

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2017 SESSION**

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SUBJECT:	<b>Physical Education</b>
PAPER NUMBER:	IIA
DATE:	26 <sup>th</sup> May 2017
TIME:	9:00 a.m. to 11:05 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: Sport in Society**Answer **ALL** questions**Information**

Diagrams may be used to clarify your answers where necessary

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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 difference between a basic skill and a complex skill?

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(2)

b) Why are drills performed during a training session?

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(1)

c) What is the importance of receiving feedback during skill practice?

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(1)

**(Total: 4 marks)**

**Movement and Physical Activities**

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

**2. Athletics**

a) i) What is meant by the lane infringement rule in track events?

---

(1)

ii) What happens if an athlete infringes this rule?

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(1)

b) Mention:

i) a middle distance event: \_\_\_\_\_

ii) a long distance event: \_\_\_\_\_ (1)

c) Name **TWO** of the four phases when performing a long jump.

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

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

**(Total: 4 marks)**

**3. Badminton**

a) How many times can a player in a singles game hit the shuttlecock before it passes over the net?  
\_\_\_\_\_ (1)

b) If two sets are played in a match when should the players change ends?  
\_\_\_\_\_ (1)

c) Describe the flight of the shuttlecock in a backhand serve.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

**(Total: 4 marks)**



**4. Basketball**

Refer to the picture.

a) What are the two players performing?  
\_\_\_\_\_ (1)

b) During which part of the match is this skill used?  
\_\_\_\_\_ (1)

*This question continues on the next page.*

c) Mention **TWO** important points when performing the lay-up shot.

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

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

**(Total: 4 marks)**

**5. Educational Dance**

a) 'Contrast' is important when planning a dance.

i) What is 'contrast'?

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

ii) Mention **ONE** way of achieving contrast in a dance.

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

b) State what these terms mean in dance:

	<b>Term</b>	<b>Meaning</b>
i)	flight	
ii)	travelling	
iii)	climax	
iv)	pathways	

(2)

**(Total: 4 marks)**

**6. Football**

a) Mention **TWO** main roles of the assistant football referee.

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

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



b) Refer to the picture.  
The referee is applying one of the rules during play.

i) What does his gesture mean?

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

ii) When is it used?

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

c) Explain what is meant by a 4-4-2 team formation.

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

**(Total: 4 marks)**

**7. Gymnastics**

a) Give **TWO** critical elements regarding the use of hands to keep a headstand position.

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

b) Explain **TWO** aspects of the space factor that are used during a forward walkover.

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

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

c) Write down the missing skill to achieve the most continuous flow.

Diving forward roll, \_\_\_\_\_, backward walkover. (1)

d) A rotational vault is more difficult to perform than a horizontal vault. Give the reason why.

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

**(Total: 4 marks)**

*Please turn the page.*

**8. Hockey**

a) Describe **TWO** instances when dangerous play is called by the referee.

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

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

b) i) What is the duration of a hockey game?

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ii) How many players can each team have on the field of play?  
\_\_\_\_\_ (2)

**(Total: 4 marks)**

**9. Netball**

a) State **ONE** instance when a ‘double defence’ is most commonly used in netball.

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

b) Mention **TWO** infringements which can occur by the goal shooter (G.S.) in the shooting circle.

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

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

c) State **TWO** critical elements of a one-handed catch in netball.

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

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

**(Total: 4 marks)**

**10. Rhythmic Gymnastics**

a) Mention **TWO** aspects to be considered regarding the floor area during a sequence.

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

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

b) Answer the following questions.



i) Which implement skill is the gymnast performing with the ribbon?  
\_\_\_\_\_ (1)

ii) In which plane is the gymnast working?  
\_\_\_\_\_ (1)

iii) Which body skill is the gymnast performing?  
\_\_\_\_\_ (1)

**(Total: 4 marks)**

**11. Swimming**

a) Give **TWO** important points to remember when performing the straddle start from the blocks for the freestyle stroke.

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

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

b) Describe the body roll in the front crawl and backstroke.

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

c) State why a tumble turn is not allowed in breaststroke and butterfly.

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

**(Total: 4 marks)**

*Please turn the page.*

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**12. Team Handball**

a) Describe the movements of a player who is performing a shot while falling forward.

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(2)

b) When is a two-minute suspension awarded to a player?

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(1)

c) What is the dotted line in the handball court called?

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(1)

**(Total: 4 marks)**

**13. Volleyball**



a) Refer to the picture

What kind of serve is the player preparing to perform?

---

(1)

b) During play, an attacking player touches the net between the antennae. How does the game proceed?

---

(1)



c) Mention **TWO** roles for each of the following:

i) The setter: \_\_\_\_\_  
\_\_\_\_\_ (1)

ii) Middle blocker: \_\_\_\_\_  
\_\_\_\_\_ (1)

**(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 **TWO** positive social factors which contribute towards better health.

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

2. State **TWO** hygienic precautions you would consider when using a swimming pool.

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

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

3.a) State which nutrient is most needed by athletes who train hard and for long periods.

\_\_\_\_\_ (0.5)

b) Why is this nutrient especially necessary for such athletes?

\_\_\_\_\_ (0.5)

4. Which **TWO** nutrients are particularly difficult to digest and should not be eaten for several hours before an event?


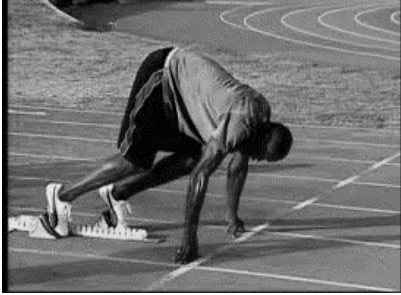


i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

5. Which **TWO** health related factors are most needed by:

a) a marathon runner? i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

b) a gymnast? i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

6.a) State the skill related factor shown in the actions below:

	
<p>i) _____</p>	<p>ii) _____</p>
	
<p>iii) _____</p>	<p>iv) _____</p>

(2)

b) Suggest another action when each of the skill related factors shown above is used.

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

iii) \_\_\_\_\_ iv) \_\_\_\_\_ (2)

c) What is the term used to describe the type of fitness needed by these skills?

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

7. Give the definition of dynamic strength: \_\_\_\_\_

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

8. State whether the following activities use aerobic or anaerobic energy. Give **ONE** reason for your answer.

	Activity	Type of Energy	Reason
i)	500m race		
ii)	Javelin Throw		

(2)

9. State what possible psychological or physiological factors the following situations describe. The first one has been done for you.

	Situation	Psychological/Physiological Factor
i)	A decrease in skill level	Physiological
ii)	Shortness of breath	
iii)	Loss of concentration	
iv)	Staleness	
v)	Positive mental preparation	

(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.a) Apart from protection, mention **ONE** other function of the skeletal system.

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

b) All bones found in the body may be categorised into four distinct types. List the names of **TWO** of these four types and give **ONE** example of each, found in the upper body.

i) Type: \_\_\_\_\_ Example : \_\_\_\_\_ (1)

ii) Type: \_\_\_\_\_ Example : \_\_\_\_\_ (1)

c) Joints are classified into three different types. List and give **ONE** example for each type.

	Type	Example
i)		
ii)		
iii)		

(3)

*Please turn the page.*

2.a) Movement at a joint may take place in one of five ways. Apart from flexion and rotation, list another **TWO** movements.

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

b) Mention a part of the body where a rotational movement may take place.

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

3. Complete the table below by explaining the function of the terms provided.

	<b>Term</b>	<b>Function</b>
i)	Tendon	
ii)	Ligament	
iii)	Synovial membrane	
iv)	Hyaline cartilage	

(2)

4.a) In how many regions is the vertebral column divided?

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

b) Name the lowest region of the vertebral column.

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

5) When bending the arm at the elbow, state which muscles act as agonist and which muscles act as antagonist.

i) Agonist: \_\_\_\_\_

ii) Antagonist: \_\_\_\_\_ (2)



6.a) Apart from the cardiac muscle, which are the **TWO** other categories of muscles?

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

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

b) Classify the **SIX** muscle groups listed below according to their location in the body.

Biceps, Gastrocnemius, Deltoid, Quadriceps, Trapezius, Gluteals

	Lower body	Upper body
i)		
ii)		
iii)		

(3)

7.a) The circulatory system is linked to the transportation of blood around the body. Mention **TWO** other functions of this system.

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

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

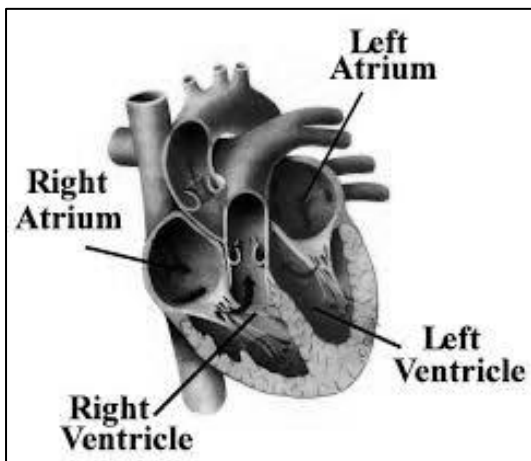
b) Explain the difference between the pulmonary circuit and the systemic circuit.

\_\_\_\_\_

\_\_\_\_\_

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

c) The diagram below shows four important components of the heart. Explain the main function of the labelled parts.



Right Atrium \_\_\_\_\_

\_\_\_\_\_

Right Ventricle \_\_\_\_\_

\_\_\_\_\_

*This question continues on the next page.*

Left Atrium \_\_\_\_\_

Left Ventricle \_\_\_\_\_

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

8.a) Where does gaseous exchange take place?

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

b) Apart from oxygen, which other gas is exchanged?

\_\_\_\_\_ (0.5)

9.a) Define the function of the nasal cavity.

\_\_\_\_\_ (0.5)

b) What are the small hairs that act as filters called?

\_\_\_\_\_ (0.5)

c) Mention **TWO** effects of exercise on the respiratory system.

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

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

10. Miguel has been registering some steady progress since he took up training in swimming. However, over the past two months he seems unable to maintain this progress.

a) What is the term used to describe this situation?

\_\_\_\_\_ (0.5)

b) Apart from reversibility, list another **TWO** principles of training.

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

11. Fill in the blanks with the name of the fitness test described.

	Test	Description
i)		A 12-minute run used to measure an athlete's cardiovascular endurance.
ii)		Ruler and chalk required to determine an athlete's vertical power levels.
iii)		Measures an athlete's pulse recovery rate.

(3)

12. When devising a fitness circuit, this may be organised using two alternative methods. Mention both methods.

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

13. Define the RICE procedure, commonly used in case of injury.

R: \_\_\_\_\_ I: \_\_\_\_\_

C: \_\_\_\_\_ E: \_\_\_\_\_ (1)

14. List **TWO** body parts that are commonly dislocated.

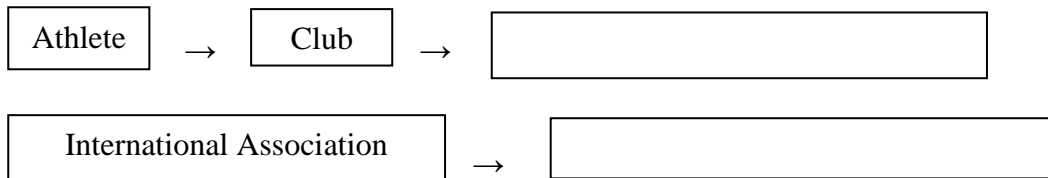
i) \_\_\_\_\_ ii) \_\_\_\_\_ (1)

**(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. The chart below shows how sport is organised from individual level to international level. Fill in the missing sections.



(1)

2. Eight teams have competed in a netball competition. These were the results.

**Group One**

A v B –21-16

C v D – 11-10

A v C – 15 -13

B v D – 27-22

A v D – 21-14

B v C – 19 -18

**Group Two**

E v F - 17-15

G v H – 20-21

E v G – 15-14

F v H – 21-25

E v H – 22-27

F v G – 18 -22

a) What type of competition was used?

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

b) List the **TWO** teams which qualify from each group.

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

*This question continues on the next page.*

c) What is the next phase of the competition called?  
\_\_\_\_\_ (1)

3. The private sector provides various sport facilities.

a) What is the main reason for this? \_\_\_\_\_ (0.5)

b) Who can use these private sports facilities? \_\_\_\_\_ (0.5)

4.a) The Olympic Games Ceremony starts by the lighting of the torch.

i) From where does the torch start the journey to the host city?  
\_\_\_\_\_ (1)

ii) How does the torch proceed to reach the host city stadium?  
\_\_\_\_\_ (1)

b) Mention **TWO** rituals held during the closing ceremony of the Olympic Games.

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

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

5. Mention **TWO** changes that have taken place in sports to meet sponsor demands.

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

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

6. State **TWO** roles of the sports media.

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

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

7. Provisions for leisure time activities are provided to different groups of people. Mention **TWO** of these groups.

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

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

8. Name **TWO** factors that describe the term 'economic discrimination' in sport.

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

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

**(Total: 12 marks)**



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SEC32/2B.17m

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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: 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**

a) Give **TWO** examples of complex skills.

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

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

b) Are these statements true or false?

i) Without positive feedback it is difficult for athletes to improve their skills – \_\_\_\_\_

ii) Floating in the water is a basic skill – \_\_\_\_\_

iii) During the warm up phase of a training session participants work on their technique – \_\_\_\_\_

iv) Mental training is considered important to improve skill – \_\_\_\_\_ (2)

**(Total: 4 marks)**

**Movement and Physical Activities**

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

**2. Athletics**

a) Describe the approach before take-off when performing the high jump.

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

b) Mention **TWO** sprinting events.

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

c) What happens if an athlete steps outside the lane in a 400m track event?

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

**(Total: 4 marks)**

**3. Badminton**

a) When performing a serve in badminton, where must the shuttlecock be hit?

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

b) i) Is a badminton match played on the best of two, three or five sets? \_\_\_\_\_ (1)

ii) Is a set won when a player wins 15, 18 or 21 points? \_\_\_\_\_ (1)

c) How many times can a player hit the shuttlecock before it passes over the net?

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

**(Total: 4 marks)**

**4. Basketball**

Fill in the blanks with the words provided below. All words must be used.

dribbling, jump ball, lay-up, two, three, four, five, ten
---

A basketball match starts with a \_\_\_\_\_. There are \_\_\_\_\_ players in each team and the duration of the match is \_\_\_\_\_ quarters of \_\_\_\_\_ minutes each. Points may be scored from outside the three point line, when \_\_\_\_\_ points are allotted for each basket or else inside the three point line when \_\_\_\_\_ points are given for each basket. Players must travel while \_\_\_\_\_ the ball but when performing a \_\_\_\_\_ shot a player can take two steps with the ball in his hands before attempting the basket. (4)

**(Total: 4 marks)**

**5. Educational Dance**

a) Mention **TWO** ways of travelling in dance.

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

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

*This question continues on next page.*

b) Fill in the table below using the correct description from the terms provided. The first one has been done for you.

sideways, personal, medium, asymmetrical, fast

	Term	Correct description
i)	Time	Fast
ii)	Directions	
iii)	Levels	
iv)	Shape	
v)	Space	

(2)

**(Total: 4 marks)**

**6. Football**

a) When does the referee adopt the advantage rule?

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

b) Mention the **TWO** main duties of the fourth official in football.

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

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

c) Refer to the picture. Which skill is the defender using?

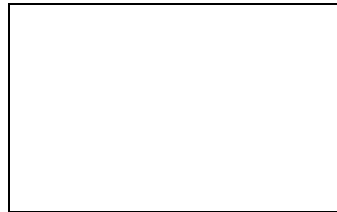


\_\_\_\_\_ (1)

**(Total: 4 marks)**

**7. Gymnastics**

- a) Mark with an “X” the position of the head and the position of the hands for the headstand in the box below.



(1)

- b) Write down the appropriate skill besides the description. The first one has been done for you.

	<b>Description</b>	<b>Skill</b>
i)	The weight of the body is distributed on hands and forehead	Headstand
ii)	The hands and feet are placed on the floor one at a time.	
iii)	Both hands are placed on the floor together and both feet land together.	

(1)

- c) Which skill does a gymnast usually perform before a backflip?

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

- d) John places the springboard very close to the box for his vault. What is likely to happen?

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

**(Total: 4 marks)**

**8. Hockey**

Are these statements true or false?

- a) The ball is always hit with the flat side of the stick – \_\_\_\_\_
- b) There are eight players in each hockey team – \_\_\_\_\_
- c) A hockey match is played over two halves of 45 minutes each – \_\_\_\_\_
- d) Drives are the most common shots in hockey and are also the most powerful – \_\_\_\_\_ (4)

**(Total: 4 marks)**

*Please turn the page.*

**9. Netball**

a) Wing Attack (W.A.) and Wing Defence (W.D.) catch the ball simultaneously and fall within the shooting circle.

i) What is the umpire’s decision?

\_\_\_\_\_ (0.5)

ii) From where is the game continued?

\_\_\_\_\_ (0.5)

b) Mention **ONE** effective tactic used at a centre pass by the defending centre.

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

c) State **TWO** roles of the Goal Keeper (G.K.) in the shooting circle.

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

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

**(Total: 4 marks)**

**10. Rhythmic Gymnastics**

a) Anna is composing a sequence for the hoop. She must consider her body skills and her implement skills. Mention **TWO** other things she must consider.

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

b) Throwing and catching are common to all implements. Mention another skill which is common to all implements. \_\_\_\_\_ (1)

c) Apart from the skills above, mention **TWO** other implement skills Anna may perform with the hoop during her sequence.

	<b>Body skill</b>	<b>Implement skill</b>
i)	Balance	
ii)	Leaping	

(2)

**(Total: 4 marks)**

**11. Swimming**

a) Give **TWO** points to describe the streamlined position in swimming.

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

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

b) Refer to the picture. Which stroke is the swimmer performing?



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

c) A tumble turn is not allowed in breaststroke. State the reason why.

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

**(Total: 4 marks)**

**12. Team Handball**

a) A player has committed a serious or repeated violations during a match. What penalty should the referee give him?

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

b) What is the dotted line in the handball court called?

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

c) How is play continued:

i) after a goal is scored? \_\_\_\_\_ (1)

ii) when the ball ends out of court from the side line?

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

**(Total: 4 marks)**

**13. Volleyball**

a) A player has touched the net between the antenna and pole (on the outside). Is that a violation?  
\_\_\_\_\_ (1)

b) When does touching the net lead to a violation?  
\_\_\_\_\_ (1)

c) Refer to the picture.



i) What kind of defence move is the player on the floor doing?  
\_\_\_\_\_ (1)

ii) Give **ONE** reason why this defence technique is used.  
\_\_\_\_\_ (1)

**(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) Smoking, alcohol and drugs can affect your health. Mention **FOUR** other factors which also affect health.

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

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

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

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



- 2) Alison is taking part in a marathon race. What type of food or drink should she take:
- i) during the marathon? \_\_\_\_\_
  - ii) two hours after the event? \_\_\_\_\_ (2)

- 3) Saturates, monosaturates and polyunsaturates are types of a particular nutrient. What is this nutrient called?
- \_\_\_\_\_ (1)

- 4) Give a possible reason for the following conditions.

	<b>Condition</b>	<b>Reason</b>
i)	High Blood Pressure	
ii)	Overweight	
iii)	Anorexia	
iv)	Dehydration	

(2)

- 5) Give **TWO** examples of how a person can get more exercise without joining a gym or a team.
- i) \_\_\_\_\_
  - ii) \_\_\_\_\_ (1)

- 6) Cardiovascular endurance and muscular endurance are both important for Karl who plays rugby.
- i) What do cardiovascular endurance and muscular endurance have in common?
  - \_\_\_\_\_ (1)
  - ii) Give **ONE** benefit of each component when playing rugby.
  - Cardiovascular endurance: \_\_\_\_\_ (1)
  - Muscular endurance: \_\_\_\_\_ (1)

*This question continues on next page.*

- iii) Mention **ONE** health-related and **ONE** skill-related fitness component not mentioned above which is also important in rugby.

Health-related component: \_\_\_\_\_

Skill-related component: \_\_\_\_\_ (1)

- 7) George is 18 years old.

a) Work out his maximum pulse rate. \_\_\_\_\_ (1)

b) What is the term used to describe the time for the heart rate to return to its level before exercise?  
 \_\_\_\_\_ (1)

- 8) State how the following factors can effect an athlete’s performance.

	<b>Factor</b>	<b>Effect on performance</b>
i)	Tiredness	
ii)	Staleness	
iii)	Boredom	
iv)	Pressure	

(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) Mention **TWO** different functions of the skeleton.

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

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

- 2) Name **ONE** bone found in the upper body for each of the following examples (each bone can only be mentioned once):

i) A short bone: \_\_\_\_\_

ii) A long bone: \_\_\_\_\_



iii) An irregular bone: \_\_\_\_\_

iv) A flat bone: \_\_\_\_\_ (2)

3) Give **ONE** example of each of the following:

i) An immovable joint: \_\_\_\_\_ (0.5)

ii) A slightly moveable joint: \_\_\_\_\_ (0.5)

4a) Circle **TWO** of the following which are **not** an example of freely moveable joints.

Synovial Membrane, Ball and Socket, Gliding, Hyaline Cartilage, Hinge

(1)

b) Apart from the three freely movable joints named above, mention another **TWO**.

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

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

5) Fill in the table below by stating the term that best fits the description.

	<b>Term</b>	<b>Description</b>
i)		Links a bone to a muscle
ii)		Links a bone to a joint
iii)		Acts as a lubricant
iv)		Acts as a shock absorber

(2)

6) i) How many bones form the vertebral column?

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

ii) What are the names of the top **TWO** bones found in the vertebral column?

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

7) Give **ONE** example of a voluntary muscle and of an involuntary muscle.

i) Voluntary muscle: \_\_\_\_\_

ii) Involuntary muscle: \_\_\_\_\_ (2)

8) Use the terms provided below to fill in the table, marked Column A and Column B.

abdominals, hamstrings, trapezius, quadriceps,  
gluteals, deltoid, gastrocnemius, pectorals

	Column A – Upper Body	Column B – Lower Body
i)		
ii)		
iii)		
iv)		

(4)

9a) What is the body system related to blood transportation around the body known as?

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

b) List **TWO** factors that may lead to an increased heart rate.

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

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

c) Why does the resting heart rate differ from one person to another?

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

10a) Circle **FOUR** of the following which are directly responsible for an efficient respiratory system.

larynx, pulmonary circuit, systemic circuit, pharynx,  
pleura, trachea, gaseous exchange

(2)

b) From the above terms, choose the term that describes the vital process that takes place in the alveoli.

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

11a) List the **FOUR** principles of training.

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

b) In case of injury, which principle is likely to set in?

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

12) Different factors of fitness may be measured by specific means of testing. Fill in the table below. The first one has been done for you.

	<b>Factor of fitness</b>	<b>Test</b>
i)	Agility	Zig-zag running
ii)	Flexibility	
iii)		Standing Broad Jump

(2)

13a) Explain the difference between a sprain and a strain.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

b) How does a bruise form?

\_\_\_\_\_

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

*This question continues on next page.*

c) What does RICE stand for?

R \_\_\_\_\_ I \_\_\_\_\_ C \_\_\_\_\_ E \_\_\_\_\_ (2)



14) Which training methods are the following pictures showing?



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

ii) \_\_\_\_\_ (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) Which official is responsible for:

i) collecting subscriptions from club members? \_\_\_\_\_ (0.5)

ii) taking of minutes during meetings? \_\_\_\_\_ (0.5)

2) **A, B** and **C** are three teams taking part in a round robin hockey competition.

i) List the teams for each game. The first one has been done for you.

**A vs B**

\_\_\_\_\_

\_\_\_\_\_

(1)

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ii) The first part of the round robin competition takes the form of a league. What form does the second part take?

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

3) Public Sports facilities provide various opportunities for people. State **TWO** advantages these facilities offer.

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

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

4) Before each Olympic Games a torch is lit at Olympia in Greece.

i) How is this torch lit?  
\_\_\_\_\_ (1)

ii) Who carries this torch to the Olympic Stadium where the Games will be held?  
\_\_\_\_\_ (1)

5) Sporting events are expensive to organise.

i) Who contributes mostly towards these expenses?  
\_\_\_\_\_ (0.5)

ii) Why is this contribution to sporting events given?  
\_\_\_\_\_ (0.5)

6) The media may be divided into the written media and the broadcast media.

a) Name **TWO** types of written media.

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

b) Name **TWO** types of broadcast media

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

7) Mention **ONE** reason why more people are taking part in leisure time activities.

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

*Please turn the page.*

8) Certain people find it impossible to participate in sport. One of the reasons might be because of religion.

State another **TWO** reasons.

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

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

**(Total: 12 marks)**