

## Personal Development, Health and Physical Education

### Section I – Part B (continued)

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In your answers you will be assessed on how well you:

- demonstrate an understanding of health and physical activity concepts
  - apply the skills of critical thinking and analysis
  - illustrate your answer with relevant examples
  - present ideas in a clear and logical way
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Marks

#### Question 22 — Factors Affecting Performance (20 marks)

- (a) Describe how an athlete's level of arousal affects performance.

4

If an athlete is under aroused then they are really not ready to compete in the event, they are lacking interest

Optimal Arousal is where the athlete is comfortable with the environment, with themselves and ready to participate. This is the best level of arousal to be at prior to competing.

If an athlete is over aroused they are most likely to be anxious, nervous, sweating, shaking just really worked up about what could happen.

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Question 22 (continued)

- (b) Discuss how prescribed judging criteria are used to measure the quality of a performance. 6

Prescribed judging criteria is a set of 'rules' of how things are to be marked (measured). An example is in Gymnastics - did the gymnast fall? (lose marks)

- did the gymnast correct her/him self with ease? (add marks)

The judge has a 'questionnaire' like paper and would probably tick the boxes if the activity was performed, performed well or not or average. The marks would then be taken from how many ticks there was.

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## Question 22 (continued)

- (c) Analyse the physiological adaptations that occur when an untrained individual undertakes a 20-week aerobic training program. 10

When an untrained person takes on any training program for the first time, they would have a high level of anxiety. This would be caused by not knowing what's going to happen. If they were to get hurt or be sore after each session but as the program gets to approximately 3-4 weeks the person would know what is going to hurt the most and the coach would advise a better warm-up and cool-down procedure for those muscles.

The untrained person would also have high attentional skills due to learning new skills and putting the aerobic training program to practice.

Many untrained individuals would aim high, expect to be able to do everything, achieve the best, on the first day (training session). Sometimes you may have to 'run a shorter distance' to begin with. Decrease the frequency of the sessions.

Question 22 continues on page 16

Question 22 (continued)

You may also need to lower the intensity to begin with and keep increasing whilst training gets more frequent.

Decreasing time of sessions may be a good idea at the very beginning as well and then increasing it each session/week.

Changing the type of activity occasionally does not hurt. It is good to change so that you don't get bored.

End of Question 22