

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA
MATRICULATION EXAMINATION
INTERMEDIATE LEVEL
SEPTEMBER 2015

SUBJECT:	PHYSICAL EDUCATION
DATE:	5th September 2015
TIME:	4.00 p.m. to 6.30 p.m.

This examination paper has four sections. Answer all sections. Follow instructions given in each section.

Section A: Techniques, Tactics and Rules in Team Games: You will be shown a total of 5 short clips in the following order:

- ✓ **2 clips on Rules**
- ✓ **2 clips on Technique**
- ✓ **1 clip on Tactics**

The clips are taken from the field hockey men's league game between Qormi HC (yellow shirts) and Rabat (purple shirts)

Step 1: Read through all the questions

Step 2: The first clip on rules is played. The same clip is replayed immediately after.

Step 3: One minute is given to answer the question between clips

Step 4: On a signal, the second clip is played, and re played. The other clips will follow the same pattern.

Step 5: One minute is given to answer each clip.

The same procedure is used throughout Tactics and Techniques. After the clips are all played, and the answering time is over, all the clips are replayed one last time. Candidates are given a final 4 minute period to make changes and finalise answers.

Section B: Anatomy and Physiology: Answer all questions

Section C: Acquiring Movement Skills: Answer all questions

Section D: Socio-Cultural Studies and the Role and the Structure of International and Local Sport Organisations: Answer two out of three questions

SECTION A Techniques, Tactics and Rules in Team Games – Answer all the questions.**Rules**

1. Qormi (yellow shirts) gain possession and open up for a quick counter attack. They manage to score a goal but the goal is disallowed.
 - a) Why was the goal disallowed? (1)
 - b) How would the game resume? (1)
2. The Qormi player (no. 4) commits a violation.
 - a) What is the violation called? (1)
 - b) How does the game resume after this violation? (1)

Technique

3. The Qormi players are passing the ball around. Player no. 4 in the slow motion clip uses a specific type of pass.
 - a) What pass is he using? (1)
 - b) Describe two technical components needed to perform this pass. (1)
4. In the action seen, the player uses a specific ‘hit’.
 - a) What is the technical word used to describe this hit? (1)
 - b) Describe two technical components needed to perform this hit. (1)

Tactics

5. Qormi are constantly attacking. Rabat manage to gain possession of the ball but gave it away immediately. Describe the tactic chosen by Rabat. (2)

SECTION B Anatomy & Physiology – Answer all the questions.

6. a) Bones are rigid and non-elastic. They are composed of mineral components which make up 65% of the bone. What is the other 35% made up of? (1)
- b) The radiocarpal joint is a synovial joint.
 - i) What type of synovial joint is the radiocarpal joint?
 - ii) What type of movement does this joint allow? (4)
- c) Mary is a gymnast and her coach is asking her to improve her plantar flexion, as well as her circumduction of the hip.
 - i) Explain what movement the coach means by plantar flexion.
 - ii) Explain the circumduction movement at the hip. (4)

- d) Bone tissue can be categorised as compact or cancellous. Briefly describe:
- i) the location of cancellous bone.
 - ii) what causes the reorganisation of cancellous bone.
 - iii) the main function of compact bone. (3)
7. a) Exercising on a regular basis causes blood vessels to vasoconstrict and dilate frequently. What does this prevent? (1)
- b) Jesmond is a trained athlete. His resting heart rate is lower than that of untrained persons. How does the Frank-Starling mechanism effect Jesmond's stroke volume during exercise? (3)
- c) Blood needs to be circulated around the human body.
- i) Describe systemic circulation.
 - ii) Describe pulmonary circulation. (2)
- d) There are several mechanisms that aid the venous return mechanism. Name and describe three mechanisms that aid venous return from the lower body during exercise. (6)
8. a) Pulmonary diffusion has two major functions. Describe these two functions. (2)
- b) Oxygen is needed for muscles to work well.
- i) What happens to oxygen once it enters the muscle cell?
 - ii) Where is the oxygen transported to within the cell?
 - iii) Why is it transported to this place? (4)
- c) Luke suffers from Asthma, which is a respiratory complication.
- i) What causes shortness of breath and restriction to ventilation during an asthma attack?
 - ii) Mention one type of asthma medication.
 - iii) Mention one exercise tip for people with asthma. (5)

SECTION C Acquiring Movement Skills – Answer all the questions.

9. Look at the diagrams below. Using various continua:

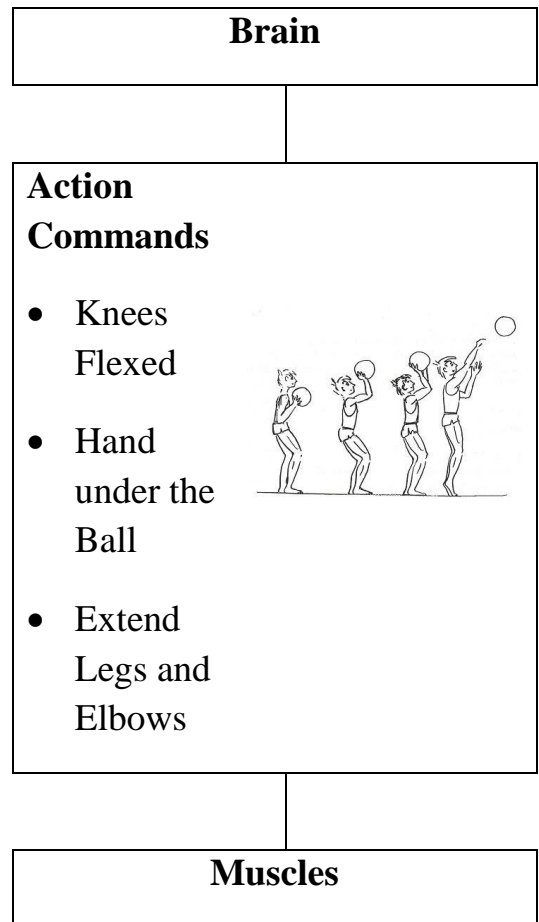
- i) classify the Movement Skills.
- ii) compare and contrast the two skills. (6)



10. During a Long Jump session, Maria and Jessica are focusing on the body actions during the flight phase. Maria is an experienced Long Jumper, while Jessica is a beginner.
- A beginner is usually in a particular stage of Motor Skill Learning. What is this stage called? (1)
 - The coach decides to guide Jessica in this session. What type of guidance can he use? Give an example. (2)
 - Why are advanced performers able to use kinaesthetic feedback? (1)

11. Motor Programme Theories deal with how the brain controls movement.

- Which theory applies to this diagram? (1)
- From which type of memory does the brain retrieve this information? (1)
- Mention three ways a performer can ensure this information is kept in his/her memory? (3)



12. a) Exteroceptors are one type of receptor which take in sensory information.
- Identify the other two. (2)
 - Give a practical example of an exteroceptor in a tennis game. (1)
- b) In Football, the Psychological Refractory Period can be used to deceive opponents.
- How is this used by the attacker? (1)
 - What is happening to the opponent? (1)

SECTION D Socio-cultural Studies – Answer TWO questions.

13. a) Mention 3 sports within the ASA in Malta. (2)
- b) Give a positive outcome from increase in participation in Open Water Swimming. (1.5)
- c) Football in Malta is not a stand alone sport. In what ways has the development of this sport in Malta influenced the profile and development of other sports and physical activities in Malta? (4)
14. a) Participating in outdoor and adventurous activities instills various values in a young person. Give examples of such values. (3)
- b) Football can be performed both as physical recreation and as a sport. Briefly give two ways in which football can be played competitively or as a means of recreation. (4.5)
15. a) 2015 is an important year for Team Malta. Mention two International Games in which Team Malta participated in. (1)
- b) The Slogan for the Mission Statement of KMS is “Sport for personal development, health and success”.
- i) Mention a programme organised by KMS. (1.5)
- ii) Describe briefly a programme organised by KMS which targets personal development and health in young children. (2)
- iii) Such programmes aim at developing fundamental motor skills. Why is it important for a child to develop such skills? (3)