



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 \*

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## SECTION 1 — 32 marks

Attempt ALL questions

- |    |     |   |   |
|----|-----|---|---|
| 1. | (a) | (i) Identify <b>one</b> method used to collect <b>qualitative</b> information on mental factors.                            | 1 |
|    |     | (ii) Identify a <b>different</b> method used to collect <b>quantitative</b> information on mental factors.                  | 1 |
|    | (b) | (i) Explain <b>two</b> reasons why a performer should collect <b>qualitative</b> information on mental factors.             | 2 |
|    |     | (ii) Explain <b>two different</b> reasons why a performer should collect <b>quantitative</b> information on mental factors. | 2 |
| 2. | (a) | Describe <b>one</b> short term goal and <b>one</b> long term goal for emotional factors.                                    | 2 |
|    | (b) | Explain <b>three</b> considerations a performer will have when setting goals for emotional factors.                         | 6 |
| 3. | (a) | Describe <b>one</b> 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 <b>comparison</b> to a model performer for <b>one</b> factor. | 4 |
| 6. (a) Describe <b>one</b> 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.

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- (b) Read Extract 2 and answer the following question.

Analyse the possible impact of physical factors on the live performances.

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[END OF QUESTION PAPER]