

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA
MATRICULATION EXAMINATION
INTERMEDIATE LEVEL
SEPTEMBER 2014

SUBJECT:	PHYSICAL EDUCATION
DATE:	6th September 2014
TIME:	4.00 p.m. to 6.30 p.m.

This examination paper has four sections. Answer all sections. Follow instructions given in each section.

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

- *2 clips on Rules*
- *2 clips on Technique*
- *1 clip on Tactics*

The clips are taken from the Volleyball super league mens' game between FDL OFFICE GROUP (in white) and VALLETTA SAN ANTONIO (in colours).

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 question between clips.

Step 4: On a signal, the second clip is played, and re played. 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 and Techniques. After the clips are all played, and the answering time is over, all the clips are replayed one last time. Candidates are given a final 4 minute period to make changes and finalise answers.

Section B: Anatomy and Physiology: Answer all questions

Section C: Acquiring Movement Skills: Answer all questions

Section D: Socio-Cultural studies and the Role and Structure of International and Local Sport Organisations: Answer two out of three questions

Section A: Techniques, Tactics and Rules – Answer all the questions.**Rules**

1. In the action shown, player no. 6 of Valletta San Antonio (in colours) makes a hand signal to the official.
 - a. What does this signal mean? [1]
 - b. Why is this useful? [1]
2. Describe the meaning of the officials' signal in this clip. [2]

Technique

3. Player number 11 of Valletta San Antonio sets the ball for the spiker. The spike was not successful.
 - a. Why do you think the spike was unsuccessful? [1]
 - b. Name two technical components necessary to provide a good set for a spiking action. [1]
4. Valletta San Antonio (colours) are attacking. FDL Office group (whites) set up the block to defend the spiking attempt. The ball was not successfully blocked.
 - a. What was the fault in the block? [1]
 - b. Name two technical components needed to set a good defensive block. [1]

Tactics

5. In the action seen, the *libero* of FDL Office group (Whites) goes out of the game and re-enters the court immediately after a point was scored by their opponents.
Describe the reason why this change takes place [2]

SECTION B Anatomy & Physiology- Answer all questions

6. a. Describe the term **osteoarthritis**. [1]
- b. The bones of the skeleton can be divided into two distinct categories. One of these is the axial skeleton.
 - i) Mention the **other category** of bones and give **one example** of such a bone.
 - ii) Give **one example** of a bone in the axial skeleton category. [3]
- c. There are three basic types of cartilage found in the body.
 - i) Mention and give a description of **two** types of cartilage.
 - ii) Give **one example** where **each** of the cartilage type you mentioned can be found in the human body (two examples in total) [5]
- d. What are isotonic contractions? Describe the **two** main types of isotonic contractions. [3]

7. a. What causes a **stroke**? [1]
 b. i) What is **bradycardia**?
 ii) Why does bradycardia happen in trained athletes? [3]
 c. Explain what is **vasodilation**, why it happens, and what changes in the body trigger it. [4]
 d. Regular physical activity can help in keeping people healthy and reducing the risk of diseases. Mention and explain **two effects** of regular physical activity on the body that help reduce the risk of diseases. [4]
8. a. Give a definition of **minute ventilation**. How can minute ventilation be calculated? [2]
 b. On its journey to the lungs, air drawn into the body passes through many structures. Explain where the following structures can be found, and explain **one** of their functions.
 i) Nasal passages
 ii) Alveoli [4]
 c. Give a detailed description of how changes in the chemical composition of blood influence respiration rates. [5]

SECTION C Acquiring Movement Skills- Answer all questions

1. a. Mental practice (rehearsal) is frequently overlooked by coaches. Explain how mental practice should be used at:
 i) the cognitive stage of learning; [1]
 ii) more advanced stage of learning. [2]
 b. Mental rehearsal can also be used to overcome plateaus in performance. Suggest **four** other strategies that can be used to overcome plateaus. [2]
2. Two methods of skill practice are the 'Part method' and the 'Progressive part method' of practice.
 a. Explain when a performer should be taught the 'part method'. [2]
 b. Mention **two** advantages and **one** disadvantages of the 'progressive part method'. [3]
3. a. Explain Hick's law by giving **one** practical example from a sport of your choice. [3]
 b. Two factors affecting response time are 'Stimulus-response compatibility' and 'Intensity of stimulus'. Briefly explain these factors. [2]
4. a. Bandura states that observational learning takes place only if the learner can put into place four stages. Identify and briefly describe the first **three** stages of Bandura's model of observational learning. [3]
 b. Transfer of learning has a strong influence on learning and performance of movement skills. Describe, by using practical situations, what is meant by proactive and retroactive transfer. [2]

Please turn the page for Section D

SECTION D : Socio-cultural Studies and the Role and the Structure of International and Local Sport Organisations – Answer any *two* questions.

1. a. Explain the difference between ‘outdoor education’ and ‘outdoor recreation’. [2 ½]
b. In recent years there has been a surge of interest in outdoor and adventurous sports.
Give **three** reasons to justify this increase. [3]
c. Give **two** reasons why outdoor education should form an integral part of the school curriculum. [2]
2. a. Name **two** criteria that international federations must satisfy in order to be recognised by the IOC. [2 ½]
b. Mention **five** roles of international federations within the Olympic Movement. [5]
3. ‘Sports for All’ is a family oriented programme offered by the Kunsill Malti Għall-Isport in collaboration with other entities.
a. Name **two** entities that are collaborating with the Kunsill Malti għall-Isport in the ‘Sports for all’ programme. [1]
b. Mention and briefly describe **three** ‘Sports for All’ programmes. [6 ½]