

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS  
BOARD

UNIVERSITY OF MALTA

INTERMEDIATE LEVEL SAMPLE PAPER SYLLABUS 2014

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SUBJECT : IM 36 PHYSICAL EDUCATION

DATE:

TIME: 2 hours 30 minutes

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**This examination paper has four Sections. Answer all Sections. Follow instructions given in each Section**

**Section A: Rules, Tactics and Techniques:** You will be shown a total of 5 short clips in the following order:

2 clips on Rules

2 clips on Tactics

1 clip on Technique.

The clips are taken from the 2nd Championship Playoff Basketball game between Athleta (in Blue kits) and Luxol (in White).

Step 1: Read through all the questions.

Step 2: The first clip on rules is played. The same clip is replayed immediately after.

Step 3: One minute is given to answer the questions between clips.

Step 4: On a signal the second clip is played, and replayed. The other clips will follow the same pattern.

Step 5: One minute is given to answer each clip.

The same procedure is used throughout Tactics & Techniques. After the clips are all played and the answering time is over, all the clips are replayed one last time. Students are given a final 4 minute period to make **changes and finalise their answers.**

**Section B: Answer all Sections.**

**Section C: Answer all Sections.**

**Section D: Answer two out of three questions.**

## **Section A: Rules, Tactics and Techniques - Answer all the Questions.**

### ***Rules***

1. Luxol (in white) are on offence. They are passing and cutting to try to find an open team mate to pass the ball to for a shot. Luxol's number 6 penetrates and passes to a player who is free to shoot.
  - a. Which is the violation in this action? [1]
  - b. Briefly describe this rule. [1]
  
2. Athleta (in blue) scored a basket. Luxol re-start the game and try to bring the ball forward by passing.
  - i) Which rule is violated here? [1]
  - ii) Briefly describe this rule. [1]

### ***Tactics***

3. Luxol are trying to bring up the ball and attack. Athleta are playing hard and aggressive defence.
  - i) Which tactic is used in this defensive action shown? [1]
  - ii) Do you think it was successful? [1]
  
4. In this action, Luxol are playing a zone defence.  
Briefly explain the fault in this defensive action which gives Athleta an easy basket [2]

### ***Techniques***

5. Athleta have two free throws.
  - i) Briefly describe the role during the free throw action of the 2 Luxol players who are under the board. [1]
  - ii) Did they execute their role well? [1]

## **Section B: Anatomy and Physiology - Answer all questions**

6.
  - (i) How does physical activity affect hyaline cartilage? [2]
  - (ii) What is the main function of hyaline cartilage during physical activity? [1]
  - (iii) What are the main differences between fast oxidative glycolytic fibres and fast-twitch glycolytic fibres? [4]
  - (iv) What is core stability? Why is it important and how can it best be improved? [3]

(v) What is Osteoporosis, and how does regular physical activity reduce the risk of Osteoporosis? [2]

7.

(i) Mention and describe the responsibilities of the 2 subdivisions of the autonomic nervous system. What substances are released in order for such responsibilities to be carried out? [5]

(ii) Briefly describe the vascular shunt mechanism. When and why does this happen? [3]

(iii) Briefly define:

(i) angina pectoris [2]

(ii) atherosclerosis [2]

8.

The nervous system controls our breathing patterns. This enables us to change breathing patterns without conscious control.

(i) How does this happen? [4]

(ii) What impulses can be sent during exercise in order to speed up the expiration process? [2]

(iii) The respiratory centre has a chemosensitive area. What role does this have, especially during exercise? [6]

### **Section C: Acquiring Movement Skills (Answer all questions)**

9.

Demonstrations are a form of visual guidance that coaches use to aid in developing the skills of their athletes.

(i) Identify 2 other forms of guidance. [2]

(ii) What steps should a coach take in order to make demonstrations as effective as possible? [3]

10.

In Swimming, participants experience different types of feedback, both during and after a race.

(i) What are the 3 main benefits of feedback to a swimmer? [3]

(ii) Knowledge of result and knowledge of performance are two types of feedback. Explain these two types of feedback. [2]

11.

Different arousal level affects performance.

- (i) Explain the optimum levels of arousal with reference to simple and complex skills. [3]
- (ii) Explain why even a talented highly motivated athlete may not be able to get back to peak performance once they have become over-aroused. [2]

12.

Thorndike concluded that what happens as a result of behaviour may influence that behaviour in life.

- (i) How would the use of operants conditioning act as reinforcement in behaviour and performance? Give Examples. [3]
- (ii) Give examples of tangible and intangible reinforcers and punishments. [2]

**Section D: Socio-cultural Studies and the Role and the Structure of International and Local Sport Organisations - Choose two out of three questions**

13.

- (i) What are the benefits of being physically active and why would the government of a country be involved in creating opportunities for its citizens to be more active? [3]
- (ii) What keeps children from being as active as previous generations of children? [2]
- (iii) How would you encourage greater participation locally? [2]

14.

What are the advantages and disadvantages of competitive sport and what part should competitive sport play within a school programme? (A school programme includes P.E. lessons, break time activities, extracurricular activities and interschool competitions.) [7]

15.

‘Girls on the Move’ is one of the KMS’ sports programmes to promote active living amongst girls in Malta. Why do you think that the KMS embarked on this programme with a specific emphasis on girls? [7]