



SUBJECT:	Physical Education
DATE:	3 rd May 2024
TIME:	4:00 p.m. to 6:35 p.m.

This examination paper has **FOUR** sections. Answer **ALL** sections. Follow instructions given in each section.

Section A: Rules, Tactics & Techniques:

You will be shown a total of **FIVE** short clips in the following order:

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

The clips are taken from the FIFA 2018 World Cup match between SPAIN (in white) and PORTUGAL (in red).

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 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 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 four minute period to make changes and finalise answers.

Section B: Anatomy & Physiology - Answer all questions.

Section C: Acquiring Movement Skills - Answer all questions.

Section D: Socio-Cultural Studies - Answer TWO out of three questions.

Please turn the page.

SECTION A: RULES, TACTICS & TECHNIQUES

Answer **ALL** the questions. This section carries **10** marks.

Rules

1. The Spanish team (white) is defending. Portugal's player No. 7 (in red) was denied ball possession after being hit by Spain's player No. 4.
 - a. What is the violation in this action? (1)
 - b. Briefly describe this rule. (1)

Techniques

2. Portugal (in red) was awarded a direct freekick and managed to score. Mention **TWO** technical components which are necessary to perform this action. (2)
3. Portugal's player No 7 (in red) received a pass and managed to score. Mention **TWO** skill-related qualities which he applied to score. (2)

Tactics

4. The Spanish team (in white) is in possession of the ball. Explain the ball's movement as it approaches the other team's goalkeeper. (2)
5. What tactic did Spain (in white) use to advance the ball to enter the opponent's penalty area? (2)

(Total: 10 marks)

SECTION B: ANATOMY & PHYSIOLOGY

Answer **ALL** the questions. This section carries **35** marks.

6. a. The tissue making up the skeletal system consists mainly of cartilage and bone.
 - i) Briefly explain the main function of hyaline cartilage
 - ii) What happens to hyaline cartilage as a result of exercise?
 - iii) What is the main function of white fibrocartilage?
 - iv) Briefly explain the main function of yellow elastic cartilage. (5)
- b. Skeletal muscles possess three essential properties that are essential for body movement. Mention these **THREE** properties and give a brief explanation for **each** of them. (3)
- c. Emma is a 68 year old woman who has severe osteoporosis.
 - i) Explain to Emma what osteoporosis might lead to. (1)
 - ii) What is the relation between the rates of bone loss and bone growth in osteoporosis? (1)
 - iii) What can people do to reduce the risk of getting osteoporosis later on in life? (1)
 - iv) How would the answer provided in c. iii) reduce the chances of getting osteoporosis? (1)

7. a. The heart can be divided into the right and left halves due to a muscular partition. The left side of the heart is responsible for circulating blood rich in oxygen throughout the entire body.
- What is the muscular partition that divides the heart into the right and left halves called? (1)
 - What is the circulation throughout the entire body of blood rich in oxygen called? (1)
 - Explain the different phases of pulmonary circulation. (2)
 - Which muscular tissue responsible for pumping blood around the body called? (1)
- b. Arteries are composed of three layers of tissue. One of these layers is the tunica media, which is a thick middle layer.
- What kind of tissue can be found in the tunica media? (1)
 - What does the tissue mentioned in b. i) allow arteries to do? (1)
 - What are the roles of vasoconstriction and vasodilation? (1)
 - Apart from the tunica media, what are the other two layers that make up an artery? (2)
- c. It is always recommended that a person completes a good warm-up before engaging in physical exercise. Give **TWO** effects that a warm-up has on the vascular system. (2)
8. a. Inspiration is a process by which air from outside the body enters the lungs. Explain in detail what causes a decrease in intrapulmonary pressure to allow inspiration. (4)
- b. Nicholas is a heavy smoker and this has negatively affected his respiratory system.
- Explain how smoking can increase airway resistance. (1)
 - How does tar contained within cigarettes affect the alveoli? (1)
- c. Give a detailed description of the process whereby changes in the chemical composition of blood influence respiration rates. (5)

(Total: 35 marks)

SECTION C: ACQUIRING MOVEMENT SKILLS

Answer ALL questions. This section carries 20 marks.

9. Djokovic is a skilful tennis player and Mbappe' is a skilful footballer.
- What is meant by skilful performance? (2)
 - List **TWO** qualities that is expected in a skilled performance. (2)
 - Every time a tennis player performs a serve, they will repeat the moves but will change the timing and placing of the shot. Is this skill closed or open? Give a reason for your answer. (2)
10. This question is about practice methods and information processing.
- Define the term mental practice and give **ONE** reason for its use in sport. (2)
 - There are various types of guidance. List **ONE** type of guidance and give **ONE** disadvantage of the listed type of guidance. (2)
 - Describe how a skill is performed using a simple information processing model. (4)
11. Describe how open and closed-loop systems work in sports. Highlight the key differences between these **TWO** systems in controlling movements and give **ONE** example of **each** to support your answer. (6)

(Total: 20 marks)

Please turn the page.

SECTION D: SOCIO-CULTURAL STUDIES

Answer TWO questions. Each question carries 7.5 marks. This section carries 15 marks.

12. The concept of physical activity.
- a. Explain the term physical activity. (2)
 - b. List **ONE** potential benefit for young people participating in physical activity. (1)
 - c. List **ONE** potential benefit for adults participating in physical activity. (1)
 - d. What type of activities can a school's physical education department organise to offer students an experience of outdoor activities? Give **TWO** specific examples. (2)
 - e. Why should outdoor education be included in the school curriculum? (1½)
13. International Sport.
- a. Name the top committee of the Olympic Movement. (1)
 - b. List **TWO** main roles of the top committee of the Olympic Movement. (2)
 - c. Why was the Olympic charter written? (1½)
 - d. Define the **THREE** core values of Olympism and provide **ONE** example of how **each** is reflected in the Olympic Games. (3)
14. Sports in Malta.
- a. What is the primary mission of SportMalta? (1)
 - b. How does the Malta Olympic Committee (MOC) contribute to the development of elite athletes and sports professionals in Malta? (2)
 - c. What is the primary objective of the Aquatic Sports Association (ASA) of Malta, as stated in its mission, regarding the promotion and development of aquatic sports? Explain in detail how the association aims to develop its sports disciplines within the Maltese community. (3)
 - d. Describe the historical foundation and establishment of the Maltese Football Association. Include key dates and events that led to its formation. (1½)

(Total: 15 marks)