



National
Qualifications
2018

X756/76/11

Physical Education

TUESDAY, 29 MAY
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.



SECTION 1 — 24 marks

Attempt ALL questions

- | | | |
|--------|--|---|
| 1. (a) | Describe the method(s) you could use to collect information about the impact of emotional factors on performance. | 4 |
| (b) | Explain why the method(s) described in part (a) are appropriate. | 4 |
| 2. (a) | Explain the impact that social factors could have when carrying out a performance development plan. | 4 |
| (b) | Describe the approaches which could be used to develop social factors. | 4 |
| 3. (a) | Analyse the method(s) you could use to record the development of mental factors that impact on performance. | 4 |
| (b) | Explain why it is important to review progress at the end of a performance development plan for mental factors. | 4 |

SECTION 2 — 16 marks

Read the scenario below and attempt the questions which follow.

A performer is injured whilst participating in an activity.

The injury stops the performer from taking part in any form of training, practice or the full activity for two months.

4. (a) Describe the possible challenge(s) a performer may face when returning to training, practice and/or the full activity.

In your answer you must refer to physical factors **and** one other selected from mental, emotional or social.

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- (b) For each of the factors used in part (a), explain what a performer may consider important when planning and carrying out a performance development plan following a period of injury.

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[END OF QUESTION PAPER]

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