

Candidate 1 commentary

The evidence for this candidate has achieved the following marks for each section of this course assessment component. **Their total mark was: 34/50**

Section 1

The candidate was awarded **19 marks** in Section 1.

Question 1 (a) (i) (out of 1 mark)

The candidate was awarded **1 mark**.

'mental performance profiling wheel' **1 mark**

Question 1 (a) (ii) (out of 1 mark)

The candidate was awarded **1 mark**.

'Self-Reflection Questionnaire' **1 mark**

Question 1 (b) (i) (out of 2 marks)

The candidate was awarded **1 mark**.

'a personal insight into how the performer ...and the needs that the performer wants' **1 mark**

Question 1 (b) (ii) (out of 2 marks)

The candidate was awarded **0 marks**.

Question 2 (a) (out of 2 marks)

The candidate was awarded **2 marks**.

'to work on my anger in the first half of a game of football' **1 mark**

'maintain a lack of fear throughout a whole game ...positively effect my emotional factor' **1 mark**

Question 2 (b) (out of 6 marks)

The candidate was awarded **4 marks**.

'One consideration for a performer will ...large amounts of time wasted by the performer' **1 mark**

'consideration for the performer setting a goal is ...they can't achieve their goal' **1 mark**

'consideration a performer will have ...in stress, negatively effecting performance' **1 mark**

'the performer should not overestimate ...ensures regular progress is made' **1 mark**

Question 3 (a) (out of 2 marks)

The candidate was awarded **2 marks**.

'This consists of a number of feeds ...by a feeder to the performer's weak shot' **1 mark**

'The performer should aim to hit each shot in the target area' **1 mark**

Question 3 (b) (out of 4 marks)

The candidate was awarded **4 marks**.

'is getting the required equipment ...whenever and requires setup time' **1 mark**

'to mimic the intensity of a real ...performer could abandon the approach' **1 mark**

'being able to match each stage of learning ...made after the associative stage' **1 mark**

'could be ensuring the quality of the feeder ...fit with the performer's weak shot' **1 mark**

Question 3 (c) (out of 4 marks)

The candidate was awarded **0 marks**.

Question 4 (a) (out of 4 marks)

The candidate was awarded **0 marks**.

Question 4 (b) (i) (out of 2 marks)

The candidate was awarded **2 marks**.

'Having an increase on strong relationships ...due to more enjoyment' **1 mark**

'an increase in communication with a team ...build on more communication' **1 mark**

Question 4 (b) (ii) (out of 2 marks)

The candidate was awarded **2 marks**.

'Strong inclusion means that everybody is likely ...take full advantage of its numbers' **1 mark**

'Strong etiquette means that a performer ...consequences such as a red card' **1 mark**

Section 2

The candidate was awarded **10 marks** in Section 2.

Question 5 (out of 4 marks)

The candidate was awarded **4 marks**.

'Like a model performer, I am able to play a whole match ...remain consistent' **1 mark**

'Like a model performer I am able to hit each shot in the target area' **1 mark**

'Unlike a model performer, I have a poor measure of power ...go off the table or hit the net' **1 mark**

'Unlike a model performer, I can struggle to reach shots ...miss the table' **1 mark**

Question 6 (a) (out of 2 marks)

The candidate was awarded **2 marks**.

'booklet that is used in order to input the contents of each training session' **1 mark**

'Other categories such as feedback ...be written in the diary at the end of each session' **1 mark**

Question 6 (b) (out of 4 marks)

The candidate was awarded **4 marks**.

'was to shorten the amount of time taken ...makes shadow practice unsuitable' **1 mark**

'to work more on my repetition drill after a week break from the PDP ...more basic drills' **1 mark**

'to increase the difficulty of the repetition drill ...the drills more game like' **1 mark**

'to replace my repetition drill with the pressure drill ...of a real performance' **1 mark**

Section 3

The candidate was awarded **5 marks** in Section 3.

Question 7 (a) (out of 4 marks)

The candidate was awarded **1 mark**.

'anger that causes the difference between training and ...the performance to deteriorate' **1 mark**

Question 7 (b) (out of 4 marks)

The candidate was awarded **4 marks**.

'This could be due to a lack of CRE ...as the performer becomes increasingly tired' **1 mark**

'a lack of CRE can negatively effect the ...without possession of the ball' **1 mark**

'poor CRE can also negatively impact the social ...opportunity to use the performer' **1 mark**

'poor skill repertoire ...of the performers lack of variability' **1 mark**