



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2018 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIA
DATE:	4 th May 2018
TIME:	9:00 a.m. to 11:05 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: Sport in Society

Answer **ALL** questions

Information

Diagrams may be used to clarify your answers where necessary

SECTION A: SKILL ACQUISITION, MOVEMENT AND PHYSICAL ACTIVITIES

This section carries 16 marks. Answer QUESTION 1 (Skill Acquisition) and any THREE questions from 2 – 13.

1. Skill Acquisition

a) Define the term 'complex skill'.

_____ (2)

b) Is the following action a basic skill or a complex skill?

Passing a ball in pairs. _____ (1)

Take off in a high jump. _____ (1)

(Total: 4 marks)

Movement and Physical Activities

Answer any THREE questions. Answer ALL parts of the chosen questions.

2. Athletics

a) Describe the approach and take-off in the high jump.

_____ (2)

b) i) Name **TWO** errors in the 100m sprint technique.

_____ (1)

ii) Name **TWO** errors in the rotary discus throw technique.

_____ (1)

(Total: 4 marks)

3. Badminton

a) i) List **TWO** important points when performing a forehand smash.

_____ (2)

ii) Mention **TWO** faults during a serve.

_____ (1)

b) In the scoring system, what happens at 20 all?

_____ (1)

(Total: 4 marks)

4. Basketball

Referring to the picture:

a) i) What offence is the official signalling in Figure 1?

_____ (1/2)

ii) When is this signal used?

_____ (1/2)

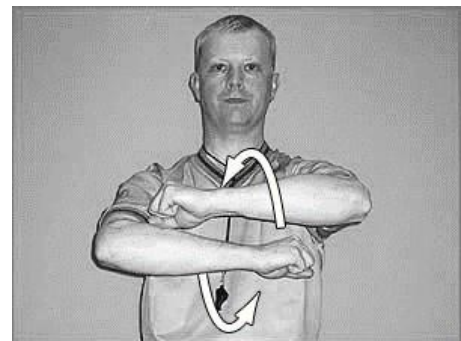


Figure 1: Official signalling
www.news.bbc.co.uk

b) i) Define the term 'fast break' in basketball.

_____ (1)

ii) Mention **TWO** faults in the 'lay-up'.

_____ (2)

(Total: 4 marks)

5. Educational Dance

a) i) Name the **FOUR** motion factors.

_____ (2)

ii) Choose **ONE** motion factor and list **ONE** contrast.

_____ (1)

b) Why is it important to wear appropriate footwear in dance?

_____ (1)

(Total: 4 marks)

6. Football

a) Describe the following roles or terms related to football:

Goalkeeper: _____ (1/2)

Assistant referee: _____ (1/2)

Through pass: _____ (1/2)

Red card: _____ (1/2)

Corner kick: _____ (1/2)

Free Kick: _____ (1/2)

Foul: _____ (1/2)

Referee: _____ (1/2)

(Total: 4 marks)

7. Gymnastics

a) i) Describe the progressive sequence from a handstand to a forward roll.

_____ (3)

ii) Name **TWO** common faults when performing a handstand.

_____ (1)

(Total: 4 marks)

8. Hockey

a) i) Name the terminology being described in the table below:

Pushing the ball so that it is raised off the ground.	
An action contrary to the rules which may be penalised by the umpire.	
An interruption of the game.	
Moving the ball along the ground using a pushing movement of the stick that has been placed close to the ball.	
An action to stop an opponent retaining possession of the ball.	
Raising the ball off the ground by placing the head of the stick under the ball and using a lifted movement.	

(3)

ii) What is the duration of a hockey game?

_____ (1)

(Total: 4 marks)

Please turn the page.

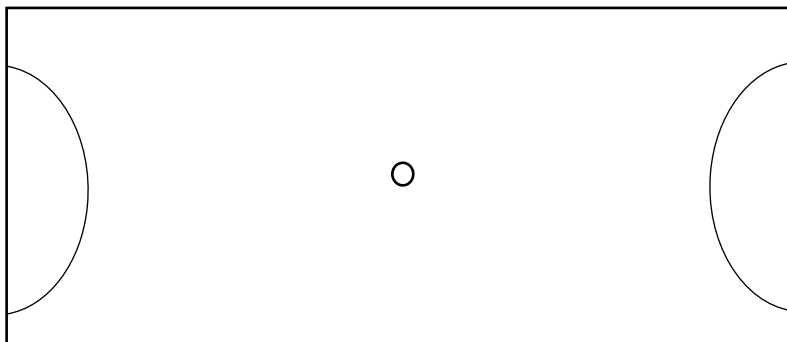
9. Netball

a) i) In how many sections is a netball court divided?

_____ (1)

ii) Mark the said sections in the diagram below:

(1)



b) Describe the role of the 'Centre'.

_____ (2)

(Total: 4 marks)

10. Rhythmic Gymnastics

Referring to the image:

a) i) What implement is the gymnast in Figure 2 using?

_____ (1/2)

ii) Describe how it is being used by the gymnast.

_____ (1/2)

iii) Describe a possible sequence phrase the gymnast may perform after this position.

_____ (1)

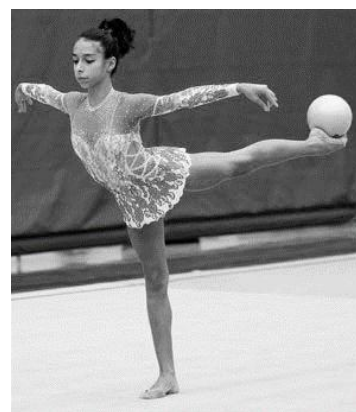


Figure 2: Gymnast
www.usagym.org

b) i) Mention **TWO** faults when using an implement.

_____ (1)

ii) Mention **TWO** aesthetic qualities needed during a sequence performance.

_____ (1)

(Total: 4 marks)

11. Swimming

pulling	energy	streamlined	stroke
head	oxygen	submerged	water

Good timing is everything. It helps you to maintain a _____ position, maximises your distance per _____ and creates the time to breathe without being rushed. If you are “windmilling” – with your arms working at opposites – you will be going nowhere fast and expending a lot of _____ in the process. “You want one hand to enter the water just as the other begins _____,” says Bullock.

Breathe while the arm is recovering, but ensure your head is back in the water before the hand makes entry. It is common for novice swimmers to keep the _____ out too long. “The reason beginners do this is that they are trying to breathe in and out while their head is out of the _____,” explains Pickering. “This results in you gasping for breath because you haven’t got time to get enough _____ in. Try to exhale the whole time the face is _____.”

(Extract from “Are you swimming right?” Sam Murphy, The Guardian, July 2008)

(Total: 4 marks)

Please turn the page.

12. Team Handball

a) i) A player receives the ball from his teammate. List **TWO** possible actions the player may take.

(2)

ii) A player is next to the D-zone and attempts to score, but the referee whistles. What infringement may have occurred?

(1)

b) How is the playing time in team handball divided?

(1)

(Total: 4 marks)

13. Volleyball

a) Name **TWO** skill components of the dig technique.

(1)

b) i) Describe the role of the libero.

(2)

ii) List **TWO** attributes of a good libero.

(1)

(Total: 4 marks)

SECTION B (I): HEALTH RELATED FITNESS

This section carries 16 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Health Ministries all over the world follow guidelines issued from time to time by the W.H.O. What does W.H.O stand for?



_____ (1/2)

2a) Gareth is a heavy smoker who often smokes in the presence of non-smokers. Mention **TWO** short term effects he may suffer.

i) _____

ii) _____ (1)

b) How are individuals who inhale the fumes of nearby smokers often referred to?

_____ (1/2)

3. Identify the correct food group for the statements below.

	Statement	Food Group
a)	Helps prevent constipation.	
b)	Needed for formation, growth and repair of muscles, hair and skin.	
c)	Stored as energy and very useful in extreme cold weather.	
d)	May be simple or complex. Its consumption is very common in sport.	

(2)

4. Give **ONE** example of how the following factors contribute towards a healthy lifestyle. The first one has been done for you. Answers cannot be repeated.

	Factor	Example
a)	Balanced diet	Prevents obesity
b)	Hygiene	
c)	Physical activity	
d)	Leisure	
e)	Drinking lots of water	

(2)

5. Jael is a long distance runner who trains five times per week. What type of muscle fibres are essential for such runners?

_____ (1)

6a) Being prepared for physical activity through good stretching is crucial to prevent injury. Mention another **TWO** advantages of flexibility.

i) _____

ii) _____ (1)

b) Give an example of an everyday activity which requires flexibility of the:

i) hip: _____

ii) shoulders: _____ (1)

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

	Sport	Factor of fitness	Example of performance
a)	Football	Agility	Dribble around an opponent swiftly
b)		Power	
c)	Arm Wrestling		

(2)

8. Indicate the phases during a 200m race where reaction time and movement time are evident.

a) Reaction time: _____ b) Movement time: _____ (1)

9. Alejandro is exercising at approximately 80% of his maximum heart rate. At which zone would his heart rate be classified? _____ (1)

10. Sheldon identified three different body types known as somatotypes. For each somatotype listed below, give **ONE** characteristic and state a well suited sport for this extreme type.

	Somatotype	Characteristic	Well suited sport
a)	Ectomorph		
b)	Mesomorph		

(2)

11. Fill in the table below by stating the appropriate factors which may affect performance.

	Psychological Factors	Physiological Factors
a)		
b)		

(1)

(Total: 16 marks)

SECTION B (II): BODY SYSTEMS AND PERFORMANCE

This section carries 36 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Define, by giving **ONE** example of each, the **FOUR** different types of classification of bones.

_____ (2)

2a) State the function of the fibrous joints.

_____ (2)

b) Mention **TWO** joints that tennis players use more than any other sportsperson given the nature of their sport.

_____ (2)

c) Which injury are they more likely to incur due to overuse?

_____ (1)

3. When jumping from a height of 1.5m, which body part acts as a shock absorber?

_____ (1)



4a) Read the statements below and fill in using the correct word.

(2)

Description	Technical Word
i) Movement occurs towards the body.	
ii) Movement occurs away from the body.	
iii) Angle at the elbow is increased through movement.	
iv) Angle at the elbow is decreased through movement.	

b) On the diagram in Figure 3 below, mark and label the location of the following:

(2)

- i) Tendon;
- ii) Ligament;
- iii) Insertion;
- iv) Origin.



Figure 3: Diagram of quadriceps

www.bodyanatomy.info

5. State whether the following statements related to the circulatory system are true or false: (3)

- a) Deoxygenated blood enters the right atrium and then is channelled to the left ventricle via the valve. _____.
- b) Once in the right ventricle, blood is oxygenated and then travels via the pulmonary vein. _____.
- c) When travelling from the right side to the left side of the heart, blood flows through the lungs. _____.
- d) When received at the left-hand ventricle through the aorta, blood is now oxygenated. _____.
- e) Blood travels to the rest of the body from the vena cava. _____.
- f) The flow of blood around the heart is referred to as the pulmonary circuit. _____.

6a) With which instrument is blood pressure measured?
_____ (1)

b) What is the average reading of blood pressure that a healthy person should have?
_____ (1)

c) Mention **TWO** causes that may lead to a person suffering a stroke.

_____ (2)

7a) Stef is currently suffering from a heavy bout of bronchitis. Explain why it is advisable for her not to participate in any sporting activity.

_____ (1)

b) Why are long endurance athletes advised to drink regularly during the event?

_____ (1)

8. Yves and Laura are members of a local fitness centre and attend sessions regularly, yet their training programme varies. While Yves focuses more on weight training, increasing the weight he lifts every week, Laura uses the treadmill and focuses on her aerobic capacity.



www.mensfitness.com



www.healthandstyle.com

Which principles of training are they working on?

Yves: _____

Laura: _____

(2)

9. Foreign athletes participating in any sporting event in Bolivia often take time to acclimatize themselves with the local conditions due to the fact that the country is situated at high altitudes. Explain why athletes experience such a constraint.

(2)



www.ontheworldmap.com

10. Prior to teaching his students the correct technique of putting the shot, Coach Jeff explains the safety procedures to be followed. List **THREE** instructions Coach Jeff should give to his students.

(3)



www.commons.wikimedia.org

11a) Josmar suffered a knock when tackling an opponent during a recent rugby test match and ended up with a collection of blood under the skin of his shin. How is the collection of blood under the skin commonly referred to?

_____ (1)

b) What is the procedure to be followed when assisting a person who has just fallen in a coma? List **TWO** of the most important features.

 _____ (2)

12. As part of the entry requirements into the Sporty Kids National Programme, students are tested upon their general fitness. List **FIVE** components of general fitness and **ONE** related test for each one of them. (5)

Factors of Fitness	Test

(Total: 36 marks)

SECTION C: SPORT IN SOCIETY

This section carries 12 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1) FIFA is the international governing body for association football.

a) What does FIBA stand for? _____ (1/2)

b) Mention another international governing sport body.

_____ (1/2)

2) State **TWO** functions of SportMalta.

a) _____

b) _____ (1)

3) Name the type of competition in which losers in a knock-out competition go on to play among themselves.

_____ (1)

4) Mention **TWO** factors that have to be taken into consideration when planning to build an indoor sport facility.

a) _____

b) _____ (2)

5) Fill in the following table by stating the city in which the following problems affected the Olympic Games.

	Statement	City
a)	Hitler used the games for propaganda purposes.	
b)	Palestinian terrorists killed Israeli athletes.	
c)	Games boycotted by Black African countries.	
d)	Soviet boycott.	

(2)

6) Suggest **TWO** ways how sponsorship money may be used by a club.

a) _____

b) _____ (1)

7) Besides advertising, mention another **TWO** benefits for sponsors.

a) _____

b) _____ (1)

8) Give **TWO** reasons to support the following statement: "Televised sport inspires us to take part in a sport."

a) _____

b) _____ (2)

9) Mention **TWO** reasons for which parents should encourage young children to participate in an active sport in their leisure time.

a) _____

b) _____ (1)

(Total: 12 marks)



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2018 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIB
DATE:	4 th May 2018
TIME:	9:00 a.m. to 11:05 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: Sport in Society

Answer **ALL** questions

Information

Diagrams may be used to clarify your answers where necessary

SECTION A: SKILL ACQUISITION, MOVEMENT AND PHYSICAL ACTIVITIES

This section carries 16 marks. Answer QUESTION 1 (Skill Acquisition) and any THREE questions from 2 – 13.

1. Skill Acquisition

a) Define the following terms and give an example for each:

Basic Skill: _____ (½)

Example: _____ (½)

Complex Skill: _____ (½)

Example: _____ (½)

b) i) Why is feedback important for an athlete?

_____ (1)

ii) Mention **TWO** types of feedback.

_____ (1)

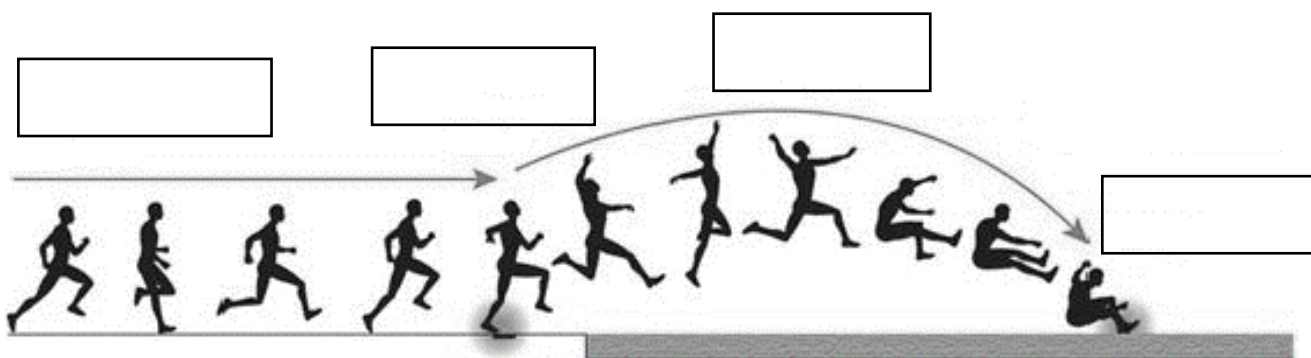
(Total: 4 marks)

Movement and Physical Activities

Answer any THREE questions. Answer ALL parts of the chosen questions.

2. Athletics

a) i) Name the following stages in the long jump: (2)



www.grafika24.com

ii) Name **TWO** common errors in the long jump.

_____ (1)

b) Name **TWO** skill components in the 100m sprint.

(1)

(Total: 4marks)

3. Badminton

a) i) List **TWO** important features of the smash in badminton.

(2)

ii) Draw the shuttle's trajectory (path and direction) on the following diagrams:



Trajectory for a Fast Drop Shot



Trajectory for a Smash

(1)

b) Name **TWO** fitness components required in badminton.

(1)

(Total: 4 marks)

4. Basketball

a) What is the duration of the basketball match and how is it divided?

(1)

b) Describe the technical skills of a lay-up.

(2)

c) State whether the following two statements are **True** or **False**:

- i) A successful free throw is worth 1 point. _____ (1/2)
- ii) A successful lay-up is worth 3 points. _____ (1/2)

(Total: 4 marks)

5. Educational Dance

a) Fill in the missing spaces in the table below:

Effort Factor	Contrast 1	Contrast 2
Time		Slow
	Light	
		Bound

(2)

b) Describe the following terms used in educational dance:

Climax: _____ (1)

Body Actions: _____ (1)

(Total: 4 marks)

6. Football

a) Describe the use of the following:

Yellow card: _____ (1)

Red card: _____ (1)

b) i) What is the referee signalling in Figure 1?

_____ (1/2)

ii) Describe what happens after this action.

_____ (1/2)

iii) What is the referee signalling in Figure 2?

_____ (1/2)

iv) Describe what happens after this action.

_____ (1/2)

(Total: 4 marks)



Figure 1



Figure 2

7. Gymnastics

a) i) Describe the technical components of a cartwheel.

_____ (2)

ii) Describe where the spotter's hands should be to help a gymnast turn in a cartwheel.

_____ (1)

b) Name **TWO** events in artistic gymnastics which are listed in the Summer Olympic Games.

_____ (1)

(Total: 4 marks)

8. Hockey

a) Describe the technical components of a push pass.

_____ (2)

b) Refer to the image in Figure 3.

i) What position is this player playing?

_____ (1)

ii) Explain why the player is wearing this gear.

_____ (1)



Figure 3
www.linlithgowacademy.org

(Total: 4 marks)

9. Netball

a) Describe the following terms used in netball:

Dodging: _____ (1/2)

Centre circle: _____ (1/2)

Bounce pass: _____ (1/2)

Held ball: _____ (1/2)

This question continues on the next page.

b) i) Name **TWO** responsibilities of the goal shooter.

_____ (1)

ii) Explain the term 'Offside' in netball?

_____ (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) i) Describe the implement and the position of the gymnast in Figure 4.

_____ (2)

ii) In which body plane is the gymnast working?

_____ (1)

iii) Name **TWO** faults for which the gymnast can be penalised when performing a sequence with clubs.

_____ (1)

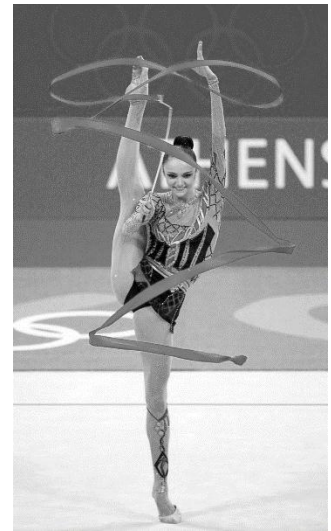


Figure 4
www.edu.glogster.com

(Total: 4 marks)

11. Swimming

a) i) Describe the arm movement in the 50m back stroke.

_____ (2)

ii) Define the term 'gliding'.

_____ (1)

b) How does the breast stroke event finish?

_____ (1)
(Total: 4 marks)

12. Team Handball

a) List **TWO** open skills needed to play team handball.

_____ (2)

b) i) Name **TWO** infringements for which a free throw is awarded.

_____ (1)

ii) Explain the term 'feint'.

_____ (1)

(Total: 4 marks)

13. Volleyball

Refer to Figure 5.

a) i) What is the name of this skill?

_____ (1)

ii) Name **TWO** technical components of this skill.

_____ (1)

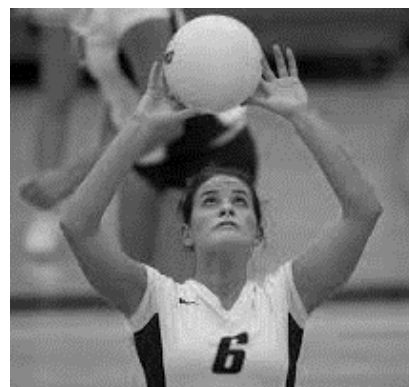


Figure 5
www.quora.com

b) Name any **TWO** instances when the ball is considered out of play.

_____ (2)

(Total: 4 marks)

SECTION B (I): HEALTH RELATED FITNESS

This section carries 16 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Give **TWO** reasons why smoking is harmful.

- a) _____
- b) _____ (1)

2. Give **TWO** reasons why dental health is important.

- a) _____
- b) _____ (1)

3a) State why regular showering is important.

_____ (1)

b) Give **TWO** instances when it is even more important to shower.

- i) _____
- ii) _____ (1)

4a) What is glycogen?

_____ (1)

b) Where does the body store glycogen?

_____ (1)

5. Mention **TWO** dietary problems that may lead to serious complications.

- a) _____
- b) _____ (1)

6. What does BMR stand for?

_____ (½)

7. Speed, Agility and Power are three factors of fitness. Mention another **TWO**.

- a) _____
- b) _____ (1)

8. Mention **TWO** vital organs highly linked to cardiovascular endurance.

- a) _____
- b) _____ (½)

9. Training improves pulse rate.

- a) What is the average person’s pulse rate at rest?
_____ (1)
- b) What is the average person’s pulse rate in the training zone?
_____ (1)

10. Dynamic strength is one type of strength.

- a) Mention the other **TWO** types of strength.
 - i) _____
 - ii) _____ (1)
- b) Give **ONE** example of a sporting activity and state the type of strength it requires.

Sporting Activity	Type of Strength

(1)

11. Why is flexibility an important component in health related fitness?

_____ (1)

12. Which of the following is a classic example of power? Circle the correct answer.

- a) Badminton short serve b) Volleyball spike c) Forward roll (1)

13. Mention **TWO** physiological or psychological factors that may affect an athlete’s performance.

- a) _____
- b) _____ (1)

(Total: 16 marks)

Please turn the page.

SECTION B (II): BODY SYSTEMS AND PERFORMANCE

This section carries 36 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1a) Carefully read through the words in the box below and classify them accordingly in the table that follows: (2)

metatarsals – cranium – ulna – patella

Type of bone	Example
short	
long	
irregular	
flat	

b) Apart from saddle and hinge, list the **FOUR** other types of freely moveable joints.

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

2a) In how many regions is the vertebral column divided?

_____ (1)

b) List **TWO** functions of the vertebral column.

 _____ (2)

c) Which lumbar region injury is common among people, including those who are not necessarily physically active?

_____ (1)

3a) Complete the following table by inserting the appropriate anatomical name of any muscle found in the region: (2)

Location of muscle	Example
Leg	
Arm	
Shoulder	
Chest	

b) Complete the following sentence:

_____ is to extension as _____ is to adduction. (1)

4. Explain why apart from being listed as a cardiac muscle, the heart is also considered to be an involuntary muscle.

 _____ (1)

5. Read carefully through the following statements and rank by numbering 1-6 according to how the heart functions. (3)

Blood regains its oxygen levels when reaching the alveoli in the lungs.	
Finally it leaves the heart to the rest of the body through the aorta.	
Then it reaches the left ventricle via the valve.	
It then travels down to the right ventricle through the valve.	
Deoxygenated blood enters the heart through the right atrium.	
From here blood travels to the left atrium through the pulmonary vein.	

6a) Name the blood vessels that are one cell thick.

_____ (1)

b) State **TWO** effects of exercise on the circulatory system.

 _____ (2)

7a) Name **TWO** ways to reduce blood pressure.

_____ (2)

b) Vince visits his doctor and his blood pressure reading shows 130/75.

i) Which number refers to the diastolic pressure?

_____ (1/2)

ii) Which number refers to the systolic pressure?

_____ (1/2)

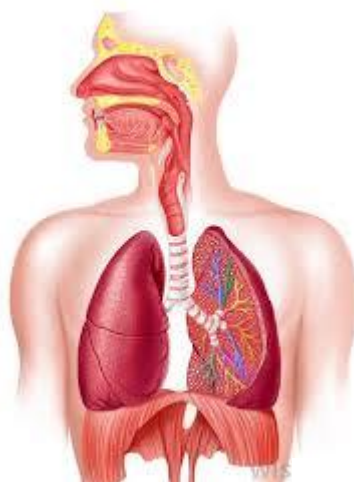
c) Explain the difference between diastolic pressure and systolic pressure.

_____ (2)

8a) Which large muscle sheet in the chest cavity plays a major role during inspiration and expiration?

_____ (1/2)

b) Mark with an arrow this muscle on the diagram provided below. (1/2)



www.wisegeek.org

c) Define the movement of this muscle during inspiration.

_____ (1)

9. From the list provided in the box below, underline the **FOUR** principles of training. (2)

cool down – progression – fitness phase – warm up –
 specificity – overload – skill phase – reversibility

10a) List **TWO** exercises you would include in a fitness circuit for a group of young gymnasts.

_____ (1/2)

b) Mention **TWO** countries that offer the ideal environment for altitude training.

_____ (1)

11. Theresa is the facility manager at D2018 Sports Complex. List **THREE** safety features that she must continuously take into account when planning any event at the complex.

 _____ (3)



www.constructionreviewonline.com

12. Pete is participating in his school’s annual Athletic Meeting. He observes that the different events are related to different factors of fitness that he learnt about during his PE Option lessons.



www.etsy.com

Which factor of fitness do the following events assess? (2½)

Event	Factor of fitness
800-metre race	
Long Jump	
Shot Put	
100-metre dash	
Obstacle race	

13a) During a recent gymnastics gala, Bridget fell off the beam and sprained her ankle. What was the duty of the first aider present?



www.dailymail.co.uk

(1)

b) Later tests revealed that Bridget also suffered a hairline fracture due to her fall. What type of rehabilitation treatment best suits her in the circumstances?

(1)

(Total: 36 marks)

SECTION C: SPORT IN SOCIETY

This section carries 12 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Which are the national governing bodies for the following disciplines?

a) Sailing: _____

b) Triathlon: _____ (1)

2. Mention **TWO** functions of the Malta Football Association.

a) _____

b) _____ (1)

3. Why is a knockout type of competition not suitable for a small number of athletes? Give **TWO** reasons.

a) _____

b) _____ (2)

4. Mention **TWO** types of arrangements which would help the following people using a sports centre.

a) Mothers with young children: i) _____

ii) _____ (1)

Blank Page