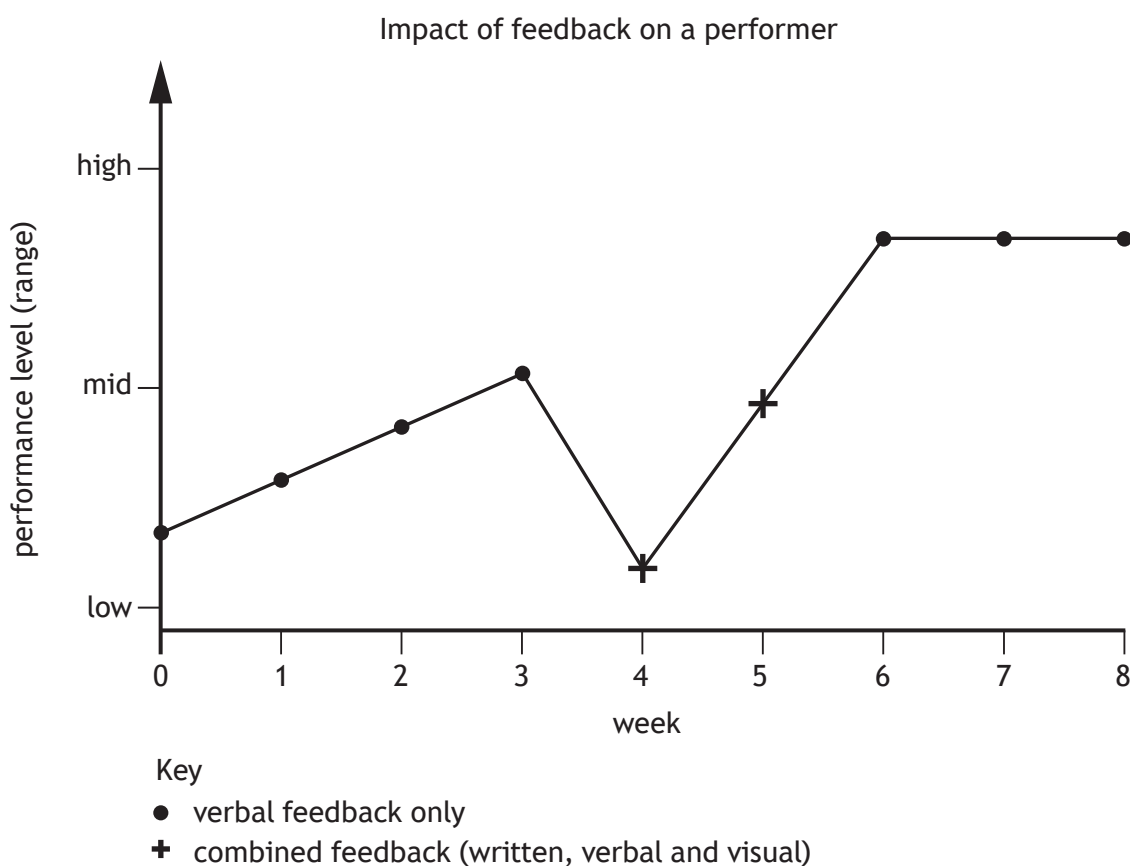
[Turn over for next question

SECTION 3 — 8 marks

Attempt the question

Read the scenario below and answer the question which follows.

The graph below shows the impact of feedback on a performer over the course of their 8-week Personal Development Plan.



You must refer to the information in the graph in your answers.

8. (a) Analyse the impact of the different types of feedback on the development of **physical** factors for this performer. 4
- (b) Describe the approaches this performer could have used to develop their **mental** factors at week 4. 4

[END OF QUESTION PAPER]