

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2015 SESSION**

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SUBJECT:	<b>Physical Education</b>
PAPER NUMBER:	IIA
DATE:	24 <sup>th</sup> April 2015
TIME:	9:00 a.m. to 11:00 a.m.

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**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

**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) What is an open skill?

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(1)

b) Name three different parts of a training session.

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

(3)

**Movement and Physical Activities (12 marks)**

**Answer any three questions.**

Answer all parts of the chosen questions.

**2) ATHLETICS**

a) Name two rules in the 800 metre event.

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(2)

b) Describe *the body posture* of a 100 metre sprinter when crossing the finish line.

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(1)

c) Describe the movement of a well thrown discus during its flight.

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(1)

**3) BADMINTON**

a) Briefly describe how the first server in a game is determined.

\_\_\_\_\_ (1)  
\_\_\_\_\_

b) Name one rule related to the badminton service.

\_\_\_\_\_ (1)

c) When is a clear return effective?

\_\_\_\_\_ (1)  
\_\_\_\_\_

d) Which return would be appropriate if your opponent is at the back court?

\_\_\_\_\_ (1)

**4) BASKETBALL**

a) Briefly describe two components of a good defensive stance.

i) \_\_\_\_\_  
\_\_\_\_\_  
ii) \_\_\_\_\_  
\_\_\_\_\_ (2)

b) Being able to use both left and right hands is an advantage. Explain why.

\_\_\_\_\_ (1)  
\_\_\_\_\_

c) A player takes three steps before dribbling the ball. What is this rule violation called?

\_\_\_\_\_ (1)

**5) EDUCATIONAL DANCE**

a) Suggest two words that in dance describe:

i) locomotor movements \_\_\_\_\_  
ii) non locomotor movements \_\_\_\_\_ (2)

b) State two reasons why improvisation is important in dance.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (2)

**6) FOOTBALL**

a) Briefly describe the position of the non-kicking foot in the shooting action.

\_\_\_\_\_ (1)

b) Name two tactics which can be used to keep possession of the ball

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (2)

c) The keeper fouls an attacking player with a good chance of scoring outside the penalty area. What decision would the official probably take?

\_\_\_\_\_ (1)

**7. GYMNASTICS**

a) State the quality most needed to perform the following skills. The first one has been done for you.

	SKILL	QUALITY
i.	Backflip	Power
ii.	Split	
iii.	Run up in vaulting	

(1)

b) Give one reason why the dance element is important in a gym sequence.

\_\_\_\_\_ (1)

c) Name two faults for which points are deducted during a sequence.

- i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

d) Which phase of the vault is shown in this picture?



\_\_\_\_\_

(1)

**8) HOCKEY**

a) Describe two techniques needed to control a fast moving ball coming in your direction.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

b) The game is stopped because of a foot violation. Describe this violation.

\_\_\_\_\_  
\_\_\_\_\_ (2)

**9) NETBALL**

a) State two actions which are not allowed when trying to take possession of the ball.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

b) The whistle for an interval or half time is blown immediately after a penalty shot has been awarded in the goal circle. Is the penalty shot taken or not?

\_\_\_\_\_ (1)

c) Give two critical elements of a pivot

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

d) Where should a G.A. place herself on court when her centre is about to give a centre pass?

\_\_\_\_\_ (1)

**10) RHYTHMIC GYMNASTICS**

a) Mention two important things to consider when planning a sequence.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (2)

b) State two qualities the gymnast is showing.



- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

c) The gymnast moves her arm with the ball around her body. At which plane is she working?

\_\_\_\_\_ (1)

**11) SWIMMING**

a) Describe the position of the upper body of a swimmer before the start of the backstroke event.

\_\_\_\_\_  
\_\_\_\_\_ (2)

b) Describe the upper limb movement of the breast stroke event

\_\_\_\_\_  
\_\_\_\_\_ (1)

c) How can a swimmer gain more distance in the push off the block in the 50 metre free style event?

\_\_\_\_\_  
\_\_\_\_\_ (1)

**12) TEAM HANDBALL**

a) Describe the upper body posture of the player whilst in the air just before releasing the shot.

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(2)

b) A player dribbles the ball, stops and walks five steps before dribbling again. What is the violation?

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(1)

c) Describe the position of the keeper just before a penalty shot is taken.

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(1)

**13) VOLLEYBALL**

a) What is the signal given for the serve to be taken?

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(1)

b) A player can return the service using a dig or a set pass. Mention two characteristics which determine which of the two (dig or set) is best to use.

i) \_\_\_\_\_ (1)

ii) \_\_\_\_\_ (1)

c) A player returns the ball on the opposite court using his head. Is this allowed?

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(1)

*Please turn the page.*

**SECTION B: Health Related Fitness (16 marks)**

**Answer all questions in this section**

- 1) Safety contributes towards positive health. Mention another two aspects of a healthy lifestyle.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 2) Cleaning cuts and wounds helps to prevent infection. List another two ways by which one may reduce the risk of illnesses.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 3a) There is a trend towards obesity in young people. What is obesity?
- \_\_\_\_\_ (1)
- b) Explain how a young person can avoid becoming obese.
- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)
- c) Mention two negative effects of obesity on the body.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 4) Vitamins are only needed in small quantities. Give two reasons why vitamins are an important part of a balanced diet.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 5a) John is using carbohydrate loading in preparation for a long marathon in a week's time. What is carbohydrate loading?
- \_\_\_\_\_ (1)
- b) Give one reason why John uses carbohydrate loading?
- \_\_\_\_\_ (1)



6) Mention two short term effects of exercise.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

7) Refer to the picture. Participants are working on fitness related to skill.



Which component of skill related fitness are the participants working on? \_\_\_\_\_ (1)

8) Fill in the table below. The first one has been done for you.

	<b>Fitness Factor</b>	<b>Description</b>	<b>Activity</b>
i)	Cardiovascular Endurance	The ability to exercise the whole body or part for a long period of time	Long distance run
ii)	Muscular Strength		Holding a handstand
iii)	Muscular Endurance	The ability of muscles to keep working against a resistance	
iv)	Flexibility	The range of movement of a joint	

(3)

*Please turn the page.*

9) Muscular Endurance can be affected by the two different muscle fibre types in our bodies. Fill in the table below.

	<b>Muscles fibre Types</b>	<b>Description</b>	<b>Essential For</b>
i)		Contract slowly	Endurance
ii)	Fast twitch	Contract quickly	

(2)

10) How can being an extrovert effect your sport performance?

\_\_\_\_\_ (1)

**Body Systems and Performance (36 marks)**

**Answer all questions in this section. Answer all parts of each question.**

1) There are four types of bones. Mention the main function of the long bones and short bones.

i. Function of Long bones:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ (1)

ii. Function of Short bones:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ (1)

2) Explain why it's easier to injure a freely movable joint than a slightly movable joint.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ (1)

3) Mention any two regions from the five regions of the spinal column.

i. \_\_\_\_\_

ii. \_\_\_\_\_ (1)

4) Complete the following table:

	<b>Term</b>	<b>Definition</b>
i	Posture	
ii		Muscles are not usually completely relaxed, but keep some tension in them.
iii	Concentric contractions	
iv		These are muscles which you cannot control and they work automatically.
v	Abductors	
vi		This is a smooth and white covering on the surface and end of the bone.

(6)

5) Mention two short term effects of exercise on the circulatory system.

i. \_\_\_\_\_  
 \_\_\_\_\_ (1)

ii. \_\_\_\_\_  
 \_\_\_\_\_ (1)

6) What is the main function of the pulmonary and systemic circuit?

i. Pulmonary circuit  
 \_\_\_\_\_  
 \_\_\_\_\_ (2)

ii. Systemic Circuit  
 \_\_\_\_\_  
 \_\_\_\_\_ (2)

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7) During inspiration, briefly explain what happens in the alveoli.

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(2)

8) During inspiration the chest cavity changes its shape and size. Explain why this happens.

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(1)

9) There are four principles of training; *Progression* and *Specificity* are two of these. Briefly explain their function giving examples of how it can be applied in training sessions.

i. Function of progression: \_\_\_\_\_  
\_\_\_\_\_ (1)

ii. Example : \_\_\_\_\_  
\_\_\_\_\_ (1)

iii. Function of specificity: \_\_\_\_\_  
\_\_\_\_\_ (1)

iv. Example: \_\_\_\_\_  
\_\_\_\_\_ (1)

10) Describe the difference between isotonic training and isokinetic training.

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(2)

11) A soccer coach carries out a fitness test with his players once every six weeks. Why is this necessary?

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(2)

12) Mention two possible side effects of blood doping.

i. \_\_\_\_\_

ii. \_\_\_\_\_ (2)

13) Explain when the recovery position is used.

\_\_\_\_\_ (2)

14) Give a definition for the following terms in the table below:

	<b>Term</b>	<b>Definition</b>
i	Athlete's foot	
ii	Hypothermia	
iii	Concussion	
iv	Muscle Cramp	
v	Closed fracture	

(5)

**Section C: Sports in Society (12 marks)**

**Answer all questions in this Section**

1) A sports club committee is formed of a number of people who have different roles. Fill in the table below related to the function of people with a club.

	<b>Responsibility</b>	<b>Role</b>
i)	Person who deals mostly with written work	
ii)	Person who has overall control of meetings	
iii)	Person who deals with financial matters	
iv)	Other persons with no specific role	

(2)

2) State two reasons why a knockout competition usually follows a league.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

3) Many new sports facilities are built as multi-purpose facilities.

- i) What does this mean?  
\_\_\_\_\_
- ii) Give an example of such a facility in Malta.  
\_\_\_\_\_ (1)

4) One function of Sport Organisations is to organise inter-club, national and inter-national leagues. List another two functions.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

5) How does the International Olympic Committee (IOC) ensure that athletes compete fairly in the Olympic Games?

\_\_\_\_\_ (1)

6) State the city in which the Summer Olympic Games were held in:

- i) 2004 \_\_\_\_\_ ii) 2008 \_\_\_\_\_ (1)

7a) What is meant by sponsorship?

\_\_\_\_\_ (1)

b) If you were able to choose a sponsor for your team, who would you choose? Give one reason for this.

- i) Sponsor: \_\_\_\_\_
- ii) Reason: \_\_\_\_\_ (1)

8) Mention two benefits which television brings to Sport.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

9) Identify two ways in which your experience doing P.E. in Secondary School will help you to take part in leisure time activities after you leave school.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

10) State two reasons why Governments promote Sports.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

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**Section C: Sports in Society**

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**Information**

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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 closed skills

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

b) A training session is made up of different parts. In which part of the training session do athletes:

i) start preparing their bodies for the harder part of the session?  
\_\_\_\_\_ (1)

ii) stretch and prepare their bodies for the end of the session?  
\_\_\_\_\_ (1)

iii) work on technique?  
\_\_\_\_\_ (1)

**Movement and Physical Activities (12 marks)**

**Answer any three questions. Answer all parts of the chosen questions.**

**2) ATHLETICS**

a) Name two rules in the shot put event.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

b) The below picture is taken from a 100 metre sprint event.



i) Which part of the event does this picture show?  
\_\_\_\_\_ (1)

ii) How do you know this?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

**3) BADMINTON**

a) What is the name given to the equipment shown in the diagram below?



\_\_\_\_\_

(1)

b) The server serves from the right hand side of his service court if his score is even.  
Is this true or false? \_\_\_\_\_

(1)

ci) When is it best to use a drop or net shot?

\_\_\_\_\_ (1)

ii) Why?

\_\_\_\_\_  
\_\_\_\_\_ (1)

**4) BASKETBALL**

a) The picture below shows a player in a good defensive stance. Name two good defensive components.



i) \_\_\_\_\_

(1)

ii) \_\_\_\_\_

(1)

b) A player scores a *lay up shot*. How many points does his team get?

\_\_\_\_\_ (1)

c) How does a basketball game start?

\_\_\_\_\_ (1)

*Please turn the page.*

**5) EDUCATIONAL DANCE**

a) Circle the words below that describe movements which are locomotor:

**skip, gallop, twist, clap, bend, grapevine, run** (2)

b) You have been asked to help your friend correct the weaknesses in her/his dance routine. Mention four points you would emphasise:

i) \_\_\_\_\_ ii) \_\_\_\_\_  
iii) \_\_\_\_\_ iv) \_\_\_\_\_ (2)

**6) FOOTBALL**

a) The picture below shows the position of the feet before the execution of the shot.



i) Name one technical component for the non-shooting foot. \_\_\_\_\_ (1)

ii) Give one reason to explain the position of the arms. \_\_\_\_\_ (1)

iii) It seems that the player intends to strongly kick the ball. How do we know this? \_\_\_\_\_ (1)

b) The keeper fouls an attacking player with a good chance of scoring inside the penalty area. What decision would the official probably take? \_\_\_\_\_ (1)

**7) GYMNASTICS**

a) Give an example of a skill performed in:

i) Personal space \_\_\_\_\_

ii) General space \_\_\_\_\_ (1)

b) What is the name of the skill shown in the picture below?



\_\_\_\_\_ (1/2)

ii) What skill is usually performed before this skill? \_\_\_\_\_ (1/2)

c) State two qualities the gymnast is showing.

i) \_\_\_\_\_ (1/2)

ii) \_\_\_\_\_ (1/2)

d) Mention two phases of a vault.

i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

**8) HOCKEY**

a) The picture below shows a player just before hitting the ball.



i) Is the player about to use a hit shot or a push shot?  
\_\_\_\_\_ (1)

ii) Why do you think so?  
\_\_\_\_\_ (1)

b) A player touches the ball with his foot. What is the decision taken?  
\_\_\_\_\_ (1)

c) Which part of the stick can make contact with the ball?  
\_\_\_\_\_ (1)

**9) NETBALL**

a) A player lands with both feet simultaneously, then steps on the right foot and drags the left foot.

i) What is the infringement called? \_\_\_\_\_

ii) What is the umpire's decision?  
\_\_\_\_\_ (1)

b) Mention one pass used in Netball and give two critical elements of that pass.

Pass: \_\_\_\_\_

Critical elements

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

c) Give two choices where a defending centre may place herself/himself at a centre pass.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

**10) RHYTHMIC GYMNASTICS**

a) During her sequence Maria circles the ribbon. Name another skill she may perform with the ribbon.

\_\_\_\_\_ (1)

b) Maria shows very good technique. Mention another two qualities she must show.

i) \_\_\_\_\_ ii) \_\_\_\_\_ (2)

c) How long should Maria's sequence be?

\_\_\_\_\_ (1)

**11) SWIMMING**

a) Name two important postural components of the swimmer seen in the picture below.



i) \_\_\_\_\_ (1)

ii) \_\_\_\_\_ (1)

b) Which event do you think the athlete in the picture is swimming?  
\_\_\_\_\_ (1)

c) In which event does the swimmer start in the water?  
\_\_\_\_\_ (1)

**12) TEAM HANDBALL**

a) In handball some body contact is allowed. Give one example when body contact is not allowed.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

b) A player shoots at the goal post. The ball is deflected by the defence and goes out. How does the game resume?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

c) How is the team to start the game determined?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

**13) VOLLEYBALL**

a) The below picture shows an action from a volleyball game.



- i) What is the attacking action or technique called?  
\_\_\_\_\_ (1)
- ii) What are the two defending players doing?  
\_\_\_\_\_  
\_\_\_\_\_ (2)
- iii) Why are the defenders' fingers spread wide open?  
\_\_\_\_\_ (1)

**SECTION B: Health Related Fitness (16 marks)**

Answer all questions in this Section

- 1) Give two basic rules when lifting a heavy weight.
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_ (1)
- 2) Mention one way that taking part in sport helps you to improve your mental health.  
\_\_\_\_\_ (1)
- 3) Describe the basic rule for keeping the same body weight.  
\_\_\_\_\_ (1)



4) John does not follow a healthy diet and he may become obese as shown in the picture .



i) Mention another problem he might have in the future.  
\_\_\_\_\_ (1)

ii) What type of food can lead to obesity?  
\_\_\_\_\_ (1)

5i) State why drinking water during and after an activity is important.  
during activity: \_\_\_\_\_  
after activity: \_\_\_\_\_ (1)

ii) How long should an athlete allow before eating a large meal after an activity?  
\_\_\_\_\_ (1)

6) Athletes use fats as a source of energy. Mention two other nutrients used as an energy source.  
i) \_\_\_\_\_  
ii) \_\_\_\_\_ (1)

7) During exercise, the pulse rate increases. Give the reason for this.  
\_\_\_\_\_ (1)

*Please turn the page.*

8a) In the picture below David is running the 100m sprint. State when he uses:



- i) dynamic strength: \_\_\_\_\_
- ii) static strength: \_\_\_\_\_ (2)

b) In which part of the race is David showing:

- i) reaction time: \_\_\_\_\_
- ii) movement time: \_\_\_\_\_ (2)

9) List two problems resulting from lack of flexibility.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

10) A netball team is winning most of the matches in the league.

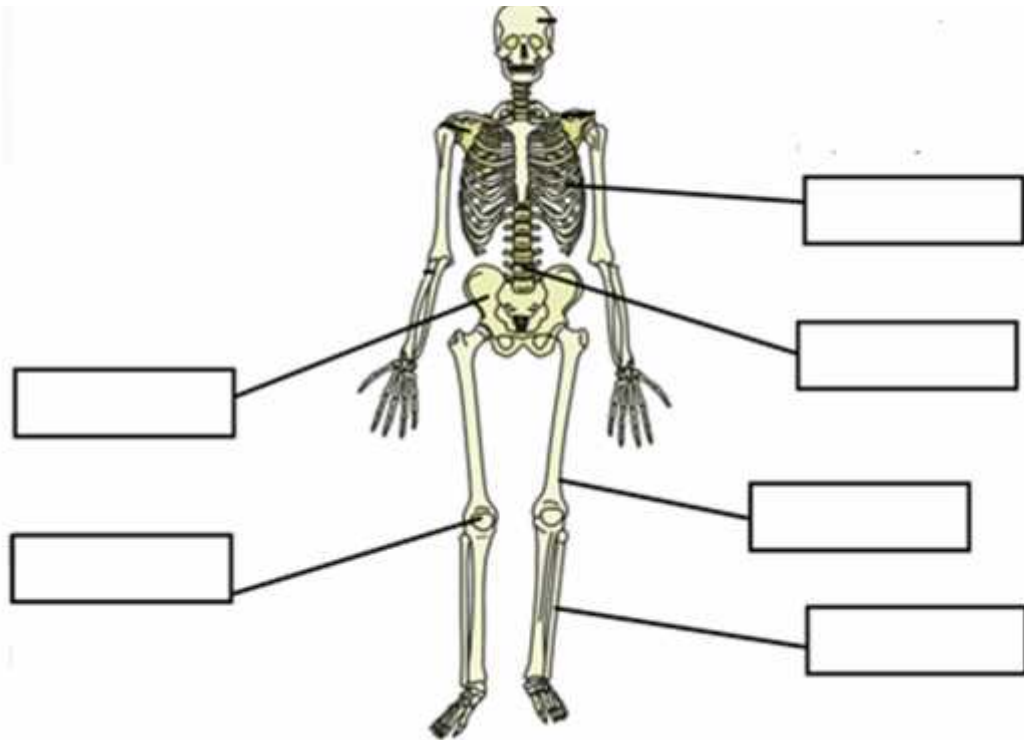
- i) What is the psychological factor which is helping them to win?  
\_\_\_\_\_ (1)

- ii) How can lack of sleep effect your performance negatively?  
\_\_\_\_\_ (1)

**Body Systems and Performance (36 marks)**

**Answer all questions in this section. Answer all parts of each question.**

1. Fill in the labels below with the names of the bones. (3)



2. The body has 6 freely movable types of joints. List 3 of these.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

(3)

3. Which is the agonist and antagonistic muscle in the diagram below?

- i. Agonist: \_\_\_\_\_
- ii. Antagonistic: \_\_\_\_\_

(1)



4. Give one example for each of the different types of muscle:

	<u><b>Muscle type</b></u>	<u><b>Muscle example</b></u>	
i.	Smooth muscle	_____	
ii.	Cardiac muscle	_____	(1)

5. Name the top two vertebrae of the spine

- i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

6. Does deoxygenated blood enter in the right atrium or left atrium?

\_\_\_\_\_ (1)

7. The circulatory system has four main parts. Mention any three.

- i) \_\_\_\_\_  
 ii) \_\_\_\_\_  
 iii) \_\_\_\_\_ (3)

8. Mention two muscles which are used for breathing in and out.

- i. \_\_\_\_\_  
 ii. \_\_\_\_\_ (2)

9. Define the following terms:

- i. Expiration \_\_\_\_\_ (1)  
 \_\_\_\_\_  
 ii. Oxygen debt \_\_\_\_\_ (2)  
 \_\_\_\_\_

10. Mention two advantages of doing a warm up before starting the training session.

- i. \_\_\_\_\_  
 ii. \_\_\_\_\_ (2)

11. Weight training can be used for two reasons, mention one of these.

\_\_\_\_\_ (1)

12. Fill in the following table:

	<b>Training method</b>	<b>Definition</b>
i	Interval training	
ii		This is a method which involves activities where the heart rate and pulse are high and work for a long period of time.
iii	Altitude training	
iv		It means speed training and it alternates between walking, brisk walking, running, jogging and fast steady running.

(4)

13. Fitness testing is used to measure different fitness components. State what kind of test would be ideal to measure:

i. Flexibility in the lower back:

\_\_\_\_\_ (1)

ii. Cardiovascular fitness:

\_\_\_\_\_ (1)

14. Describe what stimulants are.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ (2)

*Please turn the page.*

15. Define and explain RICE treatment

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (4)

16. Describe the difference between *overuse injuries* and *sudden injuries*.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (3)

**Section C: Sports in Society (12 marks)**

Answer **all** questions in this Section

1) Fill in the table below by using the words provided.

**secretary, treasurer, members, chairperson**

	<b>Statement</b>	<b>Club Structure</b>
i	Person who has overall control of meetings	
ii	Deals mostly with written work	
iii	Deals with financial matters	
iv	Other persons with no specific role	

(2)

2a) Name two types of competition

i) \_\_\_\_\_ ii) \_\_\_\_\_

b) Which is the type of competition where all teams play against each other?

\_\_\_\_\_ (1)

3) Outdoor gyms are being set up in some car parks or public gardens for the use of the general public. Mention two advantages of these gyms.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

4) State two ways in which youth organisations are helping sport.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

5a) State the city in which the summer Olympic Games were held in

- 2000: \_\_\_\_\_
- 2012: \_\_\_\_\_ (1)

b) Mention two roles of the International Olympic Committee.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

6) Mention two ways in which sponsors may use a team or athlete to advertise their product.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

7) Television increases the popularity of sports.

Mention two other benefits.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

8) State two reasons why P.E. lessons are held in schools.

- i) \_\_\_\_\_
- \_\_\_\_\_
- ii) \_\_\_\_\_
- \_\_\_\_\_ (1)

*Please turn the page.*

9) State one way your family can support your participation in sport and one way how it can hinder it.

Positive support:

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Hindrance:

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(1)

10) Discrimination in sport includes not advertising an event. Mention another two ways of discrimination in sport.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)