

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA

**SECONDARY EDUCATION CERTIFICATE LEVEL**

**MAY 2013 SESSION**

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SUBJECT:	<b>Physical Education</b>
PAPER NUMBER:	IIA
DATE:	14 <sup>th</sup> May 2013
TIME:	9:00 a.m. to 11:00 a.m.

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**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: Sports in Society**

Answer **all** questions

**Information**

Diagrams may be used to clarify your answers where necessary

Mark allocations are shown in brackets

This paper is marked out of 80 marks

**Section A: Skill Acquisition, Movement and Physical Activities (16 marks)**

Answer question 1 (Skill Acquisition) and any three questions from 2 – 13

**1) Skill Acquisition (4 marks)**

a) Throwing a ball is considered a basic skill, however it is still a very complicated movement. Explain why.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

b) Mention **one difference** between an amateur athlete and a professional athlete.

\_\_\_\_\_ (1)

c) Describe two types of **feedback**

i) \_\_\_\_\_

\_\_\_\_\_

ii) \_\_\_\_\_

\_\_\_\_\_ (2)

**Movement and Physical Activities (12 marks)**

Answer any three questions

Answer all parts of the chosen questions

**2) ATHLETICS**

a) Name 2 rules in the shot put and discus events which are similar.

\_\_\_\_\_  
\_\_\_\_\_ (2)

b) Describe *the body posture* of a 100metre sprinter during the first few strides coming out of the block.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

c) What does a long jumper do before the event so as to prevent taking off beyond the board?

\_\_\_\_\_  
\_\_\_\_\_ (1)

**3) BADMINTON**

a) A player is ready to serve. Where should the opponent be standing?

\_\_\_\_\_ (1)

b) Where should the player direct the service?

\_\_\_\_\_ (1)

c) When is a drop shot effective?

\_\_\_\_\_  
\_\_\_\_\_ (1)

d) Which position should a player take after every shuttle return?

\_\_\_\_\_ (1)

**4) BASKETBALL**

a) Describe two characteristics needed to play good **man to man defence**.

i) \_\_\_\_\_  
\_\_\_\_\_

ii) \_\_\_\_\_  
\_\_\_\_\_ (2)

b) Changing direction is a necessary basketball skill. Explain why.

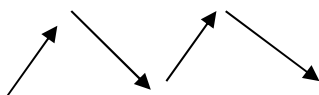
\_\_\_\_\_  
\_\_\_\_\_ (1)

c) A player grabs the shirt of another player who is attempting a lay up shot so as to stop him from scoring. What should the officials' decision be?

\_\_\_\_\_  
\_\_\_\_\_ (1)

**5) EDUCATIONAL DANCE**

a) The dancer is using three different pathways illustrated below. The first one is given to you. Name the other two.



i) circular/spiral      ii) \_\_\_\_\_      iii) \_\_\_\_\_ (1)

b) Fill in the spaces in the table below by indicating the correct motion factors of the actions given.

	<b>Action</b>	<b>Time</b>	<b>Weight</b>	<b>Space</b>
i)	Thrusting	sudden		direct
ii)	Gliding		fine	direct
iii)	Pressing	sustained		direct
iv)	flicking	sudden	fine	

(2)

c) Gesture and Jumping are two of the basic body movements. Mention another two.

i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

**6) FOOTBALL**

a) Describe *two* skill components of the shooting technique.

i) \_\_\_\_\_  
 \_\_\_\_\_

ii) \_\_\_\_\_  
 \_\_\_\_\_ (2)

b) Which defensive tactic would a coach use if s/he wants to make his opponents rush and make mistakes in ball possession?

\_\_\_\_\_ (1)

- c) A player is shown the yellow card at the beginning of the game. Towards the end of the game, the same player performs a very late tackle. What is the action most probably taken by the official?

\_\_\_\_\_ (1)

**7) GYMNASTICS**



- a) Give two critical elements for the performance of the skill shown in the image.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

- b) Give two variations of getting out of this position.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

- c) Mention two qualities the gymnast is showing.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

- d) State two critical elements for a good run up when performing a vault.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

**8) HOCKEY**

- a) Describe **two** techniques needed to perform a successful **push shot**.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

- b) From where is the ball replayed after the official calls a foot violation?

\_\_\_\_\_ (1)

- c) Describe how the grip on the hockey stick should be

\_\_\_\_\_

\_\_\_\_\_ (1)

**9) NETBALL**

a) State what **rule** is applied in the following situations:

i) The Goal Keeper (G.K) throws a ball from one goal circle to the other goal circle.

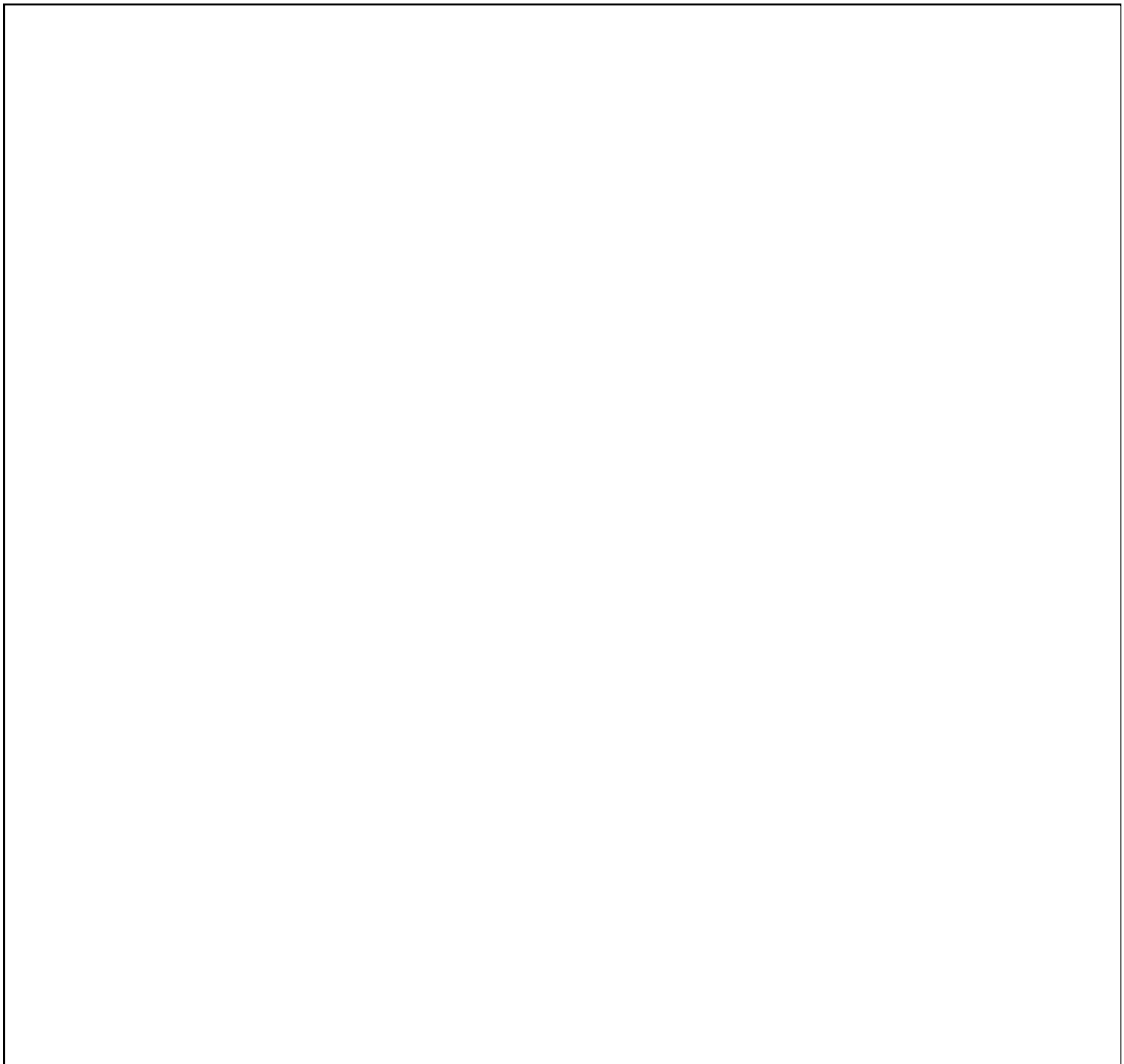
\_\_\_\_\_ (1)

ii) **Black** centre pass is untouched in centre third and is caught by **White** Goal Attack (G.A.) in the goal third.

\_\_\_\_\_ (1)

b) Draw a netball court and use it to illustrate the ‘passing down the straight’ technique.

(2)



**10) RHYTHMIC GYMNASTICS**

Look at the diagram below and answer the following questions.



a) What body skill is shown?

\_\_\_\_\_ (1)

b) In which plane is the gymnast using the implement?

\_\_\_\_\_ (1)

c) Mention two qualities a rhythmic gymnast shows in relation to the use of an implement.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

**11) SWIMMING**

a) Describe the movement **under the water** of a swimmer after having pushed off the wall in the backstroke event.

\_\_\_\_\_  
\_\_\_\_\_ (2)

b) Describe a good finish in the breast stroke event.

\_\_\_\_\_  
\_\_\_\_\_ (1)

c) Why is it important for a swimmer to push off the block really hard on the signal?

\_\_\_\_\_  
\_\_\_\_\_ (1)

*Please turn the page.*

**12) TEAM HANDBALL**

a) What should you do to stop your opponents running fast breaks against you?

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(1)

b) Explain the travelling rule.

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(2)

c) Describe the role of the **centre** in handball.

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(1)

**13) VOLLEYBALL**

a) What happens if during the serve, the ball touches the net and drops in the opponents court?

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(1)

b) Mention two critical elements for the **blocking action**.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

c) A player touches the ball first with one hand then with another. How does the game continue?

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(1)



**SECTION B: Health Related Fitness (16 marks)**

**Answer all questions in this section**

- 1) The choices we make about our lifestyle can effect our health and fitness.
- a) Mention one positive and one negative lifestyle choice
- i) Positive: \_\_\_\_\_
- ii) Negative: \_\_\_\_\_ (1)
- b) How can you help someone change the negative lifestyle you mentioned above?
- \_\_\_\_\_ (1)
- \_\_\_\_\_
- 2) Too much alcohol causes poor performance in sports. Give two reasons for this.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 3) Mention two effects of poor personal hygiene.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 4) Name the nutrient which provides:
- i) quick energy release: \_\_\_\_\_
- ii) slow energy release: \_\_\_\_\_
- iii) growth and muscle repair: \_\_\_\_\_
- iv) maintenance of healthy bones: \_\_\_\_\_ (2)
- 5) State two ways by which athletes could avoid dehydration.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)
- 6) Physical activity helps to maintain muscle tone. List two other benefits of physical activity.
- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

7) Mention two signs of muscular fatigue.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

8) i) Give the definition of *explosive strength*.

\_\_\_\_\_

ii) State a skill where this type of strength is used.

\_\_\_\_\_ (2)

9) Complete the table below.

	<b><u>Definition</u></b>	<b><u>FitnessComponent/ Skill</u></b>	<b><u>Example of Sport</u></b>
i)	Ability of body to change position quickly		Rugby sidestep
ii)		Balance	Handstand
iii)	Ability to use two or more body parts together		Tennis
iv)		power	Discus throwing

(2)

10) i) Why is quick reaction time important for an athlete?

\_\_\_\_\_

ii) Give examples from two physical activities where this is important.

\_\_\_\_\_  
 \_\_\_\_\_ (1)

11) In each case below state one physical characteristic of:

- i) an endomorph: \_\_\_\_\_
- ii) an ageing person: \_\_\_\_\_ (1)

12) Mention two factors that motivate athletes.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

**Body Systems and Performance (36 marks)**

**Answer all questions in this section**

**Answer all parts of each question**

1. There are four types of bones. The first one has been given as an example.

List the three other types of bones and give an example of each.

**Type of Bone**

**Example**

long bones

humerus

i) \_\_\_\_\_

\_\_\_\_\_

ii) \_\_\_\_\_

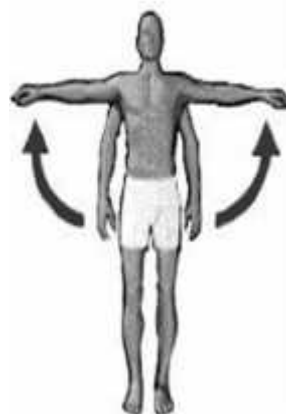
\_\_\_\_\_

iii) \_\_\_\_\_

\_\_\_\_\_

(3)

2. What types of movement are seen in these two pictures?



i) \_\_\_\_\_

ii) \_\_\_\_\_

(2)

3. Briefly describe what an *antagonist muscle* is.

\_\_\_\_\_  
\_\_\_\_\_ (2)

4. Briefly describe what a *muscle cramp* is.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

5. Cells make up 45% of the blood. Mention the three types of cells in our blood and give the main function of each type of cell.

i) Name of Cell: \_\_\_\_\_  
Main Function: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ii) Name of Cell: \_\_\_\_\_  
Main Function: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

iii) Name of Cell: \_\_\_\_\_  
Main Function: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (6)

6. i) What happens to the diaphragm and the intercostal muscles during **inspiration**?  
Diaphragm: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Intercostal muscles: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ii) How does the action you explained above help with the process of inspiration?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (4)

7. **Overload** is a principle of training through which one can improve by increasing the workload. Name and briefly explain the three ways in which overload can be achieved.

- i) \_\_\_\_\_  
\_\_\_\_\_
- ii) \_\_\_\_\_  
\_\_\_\_\_
- iii) \_\_\_\_\_  
\_\_\_\_\_ (3)

8. Mention two qualities for a good warm-up and why they need to be included.

- i) \_\_\_\_\_  
\_\_\_\_\_
- ii) \_\_\_\_\_  
\_\_\_\_\_ (2)

9. Complete the table below by writing the type of training, an example of the type of training, and/or a description of the type of training. (3)

Type of Training	Example of Type of Training	Description of type of training
(i)	A session having various stations that include specific <i>basketball</i> skills such as continuous free throw shooting and continuous chest passing.	(ii)
<b>Continuous Training</b>	(iii)	(iv)
(v)	(vi)	This is a Swedish method of training which means ‘speed training’.

10. What do the following **fitness tests** measure?

- i) Standing broad jump: \_\_\_\_\_
- ii) Sit-up test: \_\_\_\_\_
- iii) Harvard step test: \_\_\_\_\_ (3)

11. Mention two reasons why diuretics can be misused in sport.

- i) \_\_\_\_\_  
\_\_\_\_\_
- ii) \_\_\_\_\_  
\_\_\_\_\_ (2)

12. Explain (i) what *blood doping* is, and (ii) how it affects performance.

- i) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (4)

**Section C: Sports in Society (12 marks)**

**Answer all questions in this Section**

- 1) Some local councils are keen in organising sports activities. State one reason for this.  
\_\_\_\_\_ (1)
- 2) The ladder system of competition is used in a social squash competition with a large number of participants. Why is the ladder system most appropriate in this case?  
\_\_\_\_\_  
\_\_\_\_\_ (1)
- 3) A benefit from collaboration between schools and sports clubs in the community is the shared use of facilities. Mention another two benefits.
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_ (2)

4) The Voluntary sector (example: voluntary youth nurseries) can provide sports facilities. Name two other sectors that provide facilities.

i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

5) Name two functions of the International Olympic Committee (IOC).

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

6) London hosted the 2012 Olympic Games. Give two reasons why London won the bid for these Games.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

7) Suggest two questions a company might ask before sponsoring a club.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

8) Entertainment is one function of the media. State two other functions of the media regarding sports.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

9) Mention two groups of people who need special provisions in a leisure centre.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

10) Give two examples of how sports was used as a political tool in past Olympic Games.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

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**Instructions**

**Section A: Skill Acquisition, Movement and Physical Activities**

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Answer **all** questions

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**Information**

Diagrams may be used to clarify your answers where necessary

Mark allocations are shown in brackets

This paper is marked out of 80 marks

**Section A: Skill Acquisition, Movement and Physical Activities (16 marks)**

Answer question 1 (Skill Acquisition) and any three questions from 2 – 13

**1) Skill Acquisition (4 marks)**

a) Name one quality which makes an athlete a **professional**.

\_\_\_\_\_ (1)

b) Give two examples of **closed skills**.

\_\_\_\_\_  
\_\_\_\_\_ (1)

c) Mention **two qualities** of an official.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

d) What does the term '**coaching aid**' mean?

\_\_\_\_\_ (1)

**Movement and Physical Activities (12 marks)**

Answer any three questions

Answer all parts of the chosen questions

**2) ATHLETICS**

a) Name two rules related to the **shot put**.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

b) Name one body posture of the sprinter when s/he moves into the **on your marks** position.

\_\_\_\_\_ (1)

c) A long jumper puts a check mark at the side of the run-up area. Why does he do this?

\_\_\_\_\_ (1)

**3) BADMINTON**

a)i) A player is leading 4 – 0. Does he serve from *the right* or *the left* hand side?

\_\_\_\_\_ (1)

ii) Name one type of service.

\_\_\_\_\_ (1)

b) Your opponent is close to the net. What kind of return would be appropriate?

\_\_\_\_\_ (1)

c) A player needs to return to centre base position after every return. What does this mean?

\_\_\_\_\_  
\_\_\_\_\_ (1)

**4) BASKETBALL**

a) In man to man defence it is important to **stay low** and to **see both your player and the ball**. Why are these important?

i) Stay low \_\_\_\_\_  
\_\_\_\_\_ (1)

ii) See both player and ball \_\_\_\_\_  
\_\_\_\_\_ (1)

b) What skill is used when a player wants to send his opponent in the opposite direction so as to create more space for himself?

\_\_\_\_\_ (1)

c) A player shouts and argues with the official after the official called a foul on him. What action should the official take?

\_\_\_\_\_ (1)

**5) EDUCATIONAL DANCE**

a) There are 5 basic jumps in dance. One is ‘from one foot to the same foot’. Mention another two.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

b) Complete the table below using the appropriate motion factor to fit the words given. The first one is done for you.

	<b>Words</b>	<b>Motion Factor</b>
i)	Strong, forceful, delicate, light	Weight
ii)	Sharp, slow, lingering, sudden	
iii)	Free, fluent, controlled, stillness	

(1)

c) Choose the correct technical term which fits the description. Use the words provided below:

**RHYTHM      GESTURE      BALANCE      ALIGNMENT**

i) Posture of the human body: \_\_\_\_\_

ii) State of equilibrium/stability: \_\_\_\_\_

iii) Patterned movement through time: \_\_\_\_\_

iv) Movement of the body: \_\_\_\_\_ (2)

**6) FOOTBALL**

a) A player receives a high pass. Name two platforms he could use to bring the ball to a stationary position and in control.

i) \_\_\_\_\_ (1)

ii) \_\_\_\_\_ (1)

b) Name one advantage of putting pressure on the player with the ball.

\_\_\_\_\_ (1)

c) The official shows a red card to a player. Describe one action which could have led to this action.

\_\_\_\_\_ (1)

**7) GYMNASTICS**

a) Mention two aspects to consider regarding space when planning your sequence.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

b) State the difference between the headspring and a handspring with regards to the **feet during push off.**

- i) Headspring: \_\_\_\_\_
- ii) Handspring: \_\_\_\_\_ (1)

c) Refer to the diagram below:



- i) Which vault is the gymnast performing?  
\_\_\_\_\_ (1)
- ii) Name the phase of the vault shown in the diagram.  
\_\_\_\_\_ (1)

**8) HOCKEY**

a) Name 2 technical components needed to control and bring to a stop a fast moving ball.

- i) \_\_\_\_\_ (1)
- ii) \_\_\_\_\_ (1)

b) A foot violation takes place. What does this mean?

\_\_\_\_\_ (1)

c) Describe one rule associated with the handling of a hockey stick.

\_\_\_\_\_ (1)

**9) NETBALL**

a) Complete the table below.

	<b>Infringement</b>	<b>Umpire's Decision</b>
i)	A player is less than 90cm (3 feet) away from opponent	
ii)	Deliberate kick of the ball	
iii)	Simultaneous offside	
iv)	Walking with the ball	

(2)

b) Mention two components used in the shooting action.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

c) A centre (C) gives a centre pass to Wing Attack (W.A) but Wing Attack (W.A) cannot pass in the shooting circle as neither Goal Attack (G.A) nor Goal Shooter (G.S) are 'free' to receive the ball. Which player should receive the next pass from Wing Attack (W.A) in the goal third?

\_\_\_\_\_ (1)

**10) RHYTHMIC GYMNASTICS**

Refer to the diagram and answer the following questions.



a) Apart from throwing and catching, mention another two skills which may be performed using this implement.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

b) The gymnast is performing a move at a low level. Mention a skill that may be performed at a high level.

\_\_\_\_\_ (1)

c) Mention two qualities the gymnast is showing.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

**11) SWIMMING**



(fig 1)

a) Which stroke is the swimmer in fig. 1 using?  
\_\_\_\_\_ (1)

b) In fig. 1, why is the swimmers' mouth open?  
\_\_\_\_\_ (1)



(fig 2)

c) Describe the action of the swimmer in fig. 2.  
\_\_\_\_\_  
\_\_\_\_\_ (1)

d) Name a stroke which requires this action.  
\_\_\_\_\_ (1)

**12) TEAM HANDBALL**

a) Describe what a **fast break** means.  
\_\_\_\_\_  
\_\_\_\_\_ (2)

b) How many steps can a handball player take after picking up the dribble?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

c) A penalty is called. Which is the best position the keeper should be in before the penalty is taken?  
\_\_\_\_\_ (1)

*Please turn the page.*

**13) VOLLEYBALL**

a) Describe the underhand service.

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(2)

b) What is the role of the setter in volleyball?

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(1)

c) A player returns a volleyball serve back over the net using his foot. The ball lands in the opponent's court. Is the point awarded to the team whose player used his foot or to the opponents?

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(1)

**SECTION B: Health Related Fitness (16 marks)****Answer all questions in this Section**

1) Physical fitness is one component of health.

Give two reasons why a person may be considered fit but not healthy.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

2) Smoking causes lack of breath during physical activity. List two other possible effects of smoking.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

3) State four ways of how you can keep good personal hygiene.

- i) \_\_\_\_\_ ii) \_\_\_\_\_
- iii) \_\_\_\_\_ iv) \_\_\_\_\_ (2)



4) During basketball training John feels very tired because of dehydration.

a) What is the meaning of dehydration?

\_\_\_\_\_ (1)

b) Mention two other effects of dehydration.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

5) Complete the table below. The first one has been done for you.

	<b>Nutrient</b>	<b>Benefit</b>	<b>Type of food</b>
i)	Fibre	Healthy digestive system	Whole meal bread
ii)	Calcium		
iii)	Protein		
iv)	Fats		

(3)

6) A player in football sprints, stops and then changes direction to mark an opponent.

List **two** components of **skill related** fitness that are used in this action.

i) \_\_\_\_\_ ii) \_\_\_\_\_ (2)

7a) A gymnast shows upper body strength while performing a handstand.

State what type of strength is being used.

\_\_\_\_\_ (1)

b) What type of strength does a volleyball player use when hitting a spike?

\_\_\_\_\_ (1)

8) How can you improve both muscular and cardiovascular endurance at the same time?

*Do not give an example of a sport.*

\_\_\_\_\_ (1)

9) State two physical characteristics of a good sprinter.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

10) Age and gender affect participation and performance in physical activity. Mention another two.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_ (1)

**Body Systems and Performance (36 marks)**

**Answer all questions in this section**

**Answer all parts of each question**

1) Give one example where the skeleton protects a vital organ

- \_\_\_\_\_
- \_\_\_\_\_ (1)

2) With the help of muscles, the skeleton performs an important function. State what this function is and where this mainly happens.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

3) What is **the main difference** between **skeletal muscles** and **smooth muscles**?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (1)

4) The circulatory system has three main functions. Mention two of these functions and briefly describe how the circulatory system carries out these functions.

- i) \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (4)

5) Fill in the blanks with the following words

**HAEMOGLOBIN; CARBON DIOXIDE; AIR; GASEOUS EXCHANGE; OXYHAEMOGLOBIN; RED BLOOD CELLS**

The process which allows oxygen to be taken in from the \_\_\_\_\_ and for it to be 'exchanged' for carbon dioxide is known as \_\_\_\_\_. Oxygen, which has been breathed in, passes through the small alveoli air sacs and into the \_\_\_\_\_. The oxygen combines with \_\_\_\_\_ to form \_\_\_\_\_. An enzyme breaks down \_\_\_\_\_ which is a waste product, into a gas. This passes back through the alveoli and is breathed out through the lungs. (3)

6) Describe what is meant by *plateauing*.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

7a) Name the type of training seen in this picture.



\_\_\_\_\_ (1)

b) Mention two benefits of using this training method

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

8) Describe what aspect of fitness is being measured in the tests below.



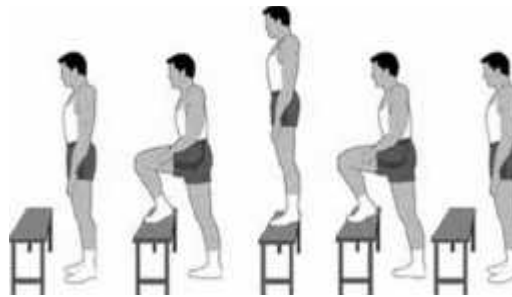
i) \_\_\_\_\_



ii) \_\_\_\_\_



iii) \_\_\_\_\_



iv) \_\_\_\_\_ (4)

9i) What is *doping control*?

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(2)

ii) Why is *doping control* used?

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(1)

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10i) Give an example of a sport in which beta-blockers are misused.

\_\_\_\_\_ (1)

ii) Why are beta-blockers used in such a sport?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

11) What is the difference between an *internally caused injury*, and an *externally caused injury*?  
Give one example of each.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (3)

12) Give a brief description for each of the following:

i) Sprain: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

ii) Dislocation: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

iii) Cramp: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

iv) Strain: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_ (8)

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**Section C: Sports in Society (12 marks)****Answer all questions in this Section**

1) The KMS (Kunsill Malti g all-isport) is keen to promote sport in schools. Why?

\_\_\_\_\_ (1)

2) State what type of competition is best suited in the following situations.

i) A local Football Competition for a whole season: \_\_\_\_\_

ii) A local Basketball Competition for six teams: \_\_\_\_\_ (1)

3) Some schools form strong links with sports clubs. Mention one benefit for schools and one benefit for sport clubs gained from this relationship.

i) Benefit for schools: \_\_\_\_\_

ii) Benefit for clubs: \_\_\_\_\_ (1)

4a) The Voluntary Sector (example: voluntary youth nurseries) provide facilities. Name the two other sectors that provide sport facilities.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

b) Give an example of a facility provided by i) and ii) above.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

5) Who is responsible for choosing the host city for the Summer and Winter Olympic Games?

\_\_\_\_\_ (1)

6) New sports have been included in the Olympic Games in recent years. Mention two benefits for a sport to be part of the Olympic Games programme.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (2)

7) Suggest a question a company might ask before sponsoring a club.

\_\_\_\_\_ (1)

8) Which are the four main types of media in relation to sport?

i) \_\_\_\_\_ ii) \_\_\_\_\_

iii) \_\_\_\_\_ iv) \_\_\_\_\_ (1)

9) Suggest two different activities a leisure centre might organise to attract young people.

i) \_\_\_\_\_

ii) \_\_\_\_\_ (1)

10) Complete the table below. The first one has been done for you.

	<b>Statement</b>	<b>City</b>
i)	Games boycotted by Black African countries	Montreal
ii)	Games boycotted by the United States of America	
iii)	Games boycotted by the Soviet Union and Communist countries	

(1)

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