

Index No: _____

SEC32/2A.12m

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA

SECONDARY EDUCATION CERTIFICATE LEVEL

MAY 2012 SESSION

SUBJECT:	Physical Education
PAPER NUMBER:	IIA
DATE:	14 th May 2012
TIME:	9:00 a.m. to 11:00 a.m.

Instructions

Section A: Movement and Physical Activities

Answer question 1 and any three from 2 -13

Section B: ‘Health Related Fitness’ and ‘Body Systems and Performance’

Answer **all** questions

Section C: Sports in Society

Answer **all** questions

Information

Diagrams may be used to clarify your answers where necessary

Mark allocations are shown in brackets

This paper is marked out of 80 marks

Section A: Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and **any three** questions from 2 – 13

1) Skill Acquisition (4 marks)

a) Feedback is provided to help in skill improvement. Define the types of feedback named below:

i) *Continuous feedback*

_____ (1)

ii) *Terminal feedback*

_____ (1)

b) Referring to a sport of your choice give one example of *etiquette*

_____ (1)

c) Mention two reasons why there are more full time paid officials at the highest levels.

i) _____

ii) _____ (1)

Answer any three questions

Answer all parts of the chosen questions

2) ATHLETICS

a) Describe 2 rules related to the landing in the long jump event.

i) _____

ii) _____ (2)

b) Describe *the upper body movement* of a 100 metre athlete who is pushing through the finish line.

_____ (1)

c) Describe one technical error in the *putting action* in the shot put event.

_____ (1)

3) BADMINTON

a) Describe two technical components needed for a good smash.

i) _____ (1)

ii) _____ (1)

b) Name one rule related to the *positioning* of the player who is serving.

_____ (1)

c) Which *type of return* is appropriate when the opponent is near the net?

_____ (1)

4) BASKETBALL

a) List 2 critical elements needed to perform a good chest pass.

i) _____

ii) _____ (2)

b) A player is awarded 2 free throws and scores both. How many points are awarded to the team?

_____ (1)

c) What happens when a player is fouled while shooting a 3 point shot?

_____ (1)

5) EDUCATIONAL DANCE

a) A dancer is performing up and down movements (frontal). At which plane is the dancer performing?

_____ (1)

b) Mention one way of using each of the following in a dance routine:

i) body actions: _____

ii) dynamics: _____ (2)

c) Why is it important to consider the 'climax' in a dance?

_____ (1)

6) FOOTBALL

a) Name two technical components used by a player to dribble past a defender.

i) _____ (1)

ii) _____ (1)

b) What team formation would be best to use when playing against a team with a very strong attack?

_____ (1)

c) A player scores a goal and takes off his shirt to celebrate. What is the action taken by the referee?

_____ (1)

7. GYMNASTICS

a) Mention two aspects to consider when choosing music for your sequence.

i) _____

ii) _____ (1)

b) What is meant by the term **weight transference**?

_____ (1)

c) List two skills where weight is transferred **ONLY** from feet to hands to feet again.

i) _____

ii) _____ (1)

d) Name two faults for which marks are deducted during a vault.

i) _____

ii) _____ (1)

8) HOCKEY

a) Name 2 technical components needed to bring to a stop and control a fast moving ground pass.

i) _____ (1)

ii) _____ (1)

b) Describe how the game is re started when the ball goes out of bounds from the side line.

_____ (1)

c) Describe one rule related to the use of the hockey stick.

_____ (1)

9) NETBALL

a) Two of the most important rules in Netball refer to passing and contact.

Give a brief explanation of each rule:

i) Passing rule: _____

ii) Contact rule: _____ (2)

b) Mention two defending (marking) situations in Netball.

i) _____

ii) _____ (1)

c) Give two critical elements of static goal shooting.

i) _____

ii) _____ (1)

10) RYTHMIC GYMNASTICS

a) Mention one skill where effort (movement) passes through the whole body.

_____ (1)

b) Explain how each of the following jumps is performed:

i) Split jump _____

ii) Squat jump _____

_____ (1)

- c) A gymnast is performing turning movements in the horizontal flat area around the body. At which plane is the gymnast performing?

_____ (1)

- d) Name two rules which are common regarding the use of all implements.

i) _____

ii) _____ (1)

11) SWIMMING

- a) Describe the movement of the body on the signal at the start of the 50 metre backstroke.

_____ (2)

- b) Describe one rule related to the finish in the breast stroke.

_____ (1)

- c) What is the purpose of the backstroke flags?

_____ (1)

12) TEAM HANDBALL

- a) Describe two ways of how to open up the defence to find space for a shot.

i) _____

ii) _____ (2)

- b) What would be the best way to defend against a team with a very strong centre?

_____ (1)

- c) Describe one rule related to taking a penalty.

_____ (1)

13) VOLLEYBALL

a) When can a player proceed with taking the service?

_____ (1)

b) Describe what a *block* in volleyball means.

_____ (2)

c) Name one technical component for performing an appropriate dig.

_____ (1)

SECTION B: Health Related Fitness (16 marks)

Answer all questions in this Section

1) Health requires a state of mental, physical and social well-being.

Mention one way in which exercise promotes each of the following:

i) mental well-being

ii) physical well-being

iii) social well-being

_____ (3)

2a) Pete is a gymnast. From the three (3) food groups that give energy, what food group should he avoid?

b) What food group is most important for him?

_____ (1)

3) What is the relationship between exercise and the basal metabolic rate (BMR)?

_____ (1)

4) Refer to the pictures below and use the table to answer the questions.

(i)



(ii)



(iii)



a) From the words provided below choose the most important component of skill-related fitness. Select a different component for each performer.

Co-ordination Power cardiovascular fitness Balance

b) Which part of the activity is the fitness component used for?

c) Which predominant somatotype is shown in the pictures (i) & (ii)?

		(a) component of Fitness	(b) part of activity	(c) somatotype
i)	Shot Putter			
ii)	Netball Player			
iii)	Gymnast			Ectomorph

(4)

5) There are three (3) types of strength. Name each type of strength and list a situation in athletics when you use each one.

(3)

	Type of Strength	Situation in Athletics
i)		
ii)		
iii)		

6) One of the muscle fibres is the 'fast twitch' muscle fibre.

State two characteristics of this type of muscle fibre.

- i) _____
ii) _____ (1)

7) How would flexibility help:

- i) a swimmer in the backstroke? _____

ii) a dancer performing different shapes? _____
_____ (1)

8) What is the difference between power and strength?

_____ (1)

9) What is the psychological factor describing each of the following:

- i) Whitney stopped studying and training because she could not cope with both tasks.

ii) Erica is determined to break her front crawl record.
_____ (1)

Body Systems and Performance (36 marks)

Answer all questions in this section

Answer all parts of each question

1) List four of the general functions of the vertebral column

- i) _____
ii) _____
iii) _____
iv) _____ (2)

2) Where are red and white blood cells produced?

_____ (1)

3) Ligaments are very important for human movement.

i) What are ligaments and where can they be found?

 _____ (1)

ii) What is the main function of ligaments?

 _____ (1)

4) In preparation for shooting the ball, the player in the picture flexes his right leg as shown in the diagram.

i) What is the name of the agonist muscle?

ii) What is the name of the antagonist muscle?

iii) Where is the insertion of both the agonist and antagonist muscles mentioned above?



(3)

5) There are two (2) types of isotonic contractions. Name these two (2) types of contractions and briefly describe the difference between the two by giving an **example**.

i) _____

 _____ (2)

ii) _____

 _____ (2)

- 6) The lungs are surrounded by a layer of membrane. What is it called and what is its main function?

 (2)

- 7) Fill in the blank spaces:

When we breathe in, oxygen passes from the lungs into the red blood cells through the small air sacs which are known as (i)_____. Here the oxygen combines with the haemoglobin to form (ii)_____.

 (2)

- 8) People often say that the cool-down phase of a training session is very important. Why is it important?

 (4)

- 9) Fill in the table below by writing the test name, fitness component measured, and/or test description.
- (9)

TEST NAME	FITNESS COMPONENT MEASURED	TEST DESCRIPTION
(i)	Power	The person stands behind a line marked on the ground with feet shoulder-width apart. The person uses a two foot take-off and landing with the aim of jumping forward as much as possible.
Chin up or pull up test	Strength	(ii)
(iii)	(iv)	The person runs for twelve (12) minutes around a marked out area such as a running track.
Sit and reach test	Flexibility	(v)

10) Mention **ONE** way of how **anabolic steroids** can unfairly improve performance in sport.

_____ (1)

11) Give two (2) examples of **different causes** of impact injuries.

i) _____

ii) _____ (2)

12) What should you do if there is a person who is unconscious due to a head injury?

_____ (4)

Section C: Sports in Society (12 marks)

Answer all questions in this Section

1) Which are the national governing bodies for the following sports?

i) swimming: _____

ii) gymnastics: _____ (1)

2) Mention two advantages of a league competition.

i) _____

ii) _____ (1)

3) State two ways how government may affect participation in sport.

i) _____

ii) _____ (1)

4) Which sport body is responsible for each of the following in Malta?

i) Represents elite sport

_____ (1)

ii) Regulates sport in Malta

_____ (1)

5a) Who was the founder of the Olympic Movement?

_____ (1)

b) Mention two ideals promoted through this movement.

i) _____

ii) _____ (2)

6) A football competition is more likely to get sponsorship than a gymnastics competition.

Give two reasons for this.

i) _____

ii) _____ (1)

7) State two reasons why most people prefer to train with a club rather than alone in their leisure time.

i) _____

ii) _____ (1)

8) "Sport is always worth recording". Give two reasons to support this view.

i) _____

ii) _____ (1)

9) Sport can affect International Relationships.

How can Sport improve International Understanding?

i) _____

ii) _____ (1)

Index No: _____

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Section A: Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and **any three** questions from 2 – 13

1) Skill Acquisition (4 marks)

- a) Terminal Feedback is feedback provided at the end of a training session or performance.

What is the meaning of *Continuous Feedback*?

_____ (1)

- b) An example of *Etiquette* in soccer is when a player deliberately kicks the ball out when an opponent gets injured. Mention one more example of etiquette.

_____ (1)

- c) Mention two reasons why rules such as *being fouled out of a game*, or *shown a yellow card*, are important rules to have in sport.

i) _____

ii) _____ (1)

- d) Referees, Judges and Umpires are referred to as Senior Officials. List one Minor Official.

_____ (1)

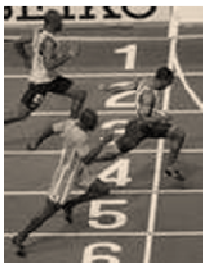
Answer any three questions

Answer all parts of the chosen questions

2) ATHLETICS

- a) Name one rule related to **landing** in the long jump event.

_____ (1)



- b) The picture shows athletes finishing the 100 metre sprint event. Name two technical components required in this part of the race.

i) _____ (1)

ii) _____ (1)

DO NOT WRITE ABOVE THIS LINE

b) A player scores a basket from inside the zone. How many points does the basket count?

_____ (1)

c) What does the travelling rule in basketball mean?

_____ (1)

5) EDUCATIONAL DANCE

a) State two ways in which a ‘motif’ can be varied using the ‘space’ factor in dance.

i) _____

ii) _____ (1)

b) State which motion factors fit the description below.

i) free or bound _____

ii) light or strong _____ (1)

c) List the following words under the appropriate heading

stillness, speed, contrast, gesture

BODY ACTIONS	DYNAMICS

(2)

6) FOOTBALL



a) The player in the picture is about to dribble past the defender. Name two techniques which he could use to go past.

i) _____ (1)

ii) _____ (1)

- b) What change in the team formation could a coach use to help his team create a better chance of scoring?

_____ (1)



- c) The player in the picture celebrates after scoring a goal.

What is the action taken by the referee?

_____ (1)

7) GYMNASTICS

- a) State the **most** important point to remember when performing the forward roll.

_____ (1)

- b) Describe the main difference in landing between a cartwheel and a round off/Arab spring.

i) Cartwheel _____

ii) Round off/Arab spring _____ (1)

- c) Mention one rule regarding:

i) The duration of music _____

ii) Dress wear _____ (1)

- d) Name one:

i) Linear vault _____

ii) Rotational vault _____ (1)

8) HOCKEY

- a) Name 2 technical components needed to perform a good hit shot.

i) _____ (1)

ii) _____ (1)

- b) An attacker shoots the ball out and wide. How does the game resume?

_____ (1)



c) In the picture the ball touches the foot of the player. What is the umpire's decision?

_____ (1)

9) NETBALL

a) Name four players in a Netball team and give their playing areas.

i) _____

ii) _____

iii) _____

iv) _____ (2)

b) Explain briefly the 'feint dodge'

_____ (1)

c) Give two critical elements of the chest pass.

i) _____

ii) _____ (1)

10) RYTHMIC GYMNASTICS

a) Mention two implements used in Rhythmic Gymnastics.

i) _____ ii) _____

(1)

b) Consider the diagram below and answer the following questions.



i) What type of movement is the gymnast performing with the implement?

_____ (1)

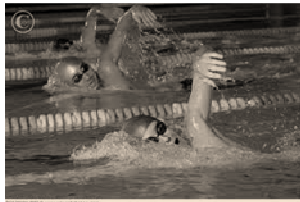
ii) In which plane is the gymnast working?

_____ (1)

iii) What body move is the gymnast performing?

_____ (1)

11) SWIMMING



a) Which event are the swimmers in the picture taking part in?

_____ (1)

b) Name one technical component which is important in this stroke.

_____ (1)



c) In the picture below:

i) Name the event which is set to start

_____ (1)

ii) Name one function of the flags in the picture.

_____ (1)

12) TEAM HANDBALL

- a) One way of opening up the defence to find an open space for a shot is by passing the ball continuously. Mention another way to open up the defence.

_____ (1)

- b) Describe the role of the player playing centre in handball.

_____ (2)

- c) From where is a penalty taken?

_____ (1)

13) VOLLEYBALL

- a) Why does the referee whistle before the service is given?

_____ (1)

- b) Two players jump up together close to the net to *block*. Why is this useful?

_____ (2)

- c) Describe why keeping the elbows straight is important in performing a good dig.

_____ (1)

SECTION B: Health Related Fitness (16 marks)

Answer all questions in this Section

- 1) Glenn is going trekking. List two safety precautions he has to consider.

i) _____
ii) _____ (1)

2) Give a possible reason for the following conditions:

	Condition	Reason
i)	Athlete's foot	
ii)	Ingrown toe nails	

(1)

3) There are seven (7) food groups. Three provide energy.

Mention another three (3) food groups that do not provide energy but are important for a Healthy diet.

i) _____ ii) _____ iii) _____ (3)

4) Intensity of exercise causes loss of water from the body.

Give two other causes.

i) _____

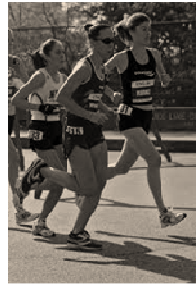
ii) _____ (1)

5) Refer to the pictures below.

i)



ii)



Complete the table using two different words from the ones provided.

Do not use the same fitness component more than once.

Agility, Power, Cardiovascular fitness, Balance

	Athlete	Component of Fitness
i)	Shot Putter	
ii)	Marathon runner	

(1)

6) Amy is playing handball. She is sweating.

Mention another two visible effects of exercise.

- i) _____
ii) _____ (1)

7) Which type of strength is best suited in these situations?

i) hanging from a beam in gymnastics

ii) a smash in badminton

iii) cycling

_____ (3)

8) Each muscle in your body is a mixture of two types of muscle fibres: slow twitch and fast twitch.

a) Which gives the strongest contractions? _____

b) Which tires more easily? _____ (1)

9) Give two examples of flexibility when doing housework.

i) _____

ii) _____ (1)

10) What is the physiological factor describing the following situations?

i) Giulia did not play well and made many mistakes

ii) Shaun missed a match because of an asthma attack

_____ (1)

11) Joe wants to become a better hockey player.

Suggest a way of improving his:

i) Speed: _____

ii) Power: _____ (2)

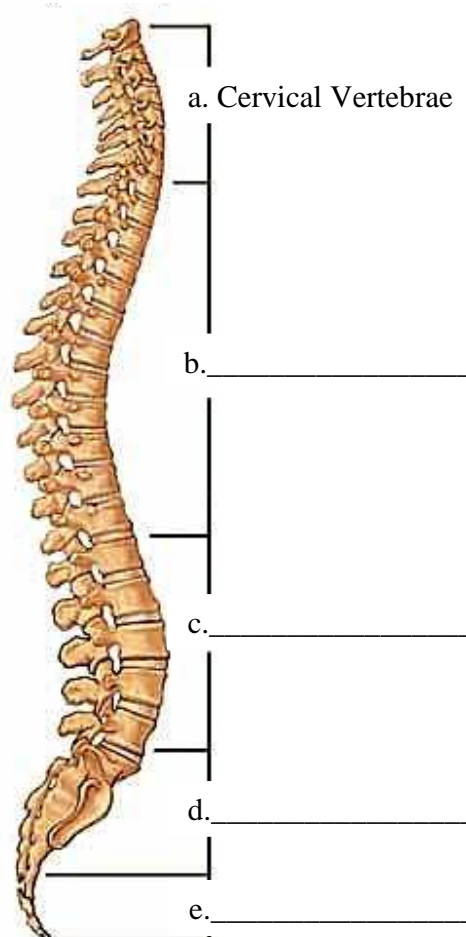
Body Systems and Performance (36 marks)

Answer all questions in this section

Answer all parts of each question

1) **The spinal column is divided into five (5) regions.**

i) Label the diagram provided with the correct terminology. The first one has been provided.



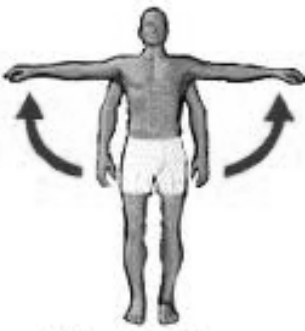
(4)

ii) There are three (3) different types of joints. Mention the type of joint we find in the vertebrae of the spine. _____ (1)

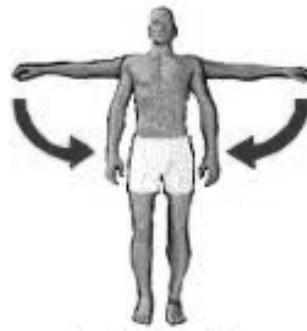
2) Mention the four (4) different types of bones.

- i) _____ ii) _____
 iii) _____ iv) _____ (2)

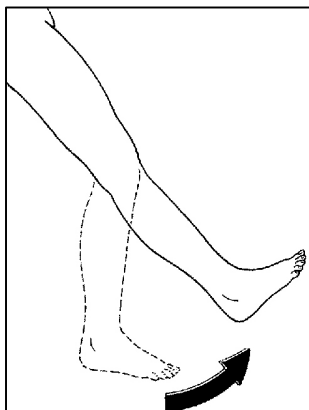
3) What type of movement is shown in the diagrams below?



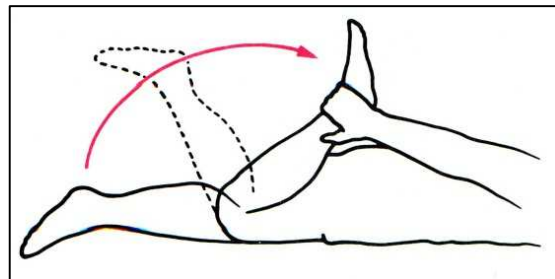
i) _____



ii) _____



iii) _____



iv) _____ (2)

4) What is muscle atrophy?

_____ (1)

5) Two (2) types of cells that make up the *solid section* of the blood are *Red Blood Cells (erythrocytes)*, and *White Blood Cells (leukocytes)*. Give a brief description of the main function of:

i) Red Blood Cells

(Main Function) _____

ii) White Blood Cells

(Main Function) _____

_____ (2)

6) Exercise affects the human body in many ways. Briefly describe the short-term effects of exercise on the following, and give reasons why these occur.

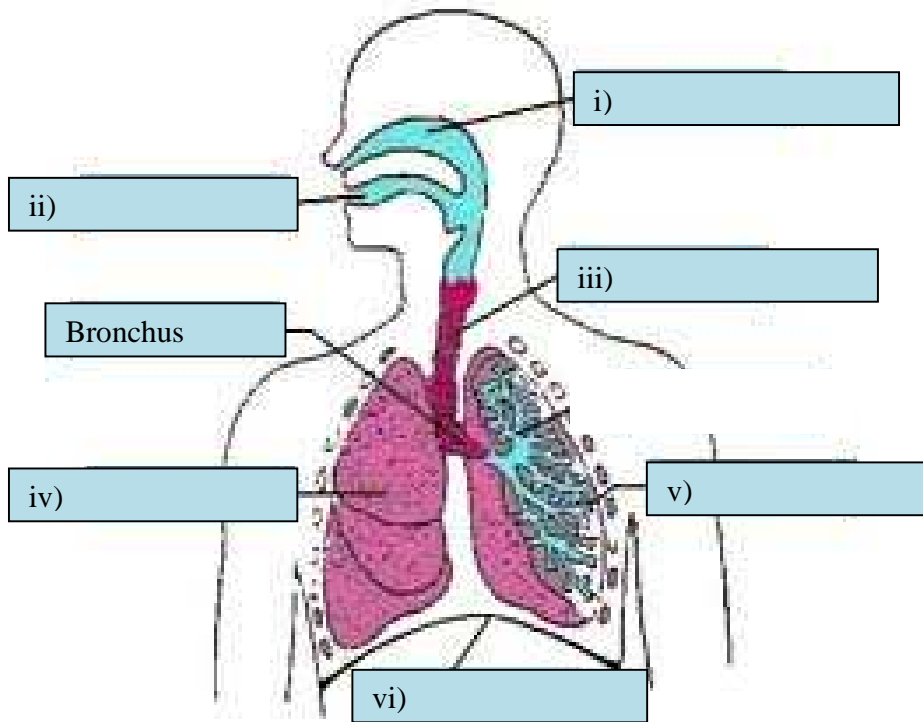
i) Pulse Rate

ii) Blood Pressure

iii) Skin Colour

_____ (6)

7) The following diagram shows the respiratory system. One of the labels has been filled for you. Fill in the rest of the boxes with the correct terms.



(3)

8) The main principles of training are *specificity*, *overload*, *progression*, and *reversibility*. Briefly describe what is meant by:

i) Progression

ii) Reversibility

(2)

9) Weight training is mainly used to increase muscle strength.

i) Give a brief description of what is meant by *isotonic training*.

ii) What types of muscle contractions do we see in biceps curl?

(2)

10) Circuit training can be done by using a *fitness circuit* and/or a *skills circuit*.

i) What is the difference between these two types of circuits?

ii) Give one (1) exercise that can be performed on a station in a circuit used by basketball players.

(2)

11) What do the following tests/equipment measure?

i) Sit and Reach _____

ii) Standing Broad Jump _____

iii) Dynamometer _____

iv) Harvard Step Test _____ (2)

12) Not all drugs that seem to improve performance are banned.

i) Give the technical name for what is commonly known as a **legal steroid**.

ii) Mention two (2) side-effects that may result from using this legal steroid for too long.

a) _____

b) _____ (3)

13) There are two types of shocks, which are known as *Primary Shock* and *True Shock*. What is the main difference between the two types?

 _____ (2)

14) Mention two (2) possible signs of concussion.

i) _____

ii) _____ (2)

Section C: Sports in Society (12 marks)

Answer **all** questions in this Section

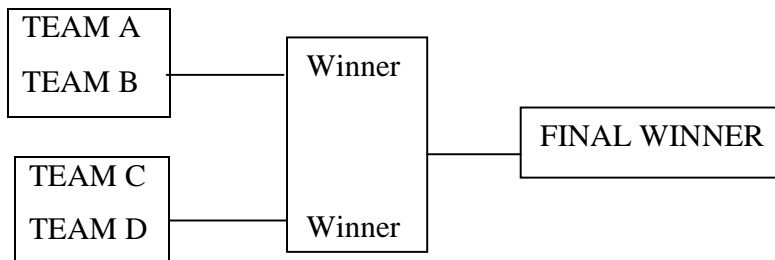
1) Which are the **national** governing bodies for the following sports?

i) Athletics: _____

ii) Handball: _____ (1)

2) League, Knockout and Ladder are forms of competition.

Name the form of competition shown in this scheme:



_____ (1)

3) Governments can encourage participation in sport by providing facilities.

Mention **two** other ways how governments can help sport participation.

- i) _____
ii) _____ (1)

4) Mention two ways how Il-Kunsill Malti għall-Isport (KMS) helps to promote sport in schools.

- i) _____
ii) _____ (2)

5) Continue this quote by Baron Pierre de Coubertin:

“The most important thing in the Olympic Games is not to win, but to

_____ (1)

6) Sponsors may help an athlete by covering coaching fees.

Mention two other ways of sponsoring an athlete.

- i) _____
ii) _____ (1)

7) Give two reasons why people join sports clubs.

- i) _____
ii) _____ (2)

8) State two advantages radio has over television in broadcasting sport.

- i) _____
ii) _____ (2)

9) Mention a problem which happened during the following Summer Olympic Games:

- i) Munich 1972: _____
ii) Moscow 1980: _____ (1)