



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2019 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIA
DATE:	3 rd May 2019
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) List the **THREE** phases of a good practice session and the main function of each phase.

_____ (3)

b) Name **TWO** types of performers.

_____ and _____ (1)

(Total: 4 marks)

Movement and Physical Activities

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

2. Athletics

a) Briefly describe the approach in the triple jump.

_____ (3)

b) List **TWO** track events in athletics.

_____ and _____ (1)

(Total: 4 marks)

3. Badminton

a) Label the court below:

Centre Line

Short service line

Left service court

Net

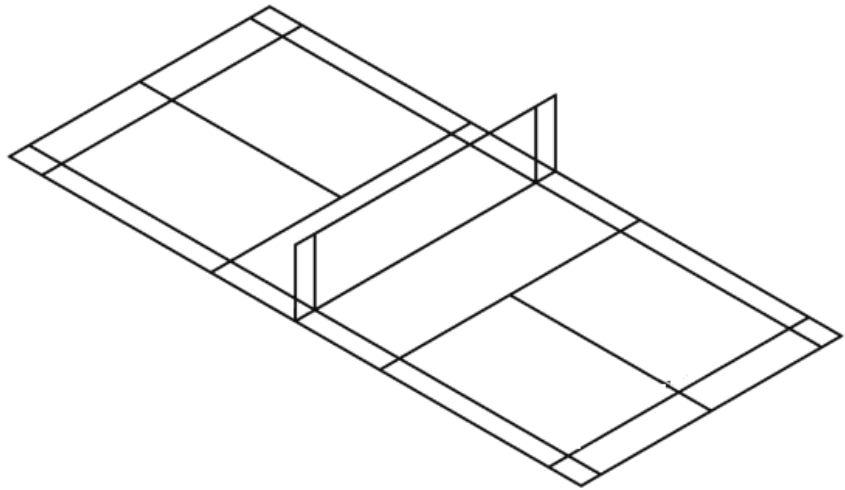


Figure 1: Adapted from <http://www.badmintondoubles.com>

(2)

b) i) What is the scoring system used in badminton?

_____ (1)

ii) Define the term drop shot.

_____ (1)

(Total: 4 marks)

4. Basketball

a) Name **TWO** important technical components when dribbling.

_____ (1)

b) i) Define the term foul in basketball.

_____ (1)

ii) What is the difference between personal foul and technical foul?

_____ (2)

(Total: 4 marks)

Please turn the page.

5. Educational Dance

a) Define the following terms used in educational dance.

Space: _____ (1/2)

Spiral: _____ (1/2)

Climax: _____ (1/2)

Contraction: _____ (1/2)

b) What is the difference between free flow and bound flow?

_____ (2)

(Total: 4 marks)

6. Football

a) Define the following terms:

Wall pass: _____ (1)

Through ball: _____ (1)

b) Name **TWO** advantages of ball control.

_____ (1)

c) Name **TWO** faults when dribbling the ball to beat an opponent.

_____ (1)

(Total: 4 marks)

7. Gymnastics

a) Describe the progression of the head spring.

_____ (3)

b) Name **TWO** possible mistakes in the head spring.

_____ (1)

(Total: 4 marks)

8. Hockey

a) i) Describe the shooting circle in hockey.

_____ (1)

ii) Describe the goalkeeping attire.

_____ (1)

b) Look at the picture below:



Figure 2

i) What is the skill being shown in the picture above?

_____ (1/2)

ii) Describe the preparation phase for this skill.

_____ (1 1/2)

(Total: 4 marks)

Please turn the page.

9. Netball

a) i) When can the player receive the ball, according to the footwork rule?

_____ (2)

ii) What happens when the footwork rule is infringed?

_____ (1)

b) What characteristics should a wing attack have?

_____ (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) i) Name **TWO** skill competences that are needed in rhythmic gymnastics.

_____ (1)

ii) Mention **TWO** manipulations of the following apparatus;

Ball: _____ Rope: _____

_____ (2)

b) Name **TWO** other types of apparatus used in Rhythmic gymnastics.

_____ (1)

(Total: 4 marks)

11. Swimming

a) i) Describe the breast stroke kick.

_____ (2)

ii) Define the term bilateral breathing.

_____ (1)

b) Describe the use of hand paddles.

_____ (1)

(Total: 4 marks)

12. Team Handball

a) Describe the progression of the jump shot.

_____ (2¹/₂)

b) Name **ONE** advantage of dribbling.

_____ (1/2)

c) Name **TWO** fouls that result in a disqualification.

_____ (1)

(Total: 4 marks)

13. Volleyball

Name the Volleyball terminology being described in the table below.

Helping a teammate set up.	
Used to put the ball into play to start the volley.	
The defensive team’s attempt to block a spike ball.	
A player specialized in defensive skills.	
The boundary that runs under the net and divides the court into two equal halves.	
A ball contacted with force by a player on the offensive team that intends to terminate the set.	
Passing a spiked or rapidly hit ball and low to ground part of the defensive play.	
A violation, two successive hits by the same player.	

(Adapted from <https://www.theartofcoachingvolleyball.com>)

(Total: 4 marks)

Please turn the page.

SECTION B (I): HEALTH RELATED FITNESS

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

1. Physical activities contribute towards your well-being. Mention **TWO** benefits.

a) _____ b) _____ (1)

2. Before and during preparation, food may become contaminated. Mention **TWO** basic rules to prevent this.

a) _____

b) _____ (1)

3a) The food we eat is turned into energy. Besides carbohydrates, which other food groups give energy to the body?

i) _____ ii) _____ (1)

b) During digestion, carbohydrates are broken down into sugar units. What are these units called?

i) _____ ii) _____ (1)

c) Which of the two units is stored in the liver and muscles? _____ (½)

4. Mention **TWO** long term risks to your health if you follow a diet rich in fats and sugars.

a) _____ b) _____ (1)

5. Mention **TWO** factors that affect fitness, which an athlete does not have control on.

a) _____ b) _____ (1)

6a) William is exercising strenuously. Name **ONE** short term changes in his body.

_____ (½)

b) Mention **TWO** components of fitness which William must improve to achieve specific fitness.

i) _____ ii) _____ (1)

7a) Give the definition of explosive strength.

_____ (1)

b) Give **TWO** examples of when explosive strength is needed.

i) _____ ii) _____ (1)

8. Dorianne is a very good volleyball player. Her role in the team is a spiker. Mention **TWO** skill related factors she uses during a game.

i) _____ ii) _____ (1)

9a) Which type of flexibility is shown in the exercise below? _____ (½)

b) For how long should the stretch be held for the exercise to be effective? _____ (½)



10. Power is a combination of strength and speed. Which other **TWO** factors also contribute towards power?

i) _____ ii) _____ (1)

11a) Explain the meaning of VO2 max.

_____ (1)

b) While training hard, John experienced the feeling of being out of breath after finishing. Explain what John experienced.

_____ (1)

12. Mention **TWO** ways how a coach may use psyching up with players before a match.

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.

1. Fill in the missing information related to the different types of body systems. (2)

	Description	Body System
a)		Muscular
b)	Is made up of bones and joints	
c)		Circulatory
d)	Is made up of air passages, lungs and diaphragm	

2. Complete the following table: (2)

	Bone Classification	Example
a)	Long bone	
b)		Carpals
c)	Flat Bone	
d)		Patella

3. The function and movement of synovial joints of an athlete during a performance is crucial. Name the **SIX** types of freely moveable (synovial) joints.

_____ (3)

4. Define the function of the synovial fluid.

_____ (1)

5. How many bones form the vertebral column?

_____ (1)

6. Give the name of the **top TWO** vertebrae found in the neck.

_____ (1)

7. Fill in the missing information in the following table related to movement at the joints. (2)

	Movement	Description
e.g.	Flexion	Angle between two bones decreases
a)		Angle between two bones increases
b)	Rotation	
c)	Abduction	
d)		A limb is moved towards the body

8. The cardiac muscle is one of the three types of muscles found in the human body. Name the other **TWO**.

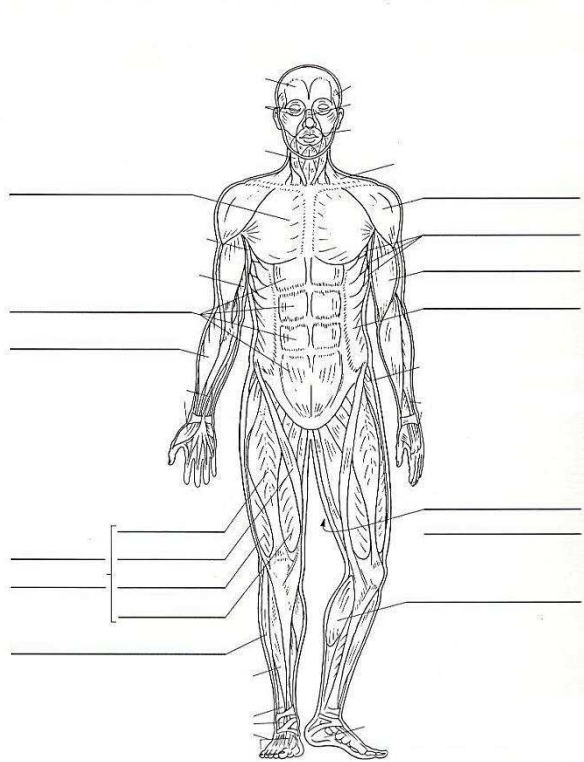
_____ (1)

9. Explain, by giving a clear example, the difference between an agonist muscle and an antagonist muscle.

 _____ (2)

Please turn the page.

10. Label any **SIX** muscles shown in the diagram below. (3)



11. What is the difference between an artery and a vein?

_____ (1)

12. Describe the function of erythrocytes and leukocytes.

_____ (2)

13. Siena gets her pulse checked regularly for scientific laboratory purposes. Mention **TWO** places around the human body where she may check her pulse.

_____ (2)

14. Explain the function of the pleura.

_____ (2)

15. During breathing, air changes in the lungs. Complete the following table showing the percentage amount (%) of each gas during inspiration and expiration. (2)

	Gas	Amount in Inhaled Air	Amount in Exhaled Air
a)	Nitrogen		79%
b)	Oxygen		
c)	Carbon dioxide	0.004%	

16. When carrying out his daily session at the gym, Alberto always aims at increasing the weight he lifts by one kilogram per week. Which principle of training is he applying?

_____ (1)

17. Apart from the warm up and the cool down, mention the **TWO** other stages of a training session that Federika should follow during her basketball practice.

_____ (1)

18. Complete the following table related to the different types of training methods. (3)

	Type of training	Description
a)		Periods of work followed by periods of rest
b)	Continuous	
c)		Walk-jog-run-sprint
d)	Altitude	
e)		Aims to improve muscle strength or muscle tone.
f)	Circuit	

Please turn the page.

19. Tom wishes to assess the physical fitness of his college students using different tests. Fill in the missing information in the following table related to tests measuring an individual's factors of fitness. (2)

	Factor of fitness	Test
eg)	Flexibility	Sit and Reach test
a)	Strength	
b)		Cooper Test
c)	Muscular Endurance	
d)	Power	

20a) During a recent hockey match, Belinda suffered a fracture. On site the medic in charge ruled out the possibility of an open fracture. Name the other **TWO** types of fractures.

_____ (1)

b) What is a bruise?

_____ (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.

1a) One of the main functions of a club is to provide coaching. List another **TWO** possible functions undertaken by a club.

i) _____ ii) _____ (1)

b) State **TWO** ways how a club may involve members of the community in its activities.

i) _____ ii) _____ (1)

2a) You are organizing a combined competition for a basketball competition with the participation of twenty teams. Which form of competition would you start and end with?

i) Initial stage: _____ ii) Final stage: _____ (1)

b) State **TWO** reasons for your choice of the form of competition for the final stage.

i) _____

ii) _____ (1)

3. What are the main advantages and disadvantages of outdoor facilities?

Advantages: i) _____

ii) _____ (1)

Disadvantages: i) _____

ii) _____ (1)

4. Suggest **TWO** ways how leisure centres may be more attractive to youth.

a) _____

b) _____ (1)

5. Give **TWO** reasons why the 1936 Berlin Olympic Games remain important in history.

a) _____

b) _____ (1)

Please turn the page.

6. Explain what is meant by sponsorship in sport.

(2)

7. Mention **TWO** damaging effects the media may have on sport.

a) _____ b) _____ (1)

8. Sport can affect international relationships in different ways. Give **TWO** reasons why sport may improve international relations.

a) _____

b) _____ (1)

(Total: 12 marks)



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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 'open skill', and give **ONE** example to support your answer.

_____ (2)

b) Name these types of progress.

A skill is learnt quickly but then progress slows down. _____ (1)

Progress is at a constant. _____ (1)

(Total: 4 marks)

Movement and Physical Activities

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

2. Athletics

a) Describe the position of the sprint start, off the blocks.

_____ (2)

b) i) List **TWO** types of relay events listed under athletics.

_____ (1)

ii) Name the zone in which the baton is exchanged.

_____ (1)

(Total: 4 marks)

3. Badminton

a) Are the following statements true or false?

i) Badminton is listed as an Olympic sport. _____ (1/2)

ii) Team members in badminton can be more than two. _____ (1/2)

b) Define the term flick in badminton.

(1)

c) Label the picture.

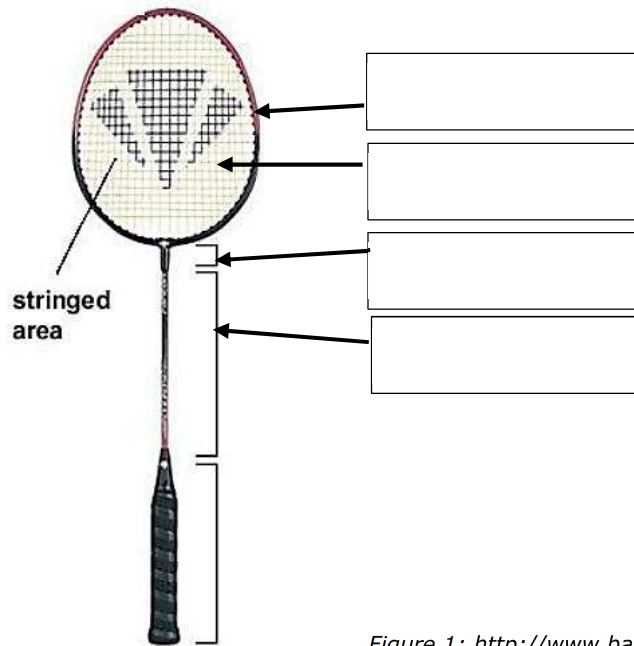


Figure 1: <http://www.badminton-information.com>

(2)

(Total: 4 marks)

4. Basketball

a) Look at the picture below:

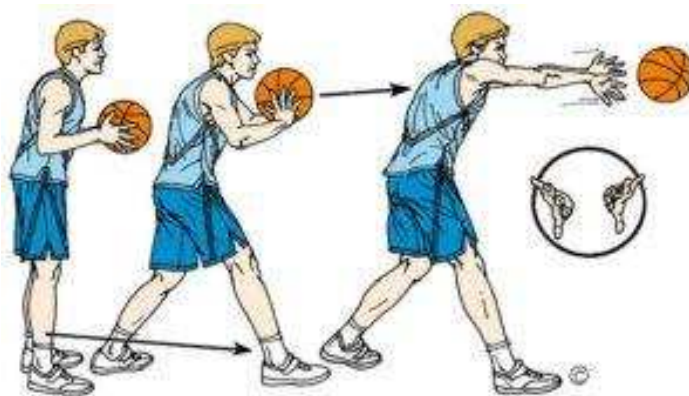


Figure 2: <https://inspirationalbasketball.com>

i) Name the skill being shown in the above picture.

(1/2)

ii) List **TWO** important technical components for this skill.

(1)

This question continues on next page.

iii) List **TWO** other types of passes used in basketball.

_____ and _____ (1)

b) Name **THREE** errors in dribbling.

_____ (1½)

(Total: 4 marks)

5. Educational Dance

a) i) Define the term body alignment.

_____ (1)

ii) Name **TWO** errors when performing a turn.

_____ (1)

b) List the effort factors according to Laban.

_____ (2)

(Total: 4 marks)

6. Football

a) i) How many players are there in a football team?

_____ (1)

ii) Give **ONE** player formation used in football.

_____ (1)

iii) How many substitutions can there be in an official football competition?

_____ (1)

b) A player failed to receive a pass and the ball went out from the side line. Describe what would happen next.

_____ (1)

(Total: 4 marks)

7. Gymnastics

a) i) List the phases of vaulting.

(3 1/2)

ii) Give **ONE** error in vaulting.

(1/2)

(Total: 4 marks)

8. Hockey

a) Underline the correct answer in the following multiple choice questions.

i) The duration of a match is,

- 4 quarters of 15minutes.
- 2 halves of 30 minutes. (1/2)

ii) The ball is out of play

- when it touches the line.
- when it is completely over the line. (1/2)

iii) When an intentional offence occurs in the circle by a defender against an attacker with the ball. S/He is awarded

- a penalty stroke.
- a penalty corner. (1/2)

iv) The total number of players in a team on field is

- ten.
- eleven. (1/2)

b) i) Name **TWO** possible faults in the Indian dribble.

(1)

This question continues on next page.

ii) What is needed for a successful pass?

_____ (1)

(Total: 4 marks)

9. Netball

a) Give the playing position described in the following table.

	Scores as many goals as possible.
	The link player from the defence third to the goal third, and plays an important role in both attack and defence.
	Defends the goal third, preventing the ball from making it to the goal circle.
	Delivers the ball to the goal shooter and goal attack using a variety of attacking moves.
	Defends the attacking moves of their opponent and prevents them from scoring.
	Defends the attacking moves of their opponent at the centre pass, around the goal circle and throughout the centre and goal thirds.

(Adapted from www.netball.com.au)

(3)

b) The ball can be thrown over a complete third of the court without being touched.
Is the above statement true or false?

_____ (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) i) Name **FOUR** skills how the apparatus may be manipulated.

_____ and _____

_____ and _____ (2)

ii) Why is grip important when using the apparatus?

_____ (1)

b) What is the total score of a rhythmic gymnastics routine?

_____ (1)

(Total: 4 marks)

11. Swimming

a) Describe the arm movement of the backstroke.

_____ (2)

b) Describe how the backstroke starts.

_____ (2)

(Total: 4 marks)

12. Team Handball

a) Label the court below by matching the key words provided.

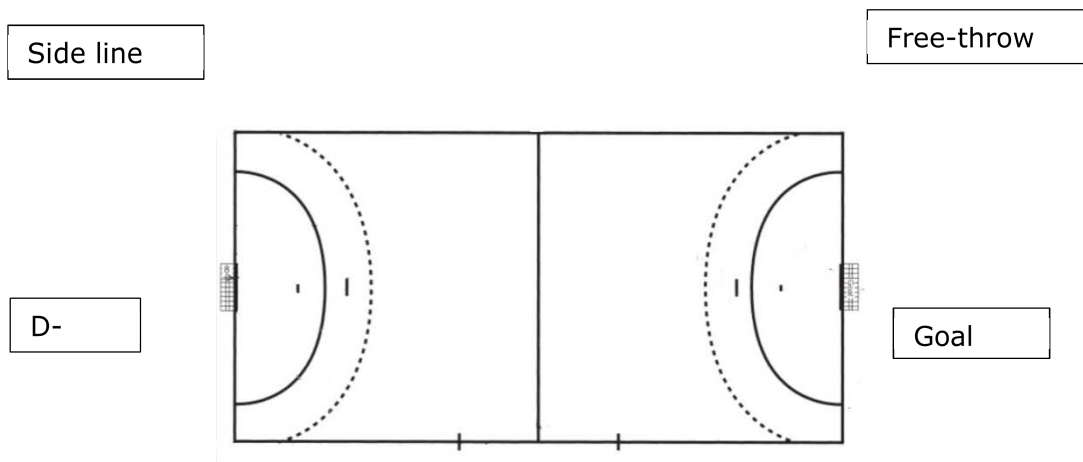


Figure 3: <http://www.ihf.info>

(2)

b) i) Define the term 'travelling' in team handball.

_____ (1)

ii) How long can the ball be held in team handball? Name **ONE** skill that can be done after holding the ball?

_____ (1)

(Total: 4 marks)
Please turn the page.

13. Volleyball

a) Describe the overhand serve.

(2)

b) How many touches may a team make on the ball before sending it over the net?

(1)

c) How is the winner determined in volleyball?

(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. List **TWO** daily habits for keeping oneself clean and healthy.

a) _____

b) _____ (1)

2a) Mention **TWO** nutrients found in food.

i) _____

ii) _____ (1)

b) Which nutrient is also necessary for the body although we cannot digest it?

(1/2)

c) Which liquid is essential for all our body systems?

(1/2)

3. Athletes taking part in different activities need different diets.

a) Give a reason why.

(1)

b) Mention **TWO** activities which require different types of diet.

i) _____ ii) _____ (1)

4. Exercise and a balanced diet help to keep weight down. Mention another **TWO** benefits of exercise.

a) _____

b) _____ (1)

5. Complete the table with the words provided.

Agility, Endurance, Power, Flexibility

General Fitness	Specific Fitness
a)	c)
b)	d)

(2)

6a) How can a person improve flexibility?

_____ (1/2)

b) Mention **TWO** major joints where flexibility is most important.

i) _____

ii) _____ (1/2)

7. Muscular Endurance is “the ability of the muscles to keep working against a resistance”.

a) What is cardiovascular endurance?

_____ (1)

b) What percentage of your maximum pulse is aerobic zone?

_____ (1/2)

c) Maximum pulse and aerobic zone are two levels at which one can measure the pulse. Name the other zone.

_____ (1/2)

Please turn the page.

8. Fill in the table below. An example has been given.

	Type of Strength	Description	Example
e.g.	Static	Greatest amount of force applied to an immovable object	rugby scrum
a)			take off in high jump
b)		Strength used to support own body weight over a period of time.	

(2)

9. It is possible to improve speed by training but there are some factors which still influence this improvement. Mention **TWO** of these factors.

a) _____

b) _____ (1)

10) Give the word used for the descriptions below and state whether this is a physiological or psychological factor.

Description	Word	Physiological or Psychological
i) Movements may be awkward	_____	_____
ii) Player is determined to do well	_____	_____
iii) Player lacks interest	_____	_____
iv) Result of overdoing a physical activity	_____	_____ (2)

(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. Complete the following table:

	Bone Classification	Example
a)		ulna
b)	short bone	
c)		skull
d)	irregular bone	

(2)

2. Saddle, condyloid, pivot and gliding are all types of joints. Name the **TWO** other types of freely moveable (synovial) joints.

_____ (1)

3. Where do we find the only saddle joint in the body?

_____ (1)

4. Into how many regions is the spinal column divided?

_____ (1)

5. Explain how flexion and extension occur in the elbow during a smash performed by a tennis player.

_____ (1)

6. Describe any abduction and adduction movement of a performer during a dance routine.

_____ (1)

7. Apart from cardiac muscles, name the other **TWO** types of muscles found in the human body.

_____ (1)

8. Which of the following muscles are found in the upper body?

Quadriceps, Hamstrings, Biceps, Deltoid, Gluteals

_____ (1)

9. A muscle may contract without producing movement. What type of contraction is this?

_____ (1)

10. John is highly aware of the way he positions his body both when walking and also when sitting down. List **TWO** benefits of good posture.

_____ (2)

11. Theresa suffered a muscle cramp during the final minutes of her water polo team's match. What is 'muscle cramp'?

_____ (1)

12. Blood flows through the body and heart in stages. Read the following paragraph and fill in the blanks by using words in the box below to demonstrate your knowledge about this system. (6)

aorta – body – bright - left hand atrium – lungs - pulmonary artery - pulmonary vein - pump – red - right hand atrium - right hand ventricle – valve

The main function of the heart is to act as a _____ so that it can move the blood around the body. This is how the pumping action works: The blood enters the _____. At this time the blood is dark _____ because it does not contain a lot of oxygen, but it contains some waste products, including carbon dioxide. Then the blood is pumped into the _____ through the _____. Blood is then pumped on to the _____ through the _____ where oxygen is picked up and carbon dioxide is deposited. The blood is now _____ red due to the extra oxygen. Now the blood returns to the _____ via the _____. The blood is then pumped into the _____ and leaves here through the _____ to be distributed to the rest of the body.

13. Which blood vessels are only one cell thick?

_____ (1)

14. What makes the pulmonary vein different from the other veins?

_____ (1)

15. Cells make up 45 per cent of the total blood and are its 'solid section'. Apart from platelets, which are the other **TWO** types that form this solid section?

_____ (1)

16. Martina gets her pulse checked regularly. Name **TWO** points on the body where one may check the pulse.

_____ (1)

17. In which part of the lung is oxygen exchanged with carbon dioxide?

_____ (1)

18. Sonia is a promising middle-distance runner. She wants to improve her level of fitness. Which principle of training applies if: (2)

	Description	Principle of Training
a)	She gradually intensifies her training week after week.	
b)	She works to improve aerobic fitness.	
c)	She stops training for three months.	
d)	She increases her training sessions from three to four times a week.	

19. List the **TWO** phases of a training session.

_____ (1)

20. Briefly explain the main components of the following types of training.

a) Weight training _____ (1)

b) Circuit training _____ (1)

This question continues on next page.

c) Interval training _____
 _____ (1)

d) Fartlek training _____
 _____ (1)

e) Altitude training _____
 _____ (1)

21. Complete the following table related to fitness testing. (2)

	Name of Test	Measures
e.g.	bleep test	cardiovascular endurance
a)		muscular endurance
b)	sit and reach test	
c)		power
d)	hand grip	

22. Externally-caused injuries may be caused by a number of factors. Mention **TWO** of these factors.

 _____ (1)

23. Explain the difference between a sprain and a strain.

 _____ (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. Annual General Meetings are held in sports clubs to elect committee members.

a) Name **TWO** elected committee members.

i) _____

ii) _____ (1)

b) State the role of **ONE** of these committee members.

Committee member _____

Role _____ (1)

2. A competition may take the form of a 'round robin'.

a) List **TWO** other types of competition.

i) _____

ii) _____ (1)

b) List **ONE** advantage and **ONE** disadvantage of any **ONE** of these types of competition.

Type of Competition _____

Advantage: _____

Disadvantage: _____ (1)

3. Sports facilities are provided mainly by two sectors: the public sector and the private sector. Name **TWO** types of sports facilities provided by any **ONE** of these sectors.

Sector _____

a) _____

b) _____ (1)

4a) What is leisure time?

_____ (1)

b) Give **TWO** reasons why some people prefer to join a club rather than train alone during their leisure time.

i) _____

ii) _____ (1)

5a) Which was the most infamous incident that unfortunately happened during the 1988 Seoul Olympic Games?

_____ (1/2)

b) The 1996 Olympic Games in Atlanta were a totally 'open' Olympics. What does this mean?

_____ (1/2)

Please turn the page.

6. List **TWO** difficulties an athlete may find when looking for a sponsor.

- a) _____
- b) _____ (1)

7. Television coverage is a benefit for sports but it may also create problems. In the table below name **TWO** benefits and **TWO** problems.

TV SPORTS COVERAGE	
Benefits	Problems
a)	c)
b)	d)

(2)

8. Discrimination affects people’s chances of participating in sport. This can be in the form of economic discrimination. List **TWO** forms of this type of discrimination.

- a) _____
- b) _____ (1)

(Total: 12 marks)