

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

**SECONDARY EDUCATION CERTIFICATE LEVEL**

**MAY 2016 SESSION**

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SUBJECT:	<b>Physical Education</b>
PAPER NUMBER:	IIA
DATE:	20 <sup>th</sup> May 2016
TIME:	9:00 a.m. to 11:05 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) Why is a good warm up at the beginning of a training session necessary?

\_\_\_\_\_

\_\_\_\_\_

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

b) Name two different activities which can be done as part of a cool down after a training session.

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

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

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

**Answer any three questions.**

Answer all parts of the chosen questions.

**2) ATHLETICS**

a) Describe the 'break line' rule in the 800 metre event.

\_\_\_\_\_

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

b) Describe how the shot is held in the preparation phase of the shot put event.

\_\_\_\_\_

\_\_\_\_\_

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

c) Name one element related to the position of the discus thrower in the throwing circle in the preparatory phase of the throw.

\_\_\_\_\_

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

**3) BADMINTON**

a) How many sets are played in a badminton game?

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

b) How many points are needed to win a set?

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

c) Describe the difference between a clear and a drop shot.

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

**4) BASKETBALL**

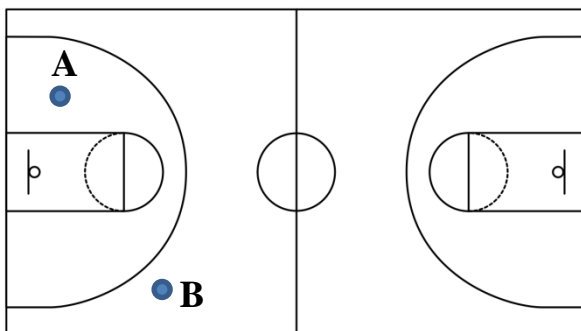
The diagram below shows two shots taken and scored from two different positions on the court. Position A and position B.

a) How many points are scored in the shot from position A?

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

b) How many points are scored in the shot from position B?

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



c) Mention one instance when a player is awarded two free throws.

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

d) Describe what is meant by *unsportsmanlike foul*.

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

**5) EDUCATIONAL DANCE**

a) With reference to the picture we can say that a “sudden” movement can be described as:



urgent, sharp, instant, excited.

Mention two words to describe:

i) a sustained movement

\_\_\_\_\_

ii) a firm movement

\_\_\_\_\_

(2)

b) Mention two criteria an examiner considers when assessing a dance composition for Sec Dance examination.

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

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

**6) FOOTBALL**

a) Name one technical component needed to keep the ball low when kicking the ball.

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

b) What tactical strategy would be appropriate if a team needs to score but only 5 minutes of play remain?

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

c) What is the normal duration of a football game?

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

**7. GYMNASTICS**

a) Give two critical elements for the performance of a cartwheel.

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

b) Name the two aspects of the Time Factor that are used during a Handstand.

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

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

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

**8) HOCKEY**

a) Describe how the hockey stick is held.

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

b) A shot is taken and scored from outside the striking circle. How does the game resume?

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

**9) NETBALL**

a i) "When a penalty is awarded it shall be taken where the infringement occurred".

When is a penalty not given where the infringement occurred?

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

ii) State two rules opposing players must observe at a "toss up".

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

b) Mention two points to be observed by a player taking a throw in from outside the court.

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

c) Briefly explain substitution and team change.

**substitution** \_\_\_\_\_  
**change** \_\_\_\_\_ (1)

**10) RHYTHMIC GYMNASTICS**

a) Which is the most important aspect you would consider when choosing music for any implement?

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

b) Throwing and catching are common skills for all implements. Name two skills that can be performed with the ribbon but not with the hoop.

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

c) Marks are given for difficulty of skills performed. Mention two other aspects for which marks are given.

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

**11) SWIMMING**

a) Name one reason why the backstroke flags are needed in the backstroke event.

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

b) Describe the breathing pattern in the front crawl.

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

c) Describe the rule related to how the swimmer has to touch the wall in the breaststroke event.

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

**12) TEAM HANDBALL**

a) Describe a fast break in handball.

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(2)

b) A player steps on the goal area line whilst taking the shot. He scores the goal. How does the game resume?

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(1)

c) The goalkeeper deflects the ball after saving a shot. The ball exits the playing area from the side line. How does the game resume?

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(1)

**13) VOLLEYBALL**

a) How many points are scored in one set?

---

(1)

b) Name two technical components of a spike.

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

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

c) The ball touches the antenna before falling in the opponents court. How does the game resume?

---

(1)

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

**Answer all questions in this section**

1) Janet believes that by playing rugby with a club she will improve her health.

Mention another two reasons why she might join a club.

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

2) Drinking too much alcohol causes John to become drunk. Mention two other short term effects he may suffer.

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

3) Why is it important for people to be vaccinated against certain diseases?

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

4) Give the right term for the statements below.

	<b>Statement</b>	<b>Term</b>
i)	Mental illness resulting in someone refusing to eat sufficiently	
ii)	Starchy foods such as pasta and bread	
iii)	These are made from building blocks called amino acids	
iv)	Starchy foods such as chocolates and sweet drinks	

(2)

5) Water and fibre are two of the seven food groups. Mention another four.

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

6) Give two reasons why sports performers might need a greater intake of energy.

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



7a) Many different types of athletes need cardiovascular fitness. What is cardiovascular fitness?

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

b) Refer to the picture.



Why does this activity need a high level of cardiovascular fitness?

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

8) Pulse recovery rate is a good way to check your cardiovascular fitness. How would you check your cardiovascular fitness?

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

9) Explosive strength is evident when a sprinter leaves the blocks for the 100m. Mention a phase in another event where explosive strength is evident.

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

10) Mention two factors apart from power which are required for a good shot put.

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

11) During a match Paul is likely to build an oxygen debt.

a) What is oxygen debt?

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

b) What by-product is associated with oxygen debt?

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

c) State two ways how Paul can help himself to remove this by-product.

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

12) Fill in the table below by stating whether the factor has a negative or positive effect on performance and give the reason for this effect. The first one has been done for you.

	Factor	Effect	Reason
i)	Staleness	Negative	Too much play or training
ii)	Youth		
iii)	Boredom		

(1)

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

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

1) One of the functions of the skeleton is to protect.

i) What does it protect?

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

ii) Name and explain another function of the skeleton.

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

iii) For the function named in (ii) provide an example of its use when participating in a physical activity.

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

2) The body is made up of synovial joints allowing for movement.

i) Identify the synovial joint in the picture.

\_\_\_\_\_



(1)

ii) What type of joint is found where the femur and tibia meet?

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

iii) Which type of joint allows the carpal bones in the hand to move?

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

iv) Mention a part of the body where a 'ball and socket' joint can be found.

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

3) All synovial joints found in the body have the same components. Complete the table.

COMPONENT	FUNCTION
Ligament	i.
ii.	Joins muscle to bone enabling movement.
iii.	Lubricates the joint
Hyaline cartilage	iv.

(2)

4) The vertebral column has an important role in our skeletal system. It has five regions. Use the anatomical name for the regions to answer the questions below.

i) Which section is part responsible for protecting the lungs and chest cavity?

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

ii) Which region is most prone to injury as it endures the most movement?

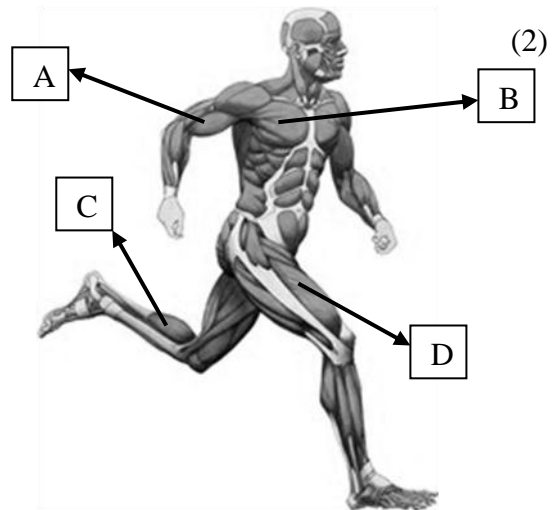
\_\_\_\_\_ (1)

iii) Name one section that has fused bones.

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

5) Complete the table by labelling the muscle groups.

A	
B	
C	
D	



i) In the picture above, what is the name of the agonist muscle in the movement demonstrated by his right arm?

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

ii) What is the antagonist muscle in the movement demonstrated by his left leg?

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

iii) Choose two muscle groups from the table above (A-D) and suggest one skill from any physical activity or sport which makes use of that group.

MUSCLE:	EXAMPLE OF SKILL:

(2)

6) The circulatory system can be described as a ‘dual loop’ system as it consists of two circulatory paths; the pulmonary and the systemic circuit.

a) Explain the difference between these two paths.

\_\_\_\_\_

\_\_\_\_\_

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

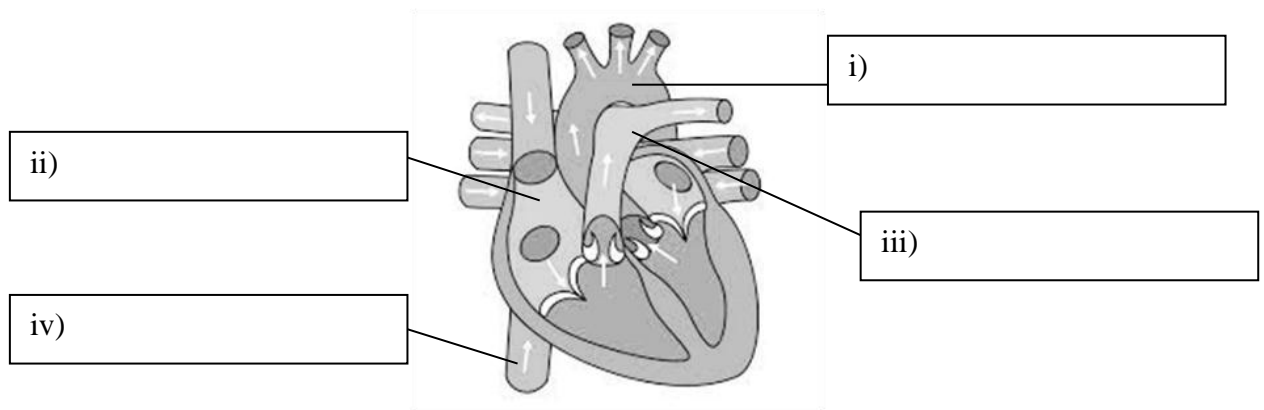
b) There are four main parts of the circulatory system. Name any two.

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

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

(1)

c) On the diagram, label the following: Vena Cava, Pulmonary Artery, Right Atrium and Aorta.



(2)

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7) Gas exchange in the respiratory system is an important part of respiration.

i) Where does gaseous exchange take place?

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

ii) What gases are exchanged?

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

8) The diaphragm is a muscle found in the abdominal region.

i) What type of muscle is it?

\_\_\_\_\_ (½)

ii) Explain how it assists breathing.

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

9) Jane is training for the Malta Marathon. Every other day she runs 16km followed by a 15 minute walk to cool down. However, she doesn't feel she is improving.

i) What is happening to Jane?

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

ii) In terms of principles of training, suggest one principle she is following and one she is neglecting.

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

iii) Explain why a cool down is important.

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

11) A handball coach uses two fitness tests to test his athlete’s fitness levels.

a) Fill in the blanks with the test and corresponding reason for the test.

TEST	REASON
i)	As in a game of handball it is important to be agile, to be able to change direction at speed.
Sergeant Jump Test	ii)

(1)

b) He would like to perform some other tests on his athletes.

i) Mention one other test he could use. \_\_\_\_\_ (½)

ii) Write the component of fitness being tested in the test suggested above (i).  
 \_\_\_\_\_ (½)

12) Explain why a boxer might make use of diuretics.

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

13) Bill and Kim have decided to undertake a weight training programme. However, while Bill wants to increase his muscle size, Kim would like to tone up. Explain how their workouts will differ.

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

14) Explain the difference between a sprain and a strain.

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

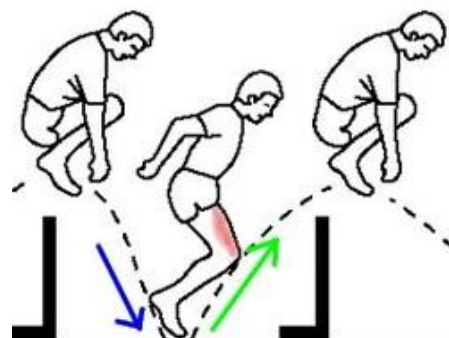
15) Look at the picture.

i) What training method is indicated in the diagram?

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

ii) What sport/physical activity would this type of training be useful in?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



(1)

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

**Answer all questions in this Section**

1) State two responsibilities of a sports club.

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

2) Mention two associations which are affiliated to the Malta Olympic Committee.

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

3) How many games would a winner have played in a knockout competition involving eight teams? \_\_\_\_\_ (1)

4) Which type of competition gives the opportunity to challenge someone working to move up to the top? \_\_\_\_\_ (1)

5) Mention two sports facilities in Malta which are available to the general public.

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

6i) Continue this quote by the founder of the Modern Olympic Games, Pierre de Coubertin:

“The most important thing in the Olympic Games is \_\_\_\_\_  
\_\_\_\_\_

6ii) In which city will the 2016 Summer Olympics be held?

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

7) The Olympic motto is made up of the Latin words Citius, Altius, Fortius. What do these words mean? \_\_\_\_\_ (1)

8) Sport sponsorship is on the increase. Mention two disadvantages for a club not being sponsored.

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

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

9) Give two social and two mental benefits of participating in physical activity during leisure time.

a) Social benefits: i) \_\_\_\_\_  
ii) \_\_\_\_\_ (1)

b) Mental benefits: i) \_\_\_\_\_  
ii) \_\_\_\_\_ (1)

10) Mention two ways with which newspapers influence interest in sport.

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

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

11) Identify two ways in which politics can influence sport in the international scene.

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

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



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SEC32/2B.16m

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

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**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) Give two examples of activities a coach prepares for the warm up phase of a training session.
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_ (2)
  
- b) Indicate whether the skills listed below are **open** or **closed skills**.
  - i) Forward roll \_\_\_\_\_
  - ii) Badminton smash \_\_\_\_\_
  - iii) Putting the shot \_\_\_\_\_
  - iv) Dribbling an opponent in Hockey \_\_\_\_\_ (2)

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

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

**2) ATHLETICS**

- a) Name two rules related to the landing phase in the long jump event.
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_ (2)
  
- b) The picture below is taken from a discus event.



- i) Why is the thrower facing the opposite direction of the throw?  
\_\_\_\_\_  
\_\_\_\_\_ (1)
  
- ii) What is the area the thrower is standing in called?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

**3) BADMINTON**

Fill in the blanks with the appropriate technical terms provided below. Not all terms are needed.

*(drop shot, rally, service, smash, clear, net)*

The badminton game started with Paul’s \_\_\_\_\_. His opponent, Charles was of his same level. Both players gave their best effort as they returned shuttle after shuttle for what seemed to be a never ending \_\_\_\_\_. Finally Charles noticed that Paul remained at the back court and so placed a good \_\_\_\_\_. Paul just managed to return the drop shot but sent the shuttle high up in the opponents court for an easy \_\_\_\_\_ which gave Charles the point. (4)

**4) BASKETBALL**

- a) A basketball game is divided in 4 quarters. How many minutes are allotted to each quarter?  
\_\_\_\_\_ (1)
- b) A player scores a *shot from outside the three point arc*. How many points does his team get?  
\_\_\_\_\_ (1)
- c) Name two technical components in the positioning of the shooting hand.
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_ (2)

**5) EDUCATIONAL DANCE**

- a) Mention two points which are important when choosing music for a dance composition.
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_ (2)
- b) Music is the most common stimulus used in dance. Mention two other stimuli that may be used.
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_ (1)
- c) Flexibility is a very important component for a dancer. State how this component will help the dancer to perform better.  
\_\_\_\_\_ (1)

**6) FOOTBALL**

a) How many officials usually officiate a football game?

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

i) What is the duration of a top level football game including the halftime period?

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

ii) Name two body platforms which are used to control the ball.

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

**7) GYMNASTICS**

a) Mention two skills in which balance is evident.

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

b) Name two aspects to consider when choosing music for your sequence.

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

c) Mention one skill where the pathway is forwards, the level low, and the shape wide.

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

d) Why is it important to measure the run up for the vault?

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

**8) HOCKEY**

a) The picture below shows the handling of the hockey stick.



i) Is this player a right handed or left handed player?

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

ii) Why do you think so? \_\_\_\_\_ (2)

b) Name one rule associated to the part of the stick which can make contact with the ball.  
\_\_\_\_\_ (1)

**9) NETBALL**

ai) A player (who is not offside) is touching the ball on the ground in an offside area of court. Is this allowed?  
\_\_\_\_\_ (½)

ii) What may the Goal Attack (GA) or Goal Shooter (GS) do if they win a toss up in the goal third?  
\_\_\_\_\_ (1)

bi) A centre passes to the Wing Attack (WA) of the same team in the goal third. Is this within the rules?  
\_\_\_\_\_ (½)

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

c) What is the best tactic for Wing Attack (WA) and Goal Attack (GA) when their centre gives a centre pass?  
\_\_\_\_\_ (1)

**10) RHYTHMIC GYMNASTICS**

a) Apart from the ribbon, which are the four other implements?

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

iii) \_\_\_\_\_ iv) \_\_\_\_\_ (1)

b) Refer to the picture.



i) Which implement skill is the gymnast using?

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

ii) The gymnast is showing extension/amplitude. What does this mean?

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

c) Mention one rule regarding the ribbon during the sequence.

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

### 11) SWIMMING

The picture shows a swimmer taking part in a swimming event.



a) Which event is the swimmer taking part in?

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

b) Name two technical components which are necessary to perform this technique.

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

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

c) Describe the touch in the finish of this event.

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

**12) TEAM HANDBALL**

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



i) What is the name of the shot used in this picture?

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

b) Name two advantages of this kind of shot.

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

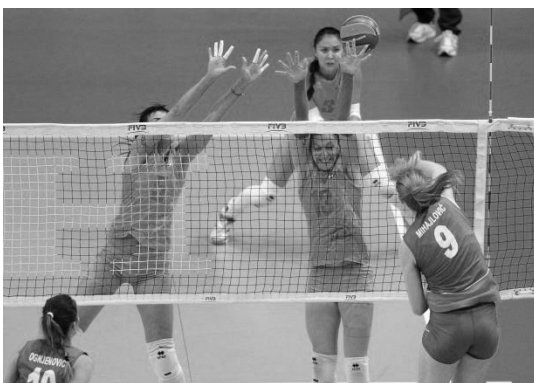
ii) \_\_\_\_\_ (2)

iii) Name one rule related to the shot in handball.

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

**13) VOLLEYBALL**

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



i) State the shirt number of the player who spiked the ball.

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

b) In the picture, two players are defending. Name two technical components needed to be able to defend the spike.

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

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

iii) What is the role of the player behind the two defenders?

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

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

**Answer all questions in this Section**

i) Alcohol is a legal, socially-accepted drug. Mention another legal drug.  
 \_\_\_\_\_ (1/2)

ii) What is a legal drug?  
 \_\_\_\_\_ (1/2)

iii) Mention the two most serious risks associated with the drug you mentioned above.  
 \_\_\_\_\_  
 \_\_\_\_\_ (2)

2) Why should you wash your hair regularly? Give two reasons .  
 i) \_\_\_\_\_  
 ii) \_\_\_\_\_ (1)

3) Complete the table below using the terms provided:  
**proteins, simple carbohydrates, complex carbohydrates, vitamins**

	<b>Statement</b>	<b>Term</b>
i)	Starchy foods such as bread and pasta	
ii)	Starchy foods such as chocolates and sweet drinks	
iii)	These are made from building blocks called amino acids	
iv)	These improve the immune system	

(2)



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4) There are seven food groups. Five of the food groups are proteins, fats, carbohydrates, vitamins and minerals.

Mention the other two.

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

5) Why do young people need to eat more food than elderly people? State two reasons.

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

6) Cardiovascular fitness is a component of health related fitness.

i) Mention another three.

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

ii) What do the words **cardio** and **vascular** mean?

- Cardio** \_\_\_\_\_
- Vascular** \_\_\_\_\_ (1)

iii) Why does the cardiovascular system need to work harder during exercise?

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

7i) State the type of strength needed by a gymnast to hold the handstand position.

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

ii) Mention the part of another activity where this type of strength is needed.

- Activity \_\_\_\_\_ Part \_\_\_\_\_ (1)

8) During a match Lucia built up **oxygen debt**.

i) Was she working aerobically or anaerobically?

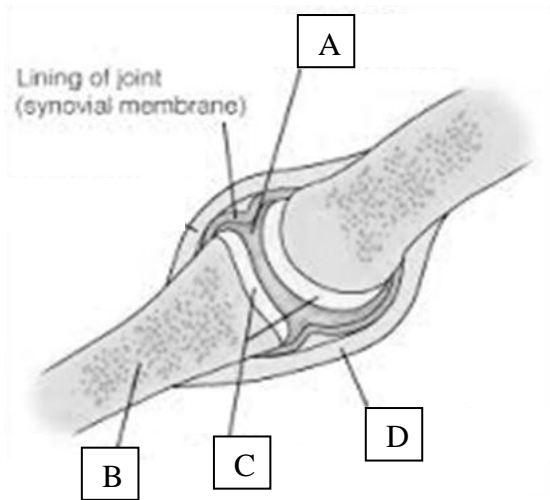
- \_\_\_\_\_

ii) What product may the body produce as a result of oxygen debt?

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



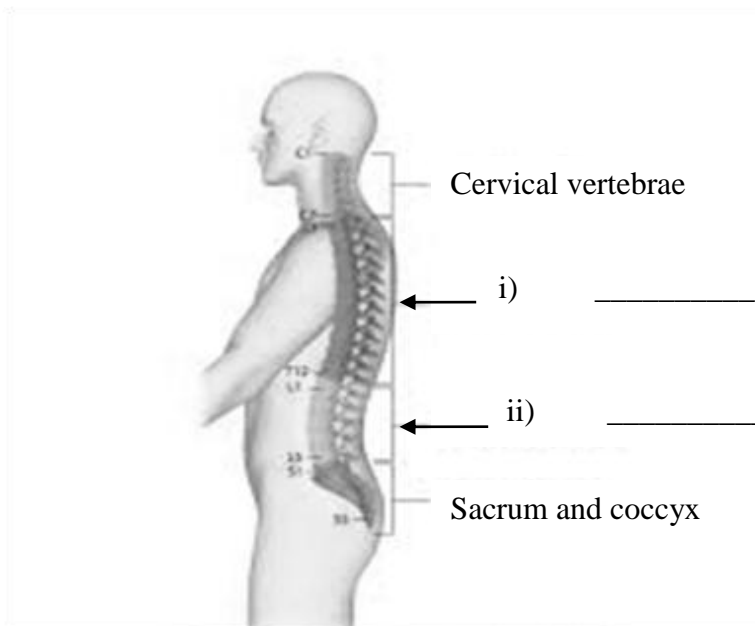
- 5) Synovial joints all have the same components. Next to the component, write the letter it is represented by in the diagram.



- LIGAMENT \_\_\_\_\_
- BONE \_\_\_\_\_
- HYALINE CARTLIAGE \_\_\_\_\_
- SYNOVIAL FLUID \_\_\_\_\_

(2)

- 6) Fill in the missing regions of the vertebral column.



(2)

- 7) Explain the difference between skeletal and cardiac muscle.

\_\_\_\_\_

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

8) a) Below is a list of muscles found in the body:

<b>gastrocnemeous</b> <b>abdominals</b> <b>biceps</b> <b>hamstrings</b> <b>trapezius,</b> <b>quadriceps</b>
---

i) Circle three that are found in the leg. (1½)

ii) From this list choose the two that form an antagonistic pair.  
\_\_\_\_\_ (1)

b) If the leg is flexed in preparation to strike a ball (as in the picture) name the muscle which is the agonist (prime mover.)



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

9) During exercise, heart-rate increases.

i) Define the term heart-rate.  
\_\_\_\_\_  
\_\_\_\_\_ (1)

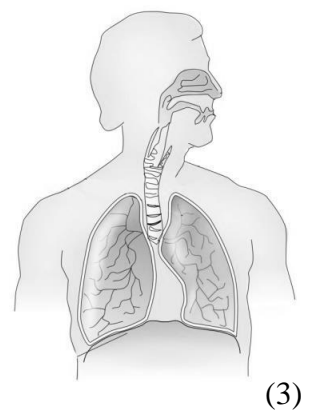
ii) Why does it increase during exercise?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

iii) What long term effect would regular training have on a person's *resting* heart rate?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

10) List the below words in order of how air enters from the mouth to its final destination.

<b>larynx</b> <b>bronchioles</b> <b>pharynx</b> <b>bronchi</b> <b>alveoli</b> <b>trachea</b>
--

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_
- v) \_\_\_\_\_
- vi) \_\_\_\_\_



11) What happens in the alveoli?  
 \_\_\_\_\_ (1)

12) Bill has just turned 50. After retiring from playing rugby at 38, he continued to train regularly six times a week to maintain his fitness level. He runs four times a week over the same 5km course at a relaxed, easy pace and rides his mountain bike twice a week for 25 mins each time. He always performs a warm up and a cool down in each session.

i) From the information, take each aspect of the FIT principle and explain how it is applied in Bill's programme.

F: \_\_\_\_\_

I: \_\_\_\_\_

T: \_\_\_\_\_ (1½)

ii) It is clear that Bill's training programme is specific to his individual needs. What is his aim in training?  
 \_\_\_\_\_ (1)

iii) Give one reason why Bill needs to cool down.  
 \_\_\_\_\_ (1)

iv) Is the principle of overload included in Bill's training? Give a reason.  
 \_\_\_\_\_ (1)

13) Two athletes perform a series of fitness tests. The results are shown in the table.

	Athlete A	Athlete B
Sit and Reach	+8	-4
Cooper Test	1400m	1800m
Illinois agility	18sec	19sec
Dynamometer	30kg	30kg

a) Answer the statements with **true** or **false** (T/F)

i) Athlete A has better cardiovascular endurance. \_\_\_\_\_

ii) Athlete B has less flexibility in her hamstrings and lower back. \_\_\_\_\_

iii) Athlete A has more strength in her forearm. \_\_\_\_\_

iv) Athlete B performed better in the agility test. \_\_\_\_\_ (2)

- b) Suggest another fitness test the coach could use and what component of fitness it would be testing.
- i) Test: \_\_\_\_\_
- ii) Component of fitness being tested: \_\_\_\_\_ (1)

14) The following actions have resulted in an injury:

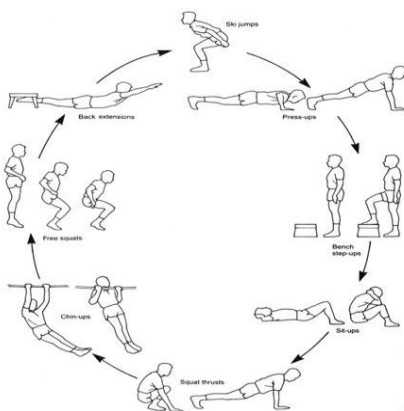
A) A footballer places his studs into the ground and stretches his ligament.
B) A marathon runner runs over 50km a week and is feeling pain in his shins.
C) A goal keeper has banged heads with a defender resulting in a head injury.

- a) What is the injury being described in B? \_\_\_\_\_ (1)
- b) For which letter (A, B, or C) in the table above would the following treatment be appropriate?
- i) R.I.C.E: \_\_\_\_\_
- ii) Recovery position: \_\_\_\_\_ (2)
- 15) Choose a banned substance and explain why it might be misused by a sprinter.

\_\_\_\_\_

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

16) Which training methods are the following pictures showing?



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

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**Section C: Sports in Society (12 marks) 2016**

Answer **all** questions in this Section

- 1) The Badminton Malta association forms part of the Malta Olympic committee (MOC).  
Mention two other associations which forms part of the MOC.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 2) Give the full name of the following associations:
- MHA \_\_\_\_\_
- MBA \_\_\_\_\_ (1)
- 3) Give one advantage of a knockout competition.
- \_\_\_\_\_ (1)
- 4) An advantage of organising a league competition is that fixtures can be arranged in advance.  
State two other advantages for the organisers.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 5) School facilities in Malta may be available to the general public. Mention two other sports facilities which are available to the general public.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 6a) Continue this quote by the founder of the Olympic Games Baron Pierre de Coubertin:  
“The most important thing in the Olympic Games is....
- \_\_\_\_\_ (1)
- b) Mention two events which were included in the ancient Olympic Games and which are still present in the modern Olympic Games.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 7) Many companies sponsor an athlete. Mention two advantages of having a Sponsor.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

8) Mention two types of media which influence interest in sports.

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

9) Give two reasons why people choose to take part in a relaxing activity such as yoga.

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

10) State two ways in which schools influence sport positively.

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