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SUBJECT:	<b>Physical Education</b>
DATE:	12 <sup>th</sup> October 2021
TIME:	4:00 p.m. to 6:35 p.m.

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This examination paper has **FOUR** sections. Answer **ALL** sections. Follow instructions given in each section.

**Section A: Rules, Tactics and Techniques:**

You will be shown a total of **FIVE** short clips in the following order:

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

The clips are taken from LI-NING badminton Czech Open 2021.

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 replayed. The other clips will follow the same pattern.

Step 5: One minute is given to answer each clip. The same procedure is used throughout Techniques and Tactics. 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 four minute period to make changes and finalise answers.

**Section B: Anatomy & Physiology – Answer all questions.**

**Section C: Acquiring Movement Skills – Answer all questions.**

**Section D: Socio-Cultural Studies – Answer TWO out of three questions.**

**SECTION A: RULES, TACTICS AND TECHNIQUES**

Answer **ALL** the questions. This section carries **10** marks.

The video clips are taken from the LI-NING badminton Czech Open 2021. The game is between the Austrian Leon Seiwald (light blue top) and the Maltese Matthew Abela (dark blue top).

**Rules**

1. During this action Leon Seiwald (light blue top) does not successfully return the shuttle over the net. How does the game resume? (2)
2. In the clip, the score is 3 all. Both the server and the receiver are on the left side of the court. If the score is 6-3 in favour of Matthew Abela (dark blue top):
  - a. From which side does Matthew Abela (dark blue top) serve? (1)
  - b. On which side does the receiver stay during the service? (1)

**Techniques**

3. Matthew Abela (dark blue top), returns the shuttle using a specific stroke.
  - a. What stroke did he use? (1)
  - b. Give a reason why this stroke was used. (1)
4. On his last successful return, Matthew Abela (dark blue top), returns the shuttle using a particular stroke.
  - a. What is the name of the stroke on the last return? (1)
  - b. Give **ONE** critical element of the stroke. (1)

**Tactics**

5. a. What type of service is used by Leon Siewald (light blue top) during this action? (1)
- b. Give **ONE** reason for the use of this service. (1)

**(Total: 10 marks)**

**SECTION B: ANATOMY & PHYSIOLOGY**

Answer **ALL** the questions. This section carries **35** marks.

6. a. The skeleton is the framework upon which our body is built. It gives the body its shape, provides sites for the attachment of skeletal muscle, and offers support.
  - i) If support is one of the functions of the skeleton, mention and explain how the skeleton provides the **FOUR** other functions. (4)
  - ii) What structures attach one bone to another bone, and are responsible for stabilising joints? What are these structures made up of? (2)
- b. Mention the type of action at the hip joint when passing a football using the inside of the foot. (1)
- c. Charles is a 78 year old man who has severe osteoporosis.
  - i) Explain to Charles what Osteoporosis is. (2)
  - ii) Briefly explain what causes the condition of Osteoporosis. (2)
  - iii) Mention **ONE** way in which Charles could have reduced the risk of osteoporosis? (1)

7. a. A healthy but untrained person typically has resting stroke volume of 75ml. A trained athlete can however have a significantly higher stroke volume. Mention and explain the **THREE** main factors that have an impact on stroke volume. (6)
- b. Removal of carbon dioxide from the body is needed if the human body is to function properly. Carbon dioxide can be transported in the blood in various ways. About 8% of carbon dioxide is dissolved in the blood plasma. Mention **ONE** other way how carbon dioxide is transported in the blood. (1)
- c. Cardiovascular disease is the main cause of death in industrialised countries. A cardiovascular disease can take several forms.
- i) One type of cardiovascular disease is characterised by the thickening and hardening of the arterial walls, caused by a buildup of plaque. What is this degenerative disease called? (1)
- ii) Sometimes a heart bypass operation is needed. This enables blood to bypass the blocked part of the vessel and reach the oxygen-deprived tissue. Which disease can lead to this? (1)
- iii) What causes a stroke? (2)
- iv) Define hypertension. (1)
8. a. The interior structures of the nose help the respiratory process by performing three functions. Mention and describe **TWO** of these functions. (4)
- b. External respiration is important to keep the body alive and functioning well. On its journey towards the lungs, air passes through many structures. One of these structures is the nasal passage.
- i) Define external respiration. (1)
- ii) Aside from the nasal passages, mention **THREE** other structures through which air passes on its journey towards the lungs. (3)
- c. Endurance training improves gaseous exchange at the alveoli. Explain how this happens. (3)

**(Total: 35 marks)**

### **SECTION C: ACQUIRING MOVEMENT SKILLS**

**Answer ALL questions. This section carries 20 marks.**

9. James is an amateur, recreational long-distance runner who participates in local road races.
- a. Give **ONE** example of intrinsic and **ONE** example of extrinsic motivation. (2)
- b. Describe how long-distance running is classified on the gross/fine and closed/open skill classification. (3)
- c. Mention a gross motor ability related to distance running. Justify your answer. (2)

***Please turn the page.***

10. Schema Theory explains how we learn and perform discrete perceptual motor skills. Mary is a badminton player about to receive a shot.
- Mention **THREE** initial conditions which provide information about determining and then producing the return badminton shot. (3)
  - Give **TWO** strategies which enable schema to develop in a badminton context. (2)
  - Mention **ONE** method to judge whether a skill has been learned. (1)
  - Explain why extrinsic feedback from the coach is important for beginners. (3)
  - Define the terms 'positive transfer' and 'negative transfer' in the context of someone learning a sport skill including examples for **each**. (4)

**(Total: 20 marks)**

#### **SECTION D: SOCIO-CULTURAL STUDIES**

**Answer TWO questions. Each question carries 7.5 marks. This section carries 15 marks.**

11. Sporting Activities can be divided into various categories such as games.
- Give an example of:
    - an invasion game; (½)
    - a net game; (½)
    - a target game. (½)
  - From the history of the Malta Football Association, mention **TWO** historical events and the year in which they occurred. (2)
  - Mention **TWO** benefits and **TWO** problems of competitive sport. (4)
12. There are five educational themes based on the fundamental principles of Olympism.
- Give **ONE** practical example for **each** of the educational themes listed below on how an athlete should embrace such values:
    - Joy of effort; (1)
    - Fair play; (1)
    - Practising respect; (1)
    - Pursuit of excellence; (1)
    - Balance between body, will and mind. (1)
  - Who was the founder of the International Olympic Committee and known as the father of the modern Olympic Games? (½)
  - Evaluate **TWO** advantages of pursuing excellence in sport. (2)
13. The estimated prevalence of sufficient physical activity levels in Maltese children aged 10 to 11 years old is that of 25%.
- Mention **TWO** benefits of physical activity for young people. (2)
  - Mention **THREE** barriers to regular participation by young people. (1½)
  - Discuss **FOUR** strategies which can be implemented on a national level to increase physical activity levels in children. (4)

**(Total: 15 marks)**