

Core 2- Factors Affecting Performance

PAST HSC QUESTIONS

2019 EXAM.

Question 21 (3 marks) Outline how goal setting can influence an athlete's motivation level. Use examples to support your answer.

Question 22 (4 marks) Justify whether carbohydrate loading could improve performance for an athlete competing in a 100-metre running race.

Question 24 (5 marks) How can characteristics of the learner influence skill acquisition? Use examples to support your answer.

Question 27 (8 marks) An athlete is participating in a 12-week aerobic training program. Analyse how progressive overload and training thresholds can result in physiological adaptations for the athlete

2018 Exam

Question 25 (5 marks) Explain why the optimal level of arousal varies for different sports.

Question 26 (7 marks) Evaluate how the characteristics of a skilled performer can be used to appraise elite performance.

Question 27 (8 marks) Explain why marathon runners use physiological and neural strategies during recovery. Use examples to support your answer.

Question

2017 Exam

Question 24 – (5 marks) Using examples, explain how specific vitamins and/or minerals affect athletic performance.

Question 25 (7 marks) Compare TWO different energy systems by exploring their duration, sources of fuel and causes of fatigue. Use examples to support your answer.

Questions 26 (8 marks) Explain the physiological adaptations an individual develops in response to the different principles of training. Use examples to support your answer.

2016 Exam

Question 24

a) (3 marks) Outline the stages of skill acquisition

b) (4 marks) Outline, using specific examples, the types of feedback that are appropriate at each stage of skill acquisition.

Question 25 (5 Marks) Using examples, distinguish between valid test and reliable tests of athletic performance.

Question 26 (8 marks) Justify the psychological strategies used by athletes to enhance their motivation and to manage anxiety.

2015 Exam

Question 25 (3 marks) How can flexibility improve athletic performance?

Question 26 (4 Marks) Explain how different types of motivation can affect an athlete's performance.

Question 27 (5 marks) why are both objective and subjective performance measures appropriate in the assessment of an athletic performance?

Question 28 (8 Marks) Why is it important for an athlete to develop the elements of performance?

2014 Exam

Question 25 (3 marks) Outline the post-performance dietary considerations of an endurance athlete.

Question 26 (4 marks) How do anxiety and arousal differ in terms of their effect on athletic performance?

Question 27 (5 marks) Compare the two anaerobic energy systems.

Question 28 (8 marks) How can the skill and performance attributes of athletes be validly and reliably appraised?

2013 Exam

Question 25 (3 marks)

Describe the effect of stroke volume and cardiac output on aerobic performance.

Question 26 (4 marks)

Describe THREE characteristics of learner that can influence his/her ability to learn a new skill.

Question 27 (5 Marks)

What are the advantages and disadvantages of protein and creatine supplementation for improved athletic performance?

Question 28 (8 Marks) How can psychological strategies enhance motivation and manage anxiety in athletes? Include examples in your answer.

2012 Exam

Question 25 (3 marks) Outline the influence of prior experience on skill acquisition.

Question 26 (3 marks) Describe TWO different types of motivation that can affect performance. Provide examples.

Question 27 (6 marks) How can THREE principles of training be applied to improve strength? Provide examples.

Question 28 (8 marks) Describe the different recovery strategies used by athletes to improve performance. Provide Examples

2011 Exam

Question 24— (6 marks) (a) What type of training is most suitable for each activity listed? **(2 marks)**

Activity	Type of training
Weight lifting	
Yoga	
Marathon	

(b) Describe how different strength-training methods affect an athlete's performance. **(4 marks)**

Question 25— (6 marks) Compare the dietary requirements of athletes in TWO sports that have different nutritional needs. Provide relevant examples.

Question 26— (8 marks) Justify a coach's use of objective and subjective performance measures to appraise the performance of an athlete. Provide relevant examples.

2010 Exam

Question 23— (3 marks)

Outline THREE physiological adaptations in response to aerobic training.

Question 24— (4 marks)

Assess the value of products containing creatine as supplements for improved performance.

Question 25— (5 marks)

Describe the stages of skill acquisition that an athlete should typically pass through when developing a skill.

Question 26— (8 marks)

The following profiles describe two athletes and their sports.

Athlete A

Elite individual target sport athlete

- Maintains a low heart rate and controlled breathing
- Maintains intense focus and concentration
- Considers a range of environmental factors
- Spectators are kept quiet

Athlete B

- Elite team/territorial sport athlete
- High levels of physical exertion
- Performs under pressure from opponents
- Loud spectators and game commentary
- Party-like atmosphere with music over public address system

Compare TWO psychological strategies that each of these athletes would employ to enhance motivation OR manage anxiety.

2009

Question 22 — Factors Affecting Performance (20 marks)

(a) Complete the table by identifying the features of each energy system.(5 marks)

Features	Alactacid (ATP/PC) System	Aerobic System
Source of fuel		
Duration of the system		
By-products		
Recovery rate		

<i>Specific sporting examples where the energy system is dominant</i>		
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(b) Evaluate the types of practice methods and feedback that can assist an athlete to progress through the stages of skill acquisition. (15 marks)

2008

Question 22 — Factors Affecting Performance

(b) Distinguish between prescribed and personal criteria used to judge the quality a performance. (5 marks)

(c) An athlete in the sport of your choice shows signs of anxiety and exhibits the following performance characteristics:

- easily distracted by noise, crowd and opponents
- makes many unforced errors
- highly paid and highly skilled but underperforms.

Recommend strategies that could be implemented to motivate this athlete and manage their anxiety. (12 marks)

2007

Question 22 — ((20 marks)

(a) Explain how characteristics of the learner and the learning environment affect the acquisition of skill. (8 marks)

2006

Question 22 — ((20 marks)

(a) Complete the table by identifying the causes of fatigue for the energy systems. (3 Marks)

Alactacid system ATP/PC	Lactic acid system	Aerobic system

(b) Explain how nutritional supplementation affects the performance of athletes. (5 Marks)

2005

Question 22 — Factors Affecting Performance (20 marks)

(b) Evaluate the use of psychological strategies to motivate athletes and manage their anxiety. (15 marks)

2004

Question 22 — Factors Affecting Performance (20 marks)

(a) Examine the relationship between body temperature regulation and fluid intake. (8 marks)

2003

Question 22 — Factors Affecting Performance (20 marks)

(a) Outline the features of the alactacid (ATP/PC) and the lactic acid energy systems. (5 marks)

(b) Evaluate how both rates of skill acquisition and the learning environment affect physical performance. (15 marks)

2002

Question 22 — Factors Affecting Performance (20 marks)

(a) Describe how the principles of specificity and reversibility apply to a flexibility training program. (4 marks)

(b) Discuss the role of supplementation in meeting the dietary needs of athletes. (6 marks)

(c) Analyse the psychological strategies athletes could employ to manage anxiety and enhance performance. (10 marks)

2001

Question 22 — Factors Affecting Performance (20 marks)

(a) Describe how an athlete's level of arousal affects performance. (4 marks)

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

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