

Personal Development, Health
and Physical Education

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.

4

An athlete's level of arousal
can affect the athlete's performance.
The way perform~~ance~~ the way
they treat people around them
and even ~~themselves~~ themselves.
Too much arousal can be
harmful to the athlete, ~~while~~
while too little arousal can
affect to performance, ~~but~~ (no play upto his/her full
~~performance~~) VO_2 max.

Question 22 continues on page 14

Question 22 (continued)

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

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There are a number of things when judging you have to watch out for. There is a criteria when judging, judges have to look out for, by following the criteria every one is marked the same and every is judged the same. If there was no criteria the performer's could call the judge to be unfair, if someone else got higher marks. That's why by having a criteria everyone get marked and judged the right way with no unfair play.

Question 22 continues on page 15

Question 22 (continued)

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

The untrained athlete when put on the 20-week aerobic training program could have quite a few mishaps in the first few weeks. The first time ~~a~~ the athlete starts the program it won't take the athlete long before lactic acid would be hit and the athlete heart level would have reached a high. The untrained athlete would take a few weeks before he/she would have adapted to the program. For the first few weeks the athlete would have maybe wanted to give up because they might have not been able to cope with the pressure. Also since the athlete has never ~~the~~ trained before it is most likely that the

Question 22 continues on page 16

Question 22 (continued)

would of had sore muscles
and sore body parts, this
is because the these muscle
have & not been used before.
~~The~~ By the time his has
finished he will have a lot
better $\dot{V}O_2\text{max}$, stroke volume,
blood pressure ect.

End of Question 22