

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2014 SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIA
DATE:	28 th April 2014
TIME:	9:00 a.m. to 11:00 a.m.

Instructions**Section A: Skill Acquisition, 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: Skill Acquisition, Movement and Physical Activities (16 marks)

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

1) Skill Acquisition (4 marks)

a) How can skills be improved?

_____ (1)

b) Practice sessions are usually made up of three phases. The first phase is the warm-up. Mention the other **two phases** of a practice session.

_____ (1)

c) Briefly describe what is meant by **plateauing**.

_____ (2)

Movement and Physical Activities (12 marks)**Answer any three questions**

Answer all parts of the chosen questions

2) ATHLETICS

a) How must a discus thrower **leave the throwing circle** if he wants his throw to be valid?

_____ (1)

b) Describe the **breaking rule** in the 800m event. At which point of the race can this be applied?

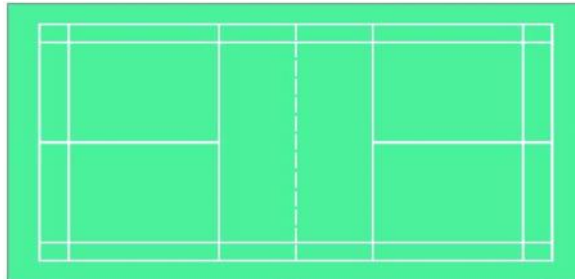
_____ (2)

c) Name one jumping technique in the high jump.

_____ (1)

3) BADMINTON

- a) Ron is using the right side of the court and is now going to serve. He is winning and the score is 5-3. Using the diagram below, shade the area from which Ron is allowed to serve. (2)



- b) Give the name of the shot in which the shuttle cock falls at the very back of the opponent's court. (1)

_____ (1)

- c) After every shuttle return, a badminton player should take an ideal position on court. What is the position called? (1)

_____ (1)

4) BASKETBALL

- a) In the diagram below, use X's to mark the position of defenders in a 2-1-2 zone defence. (2)



- b) Explain what a **double dribble** violation is. (1)

_____ (1)

- c) When does a **foul out** happen? (1)

_____ (1)

5) EDUCATIONAL DANCE

a) Posture is a basic dance principle. Mention another four basic principles.

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

b) Fill in the table below using the appropriate **technical** word.

An example has been given.

	Movement	Technical Word
e.g.	Point or centre around which movement takes place	Axis
i)	Movement away from the body	
ii)	Movement towards the body	
iii)	Series of movements joined together	
iv)	Movement taken to its extreme	

(2)

6) FOOTBALL

a) What is the pass shown in the picture called? _____ (1)



b) Describe the offside rule.

 _____ (2)

c) When a penalty kick is taken, the goalkeeper's movement is restricted. How?

_____ (1)

7) GYMNASTICS

a) List three consecutive skills a gymnast might perform along the diagonal.

i) _____ ii) _____ iii) _____ (1)

b) A gymnast does not show **flow** in the sequence. What does this mean?

_____ (1)

c) Graziella wants to learn how to perform a backward walkover. List two skills she should be able to perform before attempting the backward walkover.

i) _____ ii) _____ (1)

d) Give two critical elements for landing correctly after the post flight in vaulting.

i) _____

ii) _____ (1)

8) HOCKEY

a) Describe what a **“bully”** is and when it is awarded.

_____ (2)

b) Give **two** different examples where a **penalty corner (short corner)** is awarded.

i) _____

ii) _____

_____ (2)

9) NETBALL

a) According to the rules a team consisting of only five players is allowed to play a game.

i) Which positions should these five players take?

ii) Why?

_____ (2)

b) A player playing defence tries to mark the ball once the opponent has received it.

Mention two other roles of a defender.

i) _____

ii) _____ (1)

d) Explain the sprint and stop tactic.

_____ (1)

10) RHYTHMIC GYMNASTICS

a) Fill in the table below with the appropriate implement beside the technique given. All five implements must be named. The first one has been done for you.

	Technique	Implement
i)	Mills	Clubs
ii)	Rolling	
iii)	Snaking	
iv)	Rotating	
v)	Skipping	

(1)

b) Mention two skills regarding the catching of any of the implements.

i) _____

ii) _____ (1)

c) Gina is preparing a rope sequence. How would she find the ideal length of her rope?

 _____ (1)

d) Steps may be used as linking movements. Mention another two skills that may be used.

i) _____ ii) _____ (1)

11) SWIMMING

a) Why is it important to arch the back when starting a **backstroke** event?

 _____ (2)

b) What happens when a swimmer makes a **false start**?

_____ (1)

c) What is the main difference in the breathing action of the front crawl and the butterfly strokes?

_____ (1)

12) TEAM HANDBALL

a) Can a player perform 3 steps, dribble the ball, and then perform another 3 steps?
_____ (1)

b) When is dribbling most effectively used in a game?
_____ (1)

ci) What is **passive play**?

ii) What happens when a referee notices passive play?

i) _____

ii) _____ (2)

13) VOLLEYBALL

ai) Explain how the elbow is held when performing the dig (forearm pass).

_____ (1)

ii) Give a **reason** for your answer.

_____ (1)

b) Name the skills shown in the pictures below.



(i) _____

(ii) _____ (1)

c) When does **rotation** take place?

_____ (1)

SECTION B: Health Related Fitness (16 marks)

Answer all questions in this section

1) Poor housing can be damaging to health. List another two social or economic factors that can be damaging to health.

i) _____

ii) _____ (1)

2) Give two reasons why showering is important after exercise.

i) _____

ii) _____ (1)

3a) Which is the carbohydrate that circulates in the blood and provides energy for cells?

_____ (1)

b) What is it converted to if not used?

_____ (1)

c) Where is it stored?

_____ (1)

4) The number of calories a person burns in a day is affected by how much exercise that person performs. Give another reason which affects the number of calories a person burns in a day.

_____ (1)

5) Explain why John's weight will increase if he maintains the same diet during injury as he did while training.

_____ (1)

6a) Refer to the picture. In order to complete his routine successfully, the gymnast needs to have flexibility, muscular strength and muscular endurance.



Briefly explain the use of **muscular strength** and **muscular endurance** in relation to the gymnast in the picture.

- i) _____
- ii) _____ (1)

b) Mention two ways of how flexibility can be improved.

- i) _____
- ii) _____ (1)

7) The components mentioned above are health-related factors. Name two skill-related factors a football player needs to have.

- i) _____ ii) _____ (1)

8i) Give the definition of VO₂ maximum.

_____ (1)

ii) Why is VO₂ max important in sport and physical activity?

_____ (1)

9) Give two symptoms of lack of cardiovascular fitness.

- i) _____
- ii) _____ (1)

10a) Nigel is very muscular. What is his body somatotype likely to be?

b) Give two examples of sporting activities where it would be an advantage to have this extreme body type.

- i) _____ ii) _____ (1)

11) Fill in the table below.

	Factor	Definition
i)	Stress	
ii)	Motivation	
iii)	Fatigue	
iv)	Staleness	

(2)

Body Systems and Performance (36 marks)

Answer all questions in this section

Answer all parts of each question

1) There are **three** types of joints in the human body. Give the name of these three types of joints.

i) _____

ii) _____

iii) _____

(3)

2) Name the region of the spinal column that is made up of seven vertebrae. The top two vertebrae are known as the atlas and axis.

_____ (1)

3) Explain the types of movement at joints listed below and give one example for each of the movements.

i) Extension

Description: _____

_____ (1)

Example: _____

_____ (1)

ii) **Rotation**

Description: _____
_____ (1)

Example: _____
_____ (1)

4) What is a **tendon**?

_____ (1)

5) Briefly explain the **location** and **one function** of the following major muscles.

i) **Triceps**

Location: _____ (2)

Function: _____ (1)

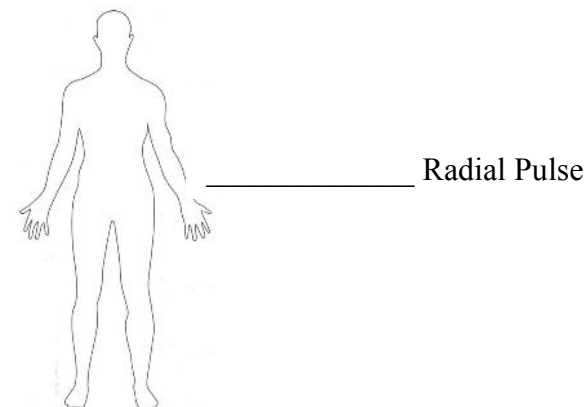
ii) **Gastrocnemius**

Location: _____ (2)

Function: _____ (1)

6) Using the diagram below, **mark and label two other pulse points** of the body.

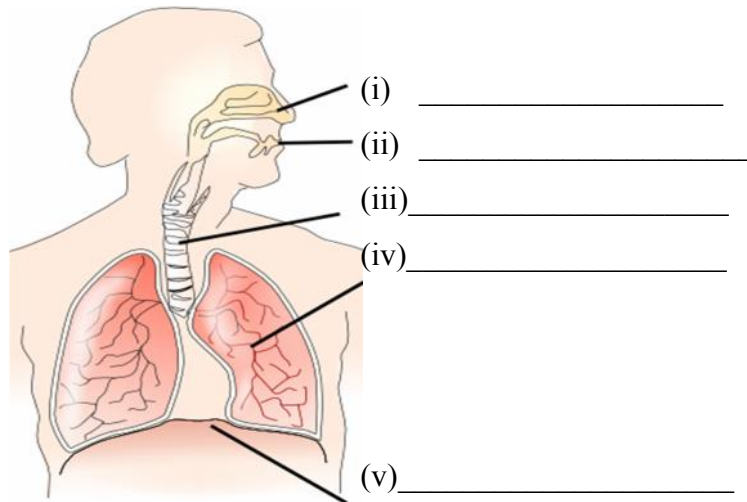
The radial pulse has been given as an example. (2)



7i) Which blood vessel transports blood from the heart to the rest of the body? _____ (1)

ii) Which blood vessel transports blood from the lungs to the heart? _____ (1)

8) Label the following diagram (5)



9) What happens to the VO_2 max as a result of exercise?

_____ (1)

10) What happens during the process of gaseous exchange? Describe the process (4 phases) from the moment a person inhales oxygen to the moment the person exhales carbon dioxide.

_____ (4)

11) One of the principles of training is reversibility. Mention **two other principles of training**.
i) _____
ii) _____ (2)

12i) What is reversibility? ii) Why does it happen?

- i) _____
- ii) _____ (1)

13) A training session should be made up of four phases. Mention all **four phases in the order they should happen.**

- i) _____
- ii) _____
- iii) _____
- iv) _____ (1)

14) Martha is planning to include some exercises in a fitness circuit. Suggest two exercises for her **fitness circuit.**

- i) _____
- ii) _____ (1)

15) Why are Narcotics banned from sport?

- _____
- _____
- _____ (1)

16) Why does blood doping give an unfair advantage in sport?

- _____
- _____
- _____ (1)

Section C: Sports in Society (12 marks)**Answer all questions in this Section**

1) Name two functions of the Malta Olympic Committee (MOC)

- i) _____
ii) _____ (1)

2) State two duties of a club Treasurer.

- i) _____
ii) _____ (1)

3) Explain how a Round Robin Competition is organized.

- _____
_____ (1)

4) Give two advantages of indoor sport facilities over outdoor sport facilities.

- _____
_____ (1)

5a) Where were the first Olympics of 776 BC held?

- _____

b) Where were the first Modern Olympic Games of 1896 held?

- _____ (1)

6) London hosted the 2012 Summer Olympic Games. Where were the Winter Olympics held this year?

- _____ (1)

7) State two possible ways of how a club may use sponsorship money.

- i) _____
ii) _____ (2)

8) What mayor problem does TV coverage cause for officials?

- _____ (1)

9) Suggest two ways a leisure centre manager might try to attract more young people.

- i) _____
- ii) _____ (1)

10) How can politics help in the development of sport?

- i) _____
- ii) _____ (2)

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Section A: Skill Acquisition, Movement and Physical Activities (16 marks)

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

1) Skill Acquisition (4 marks)

a) Give two examples of basic skills

- i) _____
ii) _____ (1)

b) It is important to learn basic skills because transfer of skill is made easier. What is the meaning of transfer of a skill?

_____ (1)

c) Briefly explain the meaning of the following types of feedback:

i) **Internal/Intrinsic Feedback** _____

ii) **Negative Feedback** _____
_____ (2)

Movement and Physical Activities (12 marks)

Answer any three questions

Answer all parts of the chosen questions

2) ATHLETICS

a) How does a judge signal that a long jumper has stepped over the stepping board just before the take-off?

_____ (1)

b) From where must a long jumper **leave the sand pit** after landing?

_____ (2)

c) What event is being shown in the picture?

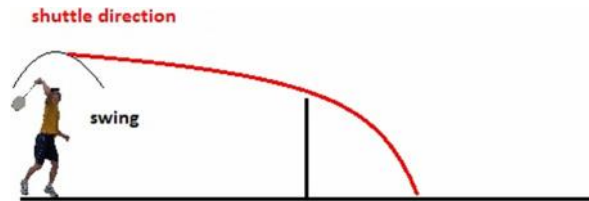


_____ (1)

3) BADMINTON

a) What kind of shot is the player in the picture performing?

_____ (1)



b) When should this shot be used?

_____ (1)

c) Is it considered a fault when:

i) the shuttle passes under the net? _____ YES _____

ii) a player touches the net with the racket? _____

iii) the server serves before the receiver is ready? _____

iv) a player distracts an opponent on purpose? _____

v) the shuttle lands outside the boundaries of the court ? _____ (2)

4) BASKETBALL

a) Why is a shot clock used in basketball?

_____ (1)

b) What is the name of the defensive tactic when defenders are positioned as seen in the picture below? _____ (2)



c) What is a **back court** violation?

_____ (1)

5) EDUCATIONAL DANCE

a) Mention two aspects of Space.

i) _____ ii) _____ (1)

b) Fill in the table below making use of the words provided.

sagittal, simultaneous, speed, successive

i)	One movement follows another in sequence	
ii)	One of the three planes of movement	
iii)	All body parts move at the same time	
iv)	Ability to move all or part of the body quickly	

(2)

c) What motion factors are these words describing?

i) strong, light, heavy, firm _____

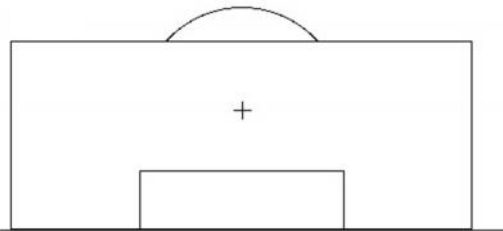
ii) sustained, fast, sudden, slow _____ (1)

6) FOOTBALL

- a) A team is winning but needs to score again, while stopping opponents from scoring. What advice should the coach give to his team?

_____ (2)

- b) Using the diagram, shade the **goal area**. (1)



- c) Mention one of the duties of an assistant referee. (1)
- _____

7) GYMNASTICS

- a) Complete the table below using the words provided.

Slow, Fast, Diagonal, Pivot

	Body Movement Skill	Use of Space	Use of Time
i)	Forward roll	Forwards	Accelerating
ii)	Leap		
iii)		Backwards	

(2)

- a) John is landing sideways out of his forward roll. Give one reason for this.

_____ (1)

b) Mention one vertical and one rotational vault.

i) Vertical Vault _____

ii) Rotational Vault _____ (1)

8) HOCKEY

a) A defender intentionally sends the ball over the end line. How does play resume?
_____ (1)

b) Play is stopped because of an injured player. How does the game re-start?
_____ (1)

c) Describe the **indian dribble**.

_____ (1)

d) Name **one** passing technique in hockey.
_____ (1)

9) NETBALL

a) A player will not be allowed to play unless she/he follows certain rules. Mention two of these rules.

i) _____

ii) _____ (2)

b) State the umpire's decision if Wing Attack (W.A.) and Wing Defence (W.D.) enter the centre third before the whistle is blown for start of game:

i) if neither player makes contact with the ball _____

ii) if one player touches or catches the ball _____ (1)

c) An attacking player creates space to receive the ball. Mention another two roles of an attacker.

i) _____

ii) _____ (1)

10) RHYTHMIC GYMNASTICS

Refer to the picture and answer the following questions



a) The gymnast is showing a balance. Name another two body skills she may perform on the spot.

i) _____ ii) _____ (1)

b) In which plane is the gymnast using the hoop?
 _____ (1)

c) Give an example of how a rhythmic gymnast uses co-ordination in her sequence.
 _____ (1)

d) Jane lost marks because the hoop touched the area outside the mats. Mention another two reasons why Jane may lose marks.

i) _____

ii) _____ (1)

11) SWIMMING

a) Which swimming event allows the swimmer to have his face out of the water for the majority of the race? _____ (1)

b) What is the swimming stroke shown in the picture called?



_____ (1)

c) In which swimming event are swimmers already in the water before the start?

_____ (1)

d) What is the main difference in the **leg action** of the front crawl and the butterfly strokes?

_____ (1)

12) TEAM HANDBALL

a) For how long can a player hold the ball?

_____ (1)

b) Can a team-mate pass to the goalkeeper:

i) when the goalkeeper is inside the goal area?

_____ (1)

ii) when the goalkeeper is outside the goal area?

_____ (1)

c) Describe how a ball should be caught when you receive a high pass (between chest and head).

_____ (1)

13) VOLLEYBALL

ai) How many points are needed to win the first set in a game?

ii) The fifth set needs to be played because the score is 2 sets each. How many points are needed to win the fifth set?

_____ (1)

b) What happens if a player touches the ball while blocking, and touches it again immediately afterwards?

_____ (2)

c) How many touches on the ball can a team make before sending the ball over the net?

_____ (1)

SECTION B: Health Related Fitness (16 marks)

Answer all questions in this Section

1a) Name one part of the body which is harmed by:

i) excess alcohol _____

ii) smoking _____ (1)

b) State two reasons why you should not drink alcohol.

i) _____

ii) _____ (1)

2) Describe how a person can maintain good hygiene in:

i) disease prevention _____

ii) clothing and equipment _____ (1)

- 3) Match a component of a balanced diet with the statements. Use the words provided:
 proteins, fats, carbohydrates, vitamins, minerals, roughage

	<u>Statement</u>	<u>Component</u>
i)	Gives us energy	
ii)	Helps to prevent constipation	
iii)	Act as a reserve energy store	
iv)	Keep our body working properly	
v)	Vital for growth and repair	
vi)	Regulate body's chemical reactions	

(3)

- 4) What is the term used for 'the minimum amount of energy needed to stay alive'?

_____ (1)

- 5) Name the condition when someone:

i) diets to excess _____

ii) eats to excess _____ (1)

- 6) Refer to the picture and answer the following questions.



- i) Which component of fitness is improved by this exercise?

_____ (1)

- ii) Give one example of how this component of fitness helps an athlete to perform better.

_____ (1)

- 7) Give two examples of how lack of strength can make it more difficult to carry out **everyday tasks**?

i) _____

ii) _____ (1)

-
- 8i) What is VO₂ max? _____

- ii) How can VO₂ max be improved? _____
- iii) How can you work out your maximum pulse rate? _____ (2)
- 9) Mention two factors which effect 'speed'.
- i) _____
- ii) _____ (1)
- 10) Good posture and muscle tone are important for good health. Give one example of good posture.
_____ (1)
- 11i) What is stress? _____
- ii) How can it affect performance **negatively**?
_____ (1)

Body Systems and Performance (36 marks)

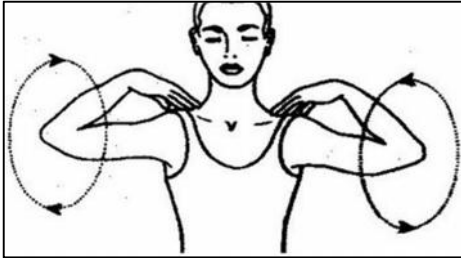
Answer all questions in this section

Answer all parts of each question

- 1) The human skeleton performs different functions. One of these functions is **protection**. Name another **three** functions.
- i) _____ (1)
- ii) _____ (1)
- iii) _____ (1)
- 2) What does the skeleton protect?
_____ (2)

3) What type of movement is happening at the shoulder?

(1)



4i) What are **ligaments**?

(1)

ii) What is the **main function** of ligaments?

(1)

5) Briefly describe what the following are:

i) **Agonist Muscle**

(2)

ii) **Isometric Contractions**

(2)

iii) **Muscle Fatigue**

(1)

iv) **Muscle Atrophy**

(2)

6) What is the main difference between skeletal muscles and smooth muscles?

(1)

7) What are the **effects of intense exercise** on the following? **State the reason why this happens.**

i) **Heart Rate:**

Effect _____

Reason _____

(2)

ii) **Blood Pressure:**

Effect _____

Reason _____

(2)

iii) **Skin Colour:**

Effect _____

Reason _____

(2)

- 8) Fill in the blanks using the following words.

Veins; Slower; Lactic acid; Blood; Fast

The cool-down is very important. When you stop exercising, the heart is still beating at a _____ rate. If you stop suddenly the muscles are now pumping the blood back at a _____ rate. This causes the _____ to 'pool' in the _____. Because of this, _____ is not being removed. When this builds up, it can cause soreness. (5)

- 9) Anita is training to improve her cardiovascular endurance using the **Overload Principle**. Mention the three aspects of Overload Training.

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

- 10) Tonio is going to start using a Swedish method of training to improve speed.

- i) **What is this training method called?**
 ii) Give a **brief description** of what this training method includes.
 i) **Training Method** _____ (1)
 ii) **Description** _____ (1)

- 11) What do the following fitness tests measure?

- i) Sergeant Jump _____
 ii) Harvard Step Test _____
 iii) Progressive Shuttle Run _____
 iv) Sit and Reach Test _____ (2)

- 12) Give one reason why **diuretics** are banned in sport?
 _____ (1)

- 13) Mention **one** sporting activity in which **beta-blockers** give an unfair advantage.
 _____ (1)

Section C: Sports in Society (12 marks)

Answer **all** questions in this Section

- 1)** State the sport organisation that is responsible for:
- all international matters to do with the Olympic Games _____.
 - the Maltese entry to the Olympic Games _____ (1)
- 2)** A club is made up of different officials. Mention two of these.
- _____
 - _____ (1)
- 3)** Give one advantage and one disadvantage of a knockout competition.
- advantage _____
 - disadvantage _____ (2)
- 4)** Mention two factors to consider when planning an indoor sports facility.
- _____
 - _____ (1)
- 5i)** Where were the first Olympics of 776 B.C. held? _____
- ii)** Where were the first modern Olympic Games of 1896 held? _____
- iii)** Who is the founder of the Modern Olympic Games? _____ (2)
- 6)** Sponsorship money can be used by a club to provide training. Mention two other ways of using sponsorship money.
- _____
 - _____ (2)
- 7)** Which two groups decide what sport is shown on television?
- _____
 - _____ (1)

8) How can a manager of a swimming pool increase the number of young people using the pool in their leisure time?

i) _____

ii) _____ (1)

9) Government helps sport by offering Physical Education (P.E.) in schools. State another way of how government can help sports.

_____ (1)