



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2021 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIA
DATE:	11 th June 2021
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

Skill practice is part of a practice session. Name the **TWO** types of skill practices and give examples for each.

Type 1: _____ (1)

Example: _____ (1)

Type 2: _____ (1)

Example: _____ (1)

(Total: 4 marks)

Movement and Physical Activities

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

2. Athletics

a) Name **TWO** throwing events in athletics.

_____ (1)

b) Mark is starting his run up for the high jump from the left side. He takes **11** strides before the jump. Which leg does he need to start with to clear the bar?

_____ (1)

c) Mark did **not** clear the bar. Towards the end of his approach, his acceleration slowed down.

i) What is his mistake?

_____ (1)

ii) How can he correct it?

_____ (1)

(Total: 4 marks)

3. Badminton

a) Name and describe the correct hold of the badminton racket.

_____ (2)

b) List **TWO** reasons why it is important to hold the racket correctly?

_____ (2)

(Total: 4 marks)

4. Basketball

a) Describe the sequence of a 'lay-up' in basketball.

_____ (3)

b) When is the lay-up shot mostly used?

_____ (1)

(Total: 4 marks)

5. Educational Dance

a) Fill in the scale below with the **TWO** missing words that go in between.

Light			Strong
-------	--	--	--------

(2)

b) List the **FOUR** effort elements that are used in Educational dance.

_____ (2)

(Total: 4 marks)

Please turn the page.

6. Football

a) Define the term 'header' in football.

_____ (1)

b) Describe the technique of 'heading'.

_____ (3)

(Total: 4 marks)

7. Gymnastics

a) Name **ONE** skill in gymnastics which can be performed on the beam?

_____ (1)

b) Describe the progression of the above skill performed on a beam.

_____ (3)

(Total: 4 marks)

8. Hockey

a) Describe the execution phase of the 'push pass' technique.

_____ (2)

b) Name **FOUR** other skills used in hockey.

i) _____ ii) _____

iii) _____ iv) _____ (2)

(Total: 4 marks)

9. Netball

a) Who is allowed to shoot in Netball?

_____ (1)

b) Define the term 'offside' in Netball.

_____ (1)

c) What action follows, if an offside is signalled?

_____ (1)

d) What action follows, if an obstruction is signalled?

_____ (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) Mention **FOUR** manipulations of the hoop.

i) _____ ii) _____

iii) _____ iv) _____ (2)

b) How can an athlete correct the following mistakes?

i) During the manipulation, the hoop touches the gymnast.

_____ (1)

ii) During the boomerang roll, the hoop bounces off the floor.

_____ (1)

(Total: 4 marks)

11. Swimming

a) List the **FOUR** phases of the butterfly stroke.

i) _____ ii) _____

iii) _____ iv) _____ (2)

This question continues on next page.

b) Describe the breathing phase in the breaststroke.

(2)

(Total: 4 marks)

12. Team Handball

a) List **TWO** infringements which are awarded by a free throw.

(2)

b) State whether the following statements are True or False.

i) A free throw can be taken inside the throwing team's own goal area.

_____ (1)

ii) Players of the throwing team must **not** touch or cross the free throw line.

_____ (1)

(Total: 4 marks)

13. Volleyball

a) Describe the 'setting' stance.

(2)

b) Give **TWO** reasons why a setter is important in volleyball.

(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. Mention **ONE** way how physical activity contributes towards the following.

a) Mental well being: _____
 _____ (1/2)

b) Social well being: _____
 _____ (1/2)

c) Physical well being: _____
 _____ (1/2)

2. Mention **TWO** long term effects of an unbalanced diet.

a) _____ (1/2)

b) _____ (1/2)

3. Give the definition of the basal metabolic rate (BMR)?

 _____ (1)

4. Give **ONE** nutrient found in the types of food listed in the table below. Mention a health benefit derived from these.

	Type of food	Nutrient	Health benefit
i)	Citric food		
ii)	Meat		Builds muscles, skin and hair
iii)	Milk	Mineral/Calcium	

(2)

5. Mention **TWO** general guidelines regarding the amount of exercise one should follow to achieve general fitness.

i) _____ (1/2)

ii) _____ (1/2)

Please turn the page.

6. Write down the term that best describes the statements in the table below.

	Statement	Term
i)	To move two or more body parts together smoothly.	
ii)	To perform a strength movement quickly.	
iii)	To respond to a stimulus quickly.	
iv)	This is a combination of reaction time and movement time.	

(2)

7. John is a goalkeeper. Give a specific example how he can improve his agility.

_____ (1)

8. Give **TWO** reasons why balance is an important component of fitness for a basketball player.

a) _____

b) _____ (1)

9. Besides balance, mention the **TWO** components of fitness required for the performance of the skill shown in Figure 1 below.



i) _____

ii) _____ (1)

Figure 1

(Source: shorturl.at/mnKL7)

10. What is Janet suffering from if:

a) her muscles are no longer able to work properly? _____ (1/2)

b) her body needs more oxygen than she can supply after hard exercise?
 _____ (1/2)

c) she has increased body temperature while exercising? _____ (1/2)

11. Give the complete definition of cardiovascular endurance.

(1)

12. What type of strength is used when:

- a) a shot putter is releasing the shot put? _____ (1/2)
- b) a swimmer uses the butterfly stroke during a race? _____ (1/2)

13. Give **TWO** reasons why performance levels drop after the age of forty.

- a) _____ (1/2)
- b) _____ (1/2)

(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. Apart from shape, name **FOUR** other functions of the skeletal system.

- a) _____
- b) _____
- c) _____
- d) _____ (2)

2. Mention **TWO** examples of a flat bone found in the human body.

- a) _____
- b) _____ (1)

3. Which type of joints play a crucial role in physical activity?

(1)

Please turn the page.

4. The vertebral column is divided in five regions. Complete the table below by providing the missing information. (2½)

	Name of region	Description/Function
a)	Cervical Vertebrae	
b)	Thoracic Vertebrae	
c)	Lumbar Vertebrae	
d)	Sacral Vertebrae	
e)	Coccyx	

5. Define the difference between abduction and adduction.

_____ (1)

6. The way in which the muscle is actually attached to the bone is very important. Complete the table below by filling in the missing information. (1)

	Name	Description
a)	Origin	
b)		This is the part of the muscle which actually moves the most and it is at the opposite end of the muscle to the origin.

7. Explain the difference between a concentric contraction and an eccentric contraction.

_____ (2)

8. John who is a triathlete has been recently complaining of muscle cramp.

a) What is a muscle cramp?

_____ (1)

b) State **ONE** reason why muscle cramps occur.

_____ (1)

c) What is **ONE** method to relieve the cramp?

_____ (1)

9. Blood vessels play an important role in the smooth functioning of the circulatory system.

a) List **THREE** types of blood vessels.

_____ (1½)

b) Which of these three blood vessels is the thickest?

_____ (1)

c) Which vessels are semi-permeable and only one cell thick?

_____ (1)

d) One of the vessels includes an important feature which stops the blood from flowing backwards. Name this system.

_____ (1)

10. Complete the following table related to the blood. (1½)

The blood	
a) i)	Cells
ii)	Liquid Section
iii)	45%

This question continues on next page.

b) Name the **THREE** types of cells.

- i) _____
- ii) _____
- iii) _____ (1½)

11. Mention **TWO** effects of exercise on the circulatory system.

_____ (1)

12. Explain how the diaphragm changes shape during inspiration and expiration.

_____ (1)

13. Sarah has been advised to give more importance to the principle of overload during her training sessions. List the **THREE** elements pertaining to this principle.

- a) _____
- b) _____
- c) _____ (1½)

14. Complete the following table related to specific training methods. (3)

	Name of Training Method	Description
a)	Weight training	
b)		May be organised as a timed circuit or fixed load
c)	Interval Training	
d)		Examples include running and jogging, cycling and swimming

e)	Fartlek Training	
f)		Training at high altitude to improve endurance levels

15. Rick has just been employed as Head Coach at the Newfoundland Badminton Academy. One of his first tasks is to assess the physical condition of the athletes.

a) Which **THREE** factors of fitness should be given priority?

- i) _____
- ii) _____
- iii) _____

(1½)

b) Suggest **ONE** test that should be carried out for any **TWO** of the above mentioned factors of fitness.

- i) Factor 1: _____
 Test: _____
- ii) Factor 2: _____
 Test: _____ (1)

16. Define an example of an uncontrolled environment in sport.

 _____ (1)

17. Give an example of an overuse injury in hockey.

_____ (1)

18. List **TWO** different types of fractures.

 _____ (1)

Please turn the page.

19. Environmental injuries may occur during physical activity. Complete the table below by filling in the missing information. (2)

	Environmental Injury	Description
a)	Exposure	
b)		Tissue is damaged by the extreme cold and a condition called gangrene sets in.
c)	Hypothermia	
d)		Is caused by very high temperatures and can lead to vomiting and uncontrollable shaking.

20. The standard treatment which can be applied to any soft tissue injury is known as the RICE treatment. Briefly explain this treatment.

_____ (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) Mention **TWO** National Governing Bodies in Malta that encourage participation in sport.
 - i) _____ (1/2)
 - ii) _____ (1/2)

2. Mention **TWO** responsibilities held by club committee members.
 - i) _____ (1/2)
 - ii) _____ (1/2)

3. A club with many teams wants to organise a competition with entrance tickets to make the event financially profitable.
 - a) What type of competition should be chosen?
 _____ (1/2)
 - b) Mention **ONE** advantage of such a competition.
 _____ (1/2)

4.a) Which type of competition would you choose for a small number of individuals?
_____ (1/2)

b) Mention **ONE** advantage of such a competition.
_____ (1/2)

5. Paul started to play football because the club was close to his home. Mention **TWO** other factors regarding facilities which are designed to increase participation in physical activity.

i) _____ (1/2)

ii) _____ (1/2)

6.a) Mention **TWO** ideals promoted through the International Olympic Committee (IOC).

i) _____ (1/2)

ii) _____ (1/2)

b) Give **ONE** reason why the Olympic Games cannot always live up to its' ideals.

_____ (1)

7.a) Mention **TWO** benefits for a sport when it is popular on the media.

i) _____ (1/2)

ii) _____ (1/2)

b) Which **TWO** groups of people decide what sport is given TV coverage?

i) _____ ii) _____ (1)

8. State **TWO** benefits in taking part in non-competitive activities.

a) _____ (1/2)

b) _____ (1/2)

9. State **TWO** ways in which sponsorship affects sport.

a) _____ (1/2)

b) _____ (1/2)

10. Mention **TWO** factors how politics may assist sport to develop.

a) _____ (1/2)

b) _____ (1/2)

(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) What is the number of parts a practice session is divided in?

_____ (1)

b) Name **ALL** the parts of the practice session.

_____ (3)

(Total: 4 marks)

Movement and Physical Activities

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

2. Athletics

a) Name the **FOUR** phases of the long jump.

i) _____ ii) _____

iii) _____ iv) _____ (2)

b) Describe the arm movement in the long jump.

_____ (2)

(Total: 4 marks)

3. Badminton

a) State whether the following statements are True or False.

i) A badminton game consists of 3 games of 21 points. _____ (1)

ii) The side that loses the game, serves first in the next game. _____ (1)

b) Define the following scoring terms.

i) Love: _____

ii) Deuce: _____ (2)

(Total: 4 marks)

4. Basketball

a) How many fouls can **each** player commit in a game? _____ (1)

b) Give **ONE** example when a free throw is awarded?

 _____ (1)

c) Describe **TWO** technical components of a basketball shot.

 _____ (2)

(Total: 4 marks)

5. Educational Dance

a) Define the following terms used in Educational dance.

i) Canon: _____ (1)

ii) Unison: _____ (1)

b) Arrange the following words under the appropriate column. (2)

Decelerated	Quick	Rapid	Gradual
-------------	-------	-------	---------

Slow	Fast

(Total: 4 marks)

Please turn the page.

6. Football

a) Define the term 'back pass'.

_____ (1)

b) Why is this type of pass used by players?

_____ (1)

c) When is a corner kick awarded?

_____ (2)

(Total: 4 marks)

7. Gymnastics

a) Describe the placement of the hands in the following skills:

i) head stand; _____ (1)

ii) forward roll. _____ (1)

b) List **TWO** common faults gymnasts make when performing the cartwheel.

_____ (2)

(Total: 4 marks)

8. Hockey

a) Define the term 'Indian dribble'.

_____ (1)

b) List **TWO** common faults in performing the Indian dribble.

_____ (2)

c) The ball hits a player's foot, unintentionally. Describe what action is taken next.

_____ (1)

(Total: 4 marks)

9. Netball

a) Name the player position that is allowed to travel in all three parts of the court.

_____ (1)

b) List **TWO** physical qualities the player mentioned above, should have.

_____ (1)

c) Describe the **FOUR** main duties of the player mentioned above.

_____ (2)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) Name **FOUR** qualities that have to be demonstrated in a sequence.

i) _____ ii) _____

iii) _____ iv) _____ (2)

b) Name **TWO** skills that can be done, when the implement is thrown up (towards the ceiling).

_____ (1)

c) State whether the statement below is True or False.

Marks are not deducted if the gymnast touches the outside of the mat. _____ (1)

(Total: 4 marks)

11. Swimming

a) Describe the starting position of the swimmer in the backstroke.

_____ (2)

b) Describe the leg movement in the backstroke.

_____ (2)

(Total: 4 marks)

12. Team Handball

a) State **ONE** advantage of an offensive formation.

_____ (1)

b) Define the term 'feint'.

_____ (1)

c) Describe **TWO** characteristics of a good feint.

_____ (2)

(Total: 4 marks)

13. Volleyball

a) When does a rotation take place in volleyball?

_____ (1)

b) What is the purpose of a rotation in volleyball?

_____ (1)

c) Describe the footwork of a right handed jump spike.

_____ (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. Fill in the gaps.

The World Health Organisation defines health as: "a state of complete _____,
_____ and _____ well-being and not merely the absence of _____".

(Source: shorturl.at/dgkFR)

(2)

2.a) What is passive smoking?

_____ (1)

b) Some medicines can only be obtained through a prescription. Give **ONE** reason for this.

_____ (1)

3. Why is it important for a person to be vaccinated?

_____ (1)

4. What is a 'balanced diet'?

_____ (1)

5. Mention **TWO** benefits of good nutrition.

a) _____

b) _____ (2)

6. Which of the following nutrients should form the largest proportion of a teenager's diet?

- a) vitamins b) fats c) minerals d) carbohydrates

_____ (1)

7. Different people have different energy needs. What are the energy needs of adults when compared to the energy needs of children?

_____ (1)

8. Is the following statement True or False?

Anorexia and Bulimia are illnesses that can only affect teenage girls.

_____ (1)

9. Mention **TWO** benefits of regular exercise.

a) _____

b) _____ (1)

10. State **TWO** components of health-related (general) fitness.

a) _____

b) _____ (1)

Please turn the page.

11. Fill in the table below.

	Statement	Fitness Component
a)	The ability to use strength at speed.	
b)	The ability to keep going for a long time.	
c)	Building muscle mass helps to increase this.	
d)	Yoga helps to improve this.	

(2)

12. State **TWO** ways how psychological health is improved by regular physical activity.

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. List **TWO** examples of long bones and **TWO** examples of short bones.

a) _____

b) _____

c) _____

d) _____ (2)

2. Apart from hinge and condyloid, list the **FOUR** other types of freely movable joints.

a) _____

b) _____

c) _____

d) _____ (2)

3. Explain the function of a tendon.

(2)

4.a) What is the number of regions of the vertebral column?

_____ (1)

b) Read through the names of muscles below and **circle** the ones found in the upper body.

gluteals – hamstrings – deltoid – biceps – quadriceps – trapezius – pectorals (2)

5. Mention **TWO** elements of good posture.

_____ (2)

6. Read through the following statements and state whether they are True or False.

a) The heart is composed of three parts. _____

b) The blood enters the left-hand atrium. _____

c) The right atrium pumps blood into the right ventricle. _____

d) Oxygen is picked up in the lungs and carbon dioxide is deposited. _____

e) From the lungs the blood returns to the left atrium through the pulmonary artery.

f) Blood is distributed to the rest of the body through the aorta. _____ (3)

7. Mention **TWO** examples of blood vessels.

a) _____

b) _____ (2)

8. Mention **TWO** points on the body where one may measure the pulse.

a) _____

b) _____ (1)

9. Explain the function of the pleura.

_____ (2)

Please turn the page.

10. List the **FOUR** principles of training.

- a) _____
- b) _____
- c) _____
- d) _____ (2)

11. Complete the table below related to specific training methods and their application in physical activity and sport. (3)

	Training Method	Physical Activity
a)		Weightlifting
b)	Circuit Training	
c)	Interval Training	
d)		Swimming
e)		Short distance running
f)	Altitude Training	

12. Complete the table below related to fitness testing and their application in physical activity. (3)

	Factor of Fitness	Test
a)	Flexibility	
b)		Use of dynamometer
c)	Muscular Endurance	
d)		Standing Broad Jump
e)	Agility	
f)		Cooper 12-minute run

13. Explain the difference between an internally caused injury and an externally caused injury.

 _____ (2)

14. Mention **TWO** parts of the body where dislocation may occur.

- a) _____
- b) _____ (1)

15. List **TWO** symptoms of a concussion.

a) _____

b) _____ (2)

16. What is 'athlete's foot'?

_____ (2)

17. The RICE treatment is applied to any soft tissue injury. What do the **FOUR** letters stand for?

(R) _____

(I) _____

(C) _____

(E) _____ (2)

(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. National Sports Organisations have the responsibility of organising sports events. Mention **TWO** responsibilities of these organisations.

a) _____

b) _____ (1)

2. In the space below show the plan of a knockout competition for **EIGHT** Netball teams.

(2)

Please turn the page.

3.a) Mention **TWO** sports which can **only** be practised in indoor facilities.

- i) _____
- ii) _____ (1)

b) For **one** of the sport chosen above state **TWO** reasons for this.

- i) _____
- ii) _____ (1)

4.a) State the reason why the 2020 Olympic Games were **not** held and were postponed to 2021.

_____ (1/2)

b) Where will the next Olympic Games be held?

_____ (1/2)

5.a) There are many forms of Sponsorship. Mention **TWO**.

- i) _____
- ii) _____ (1)

b) Mention **TWO** local competitions that are sponsored by firms or businesses.

- i) _____
- ii) _____ (1)

6. State **TWO** instances when television and sport organisers may disagree about television transmissions.

- a) _____
- b) _____ (2)

7. What leisure time activities can be planned for the following groups?

- a) mothers and young children _____
- b) retired persons _____ (1)

8. "Sport is by law". What does this mean with regards to schools?

_____ (1)

(Total: 12 marks)