

Personal Development, Health  
and Physical Education

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Centre Number

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Student Number

Section I – Part B (continued)

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

**Marks**

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

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

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**Question 22 continues on page 14**

Question 22 (continued)

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

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**Question 22 continues on page 15**



