

National 4 – 5 Homework Questions

- 1) Within the Physical Factor select 2 Sub-Factors. For both of these Sub-Factors explain in detail the impact that they will have on your performance in one Sport / Activity.
- 2) Select one of the following Factors: Mental/Emotional/Social. Within that Factor then choose 2 Sub-Factors. For both of these Sub-Factors explain in detail the impact that they will have on your performance in one Sport / Activity.
- 3) Choose 1 Physical Sub-Factor. Name the Data Collection Method you used to gather data on this Sub-Factor and then describe in detail how you carried out the Data Collection Method.
- 4) Select one of the following Factors: Mental/Emotional/Social. Choose 1 Sub-Factor within that Factor. Name the Data Collection Method you used to gather data on this Sub-Factor and then describe in detail how you carried out the Data Collection Method.
- 5) Choose 1 of the Data Collection Methods you described in Questions 4 or 5 and then give 3 reasons explaining why you chose this method to gather data?
- 6) After you completed the Data Collection Method what did the results show about your performance? Summarise the information you gathered and explain what it tells you about your performance in this activity.
- 7) During your training programme you will have completed several different training approaches. Select 2 approaches you used in your training programme and explain why these approaches were beneficial in improving your performance.
- 8) Give 3 reasons explaining why it is necessary to monitor your progress during your training programme.
- 9) Describe in detail how you monitored your progress during your training programme. Give 2 different examples.
- 10) While carrying out and monitoring a training programme you might make changes or adjustments to your training sessions. Give 3 examples of changes you might make and explain why you would make these changes.
- 11) Choose another factor (Must be different from the Factors you used in Questions 1 and 2) and then 2 sub-factors within that Factor which you think would improve your overall performance. Explain why improving these sub-factors would improve your overall performance.