



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2020 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIA
DATE:	9 th September 2020
TIME:	9:00 a.m. to 11:05 a.m.

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) Outline the difference between static opponents and active opponents.

_____ (2)

b) Give an example of a skill practice in a game of your choice.

Game: _____

Skill Practice: _____ (2)

(Total: 4 marks)

Movement and Physical Activities

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

2. Athletics

a) After what distance is a race considered as distance running?

_____ (1)

b) i) Explain the term 'pacing' (tempo training).

_____ (1)

ii) Why is this type of training important for?

_____ (1)

iii) Name another **TWO** running events in athletics.

_____ and _____ (1)

(Total: 4 marks)

3. Badminton

a) Name the **FOUR** basic strokes of badminton.

i) _____ ii) _____

iii) _____ iv) _____ (2)

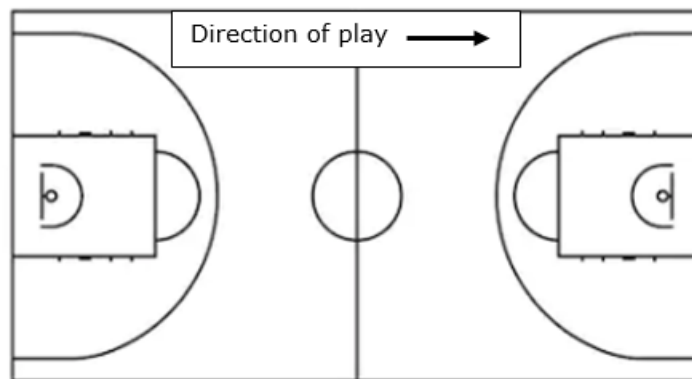
b) Choose **ONE** from the above and describe its preparation phase.

(2)

(Total: 4 marks)

4. Basketball

a) Mark with a cross (x) the 2-point shooting area and with a circle (o) the 3-point shooting area. (1)



b) Name **FOUR** critical elements of the basic defensive stance in basketball.

- i) _____
- ii) _____
- iii) _____
- iv) _____ (2)

c) What is the term used when a defender grabs the ball after a missed shot of the opponent?
_____ (1)

(Total: 4 marks)

Please turn the page.

5. Educational Dance

a) On whose principle is Educational Dance based on?

_____ (1)

b) Why is it important for the head to turn in synchronisation with the body?

_____ (1)

c) Name **TWO** other attributes which are important in a turn.

_____ (2)

(Total: 4 marks)

6. Football

a) Describe **FOUR** duties of a referee.

_____ (2)

b) When is a corner kick awarded?

_____ (2)

(Total: 4 marks)

7. Gymnastics

a) Describe the progression of a back walkover.

_____ (3)

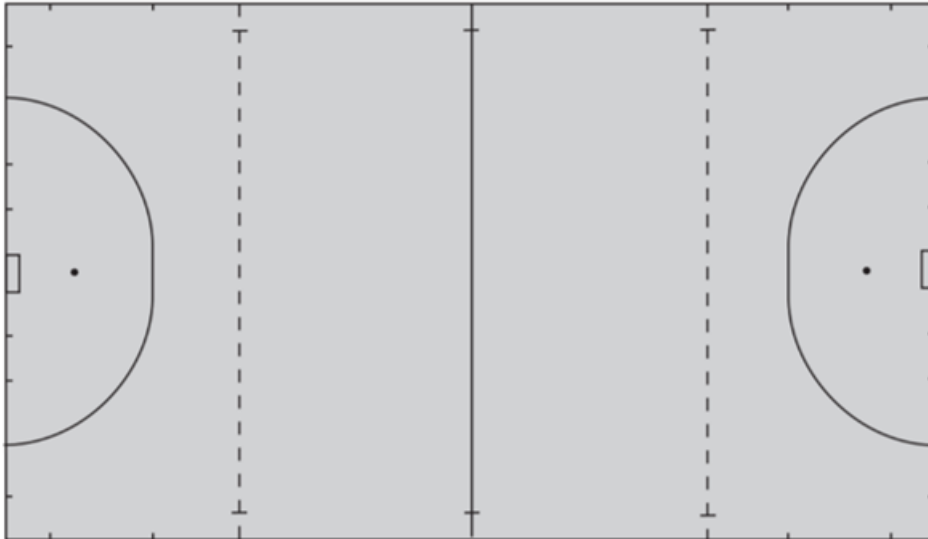
b) Name **TWO** possible ways of vaulting.

_____ (1)

(Total: 4 marks)

8. Hockey

a) Draw arrows from the term to label the Hockey field correctly. (2)



Centre line

23m line

Shooting circle

Penalty spot

b) Mention **ONE** instance when a free hit is awarded. _____ (1)

c) Describe how a scoop is performed. _____ (1)

(Total: 4 marks)

9. Netball

a) Describe **FOUR** critical elements of the shooting stance in Netball.

i) _____

ii) _____

iii) _____

iv) _____ (2)

This question continues on next page.

b) Define the term 'interception'.

_____ (1)

c) Name **TWO** errors of interception.

_____ (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) How long is an individual routine?

_____ (1)

b) List the **FOUR** different components in Rhythmic Gymnastics.

_____ (2)

c) Mention **TWO** manipulations of the ribbon.

_____ (1)

(Total: 4 marks)

11. Swimming

The below describe some errors in the front crawl technique. Explain what the swimmer needs to change to improve the technique.

a) Head comes out of the water to breathe from the front.

_____ (1)

b) Hips and legs are lower than the shoulders.

_____ (1)

c) Knees are bent during kicking.

_____ (1)

d) The hand enters the water with fingers spread.

(1)

(Total: 4 marks)

12. Team Handball

a) Mention **TWO** errors in dribbling.

(1)

b) Name **TWO** other skills that are permitted with the ball in Team Handball.

(1)

c) How many players start in the game of Team Handball?

(1)

d) Name **TWO** player positions in Team Handball.

(1)

(Total: 4 marks)

13. Volleyball

a) Define the term 'blocking'.

(1)

b) How many players usually perform a block?

(1)

c) Is the following statement True or False?

i) The play continues when the ball touches the net while crossing to the opponent's court.

(1)

ii) The ball driven into the net may not be recovered, even if the three touches are 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.

1a) Participating in regular physical activity can benefit both your general fitness and health levels. Mention:

i) one general fitness benefit: _____ (1/4)

ii) one health benefit: _____ (1/4)

b) State what is meant by specific fitness.

_____ (1/2)

2a) Warming up before physical activity reduces the chances of injury. Mention **TWO** other benefits of warming up before an activity.

i) _____ (1/2)

ii) _____ (1/2)

b) For each statement in the following table, identify an injury risk and a safety action associated with the activity. Do not mention warming up.

	Statement	Injury risk	Safety action
i)	Lifting heavy objects		
ii)	Gymnast practicing vaulting		

(2)

3a) State **TWO** benefits of drinking water during a marathon run.

i) _____ (1/2)

ii) _____ (1/2)

b) Why does a marathon runner eat a high carbohydrate diet in the week before a race?

_____ (1/2)

4. Name and state the difference between the two types of amino acids found in protein.

a) _____ (3/4)

b) _____ (3/4)

5. In general, when do proteins provide the body with energy?

_____ (1)

6. Martina is a basketball player. She is working to improve her speed and agility. Give an example when she would use these skills during the game.

a) Speed: _____
 _____ (1/2)

b) Agility: _____
 _____ (1/2)

7. A good reaction time helps a sprinter to get to a good position at the start of a race. Mention a specific situation when good reaction time would benefit the athlete in the following activities.

a) Badminton:

 _____ (1/2)

b) Hockey:

 _____ (1/2)

8. In the table below state which factor each student should aim to improve in to achieve a better performance.

	STUDENT	FACTOR
a)	John is always substituted for the 2 nd half of the game because he is too tired to continue	
b)	Andrea has difficulty in performing a split in her dance routine	
c)	Christopher does not release the discus with enough force	
d)	Emma has difficulty in linking all parts of a movement efficiently	

(2)

9a) Give a specific example when dynamic strength is used in gymnastics.
 _____ (1)

b) Mention the other **TWO** types of strength.

i) _____ (1/4)

ii) _____ (1/4)

Please turn the page.

10. State why oxygen debt is more likely to happen to a 100m sprinter than a fifteen minute jogger.

_____ (1)

11. John is aiming to improve his speed. Mention **TWO** ways how can he achieve this.

a) _____ (1/2)

b) _____ (1/2)

12. Being an introvert or extrovert personality type can affect one's choice of a sport activity. Mention an activity or sport that each personality type is most likely to fit well in.

a) Introvert - Likely Sport: _____ (1/4)

b) Extrovert - Likely Sport: _____ (1/4)

(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. Joints in the body are classified into three categories. Apart from the freely moveable joints, mention the other **TWO** categories and give an example of each. (2)

	Type of joint	Example
Ex)	Freely moveable joints	shoulder
a)		
b)		

2. The vertebral column has an important role in our skeletal system. Mention **TWO** functions of the vertebral column.

 _____ (1)

3. What is the difference between a tendon and a ligament?

_____ (1)

4. Muscles usually work in pairs or groups.

a) State the action of the two muscle groups involved in the extension of the knee.

_____ (1)

b) Which group acts as the agonist and which one acts as the antagonist?

_____ (1)

5. Describe the function of each of the muscles named in the table below. (1½)

	Muscle	Function
a)	Latissimus dorsi	
b)	Abdominals	
c)	Gastrocnemius	

6. What is the difference between an isometric contraction and isokinetic contraction?

 _____ (1)

7. Define the following terms. (3)

		Definition
a)	Cartilage	
b)	Origin	
c)	Periosteum	

8. Describe **TWO** short term effects on the body brought by physical activity.

 _____ (1)

Please turn the page.

9. Explain the function of the blood vessels in this table, stating the direction of the flow of the blood in them in relation to the heart and whether the blood in them is oxygenated or deoxygenated. (3)

	Vessel	Function
a)	Aorta	
b)	Pulmonary vein	
c)	Capillaries	

10. What is the difference between the pulmonary artery and the rest of the arteries in the body? _____ (1)

11. How is the total lung capacity calculated? _____ (1)

12. During inspiration, gaseous exchange takes place in the alveoli. Explain gaseous exchange. _____ (2)

13. Describe what happens during expiration to:

a) The diaphragm: _____ (½)

b) The ribcage: _____ (½)

14. What is VO₂ max? _____ (1)

15. Various training methods can be used to suit the needs of the individual. Complete the following table with the best training method suitable for: (1½)

	Situation	Best training method
a)	Training for the half marathon	
b)		Skill circuit
c)	Increase power for a better take off in high jump	

16. Specificity and progression are two principles of training. Briefly explain their function giving examples of how it can be applied in training sessions.

Specificity:

(1½)

Progression:

(1½)

17. A trained muscle will experience atrophy if training is stopped. Explain this statement.

(1)

18. Continue the table below by writing the name of the test described and what fitness component is tested. (3)

	Description of test	Name of test	Fitness component
eg)	Athlete sits and tries to reach as far as possible beyond his/her toes.	Sit and Reach test	Flexibility
a)	Athlete runs over 20m distances and changes direction at sound from recorder		
b)	Athlete steps up and down on a low platform and checks heart beats after stopping		
c)	Athlete stands, feet together and jumps forward as far as possible		

19. Describe the difference between overused injuries and sudden injuries.

(1)

20. Explain when the recovery position is used.

(1)

21. Mention **ONE** reason why doping control is essential.

_____ (1)

22. State **ONE** reason why the following drugs/doping methods are taken and **ONE** possible side effect. (3)

	Doping Method	Taken to	Side effect
a)	Beta Blockers		
b)	Blood doping		
c)	Narcotics		

(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.

1a) Mention **TWO** ways in which a treasurer of a sports club could suggest ways of raising funds for his club.

i) _____ (1/2)

ii) _____ (1/2)

2. The Malta Football Association is the National Governing Body for Football. Name **TWO** of its responsibilities.

a) _____ (1/2)

b) _____ (1/2)

3a) Combined and plate competitions are two types of competitions. Name another **TWO** types of competitions and briefly describe how each one is run.

i) Competition type: _____

ii) How it is run: _____

_____ (1)

b) i) Competition type: _____

ii) How it is run: _____

_____ (1)

4. State **TWO** reasons why one may choose to train in an indoor facility rather than an outdoor facility.

a) _____ (1/2)

b) _____ (1/2)

5a) What does IOC stand for? _____ (1/2)

b) Mention **TWO** of its functions.

i) _____ (1/2)

ii) _____ (1/2)

c) Which is the main sponsorship for the funding of the IOC?

_____ (1/2)

6. Give the most possible reason for each of the following statements.

	Statement	Possible reason
a)	An athlete looks for a sponsor	
b)	An elite shop sponsors a club	
c)	A sport has increased its popularity	
d)	Local councils are providing more sport facilities	

(2)

7. Documentaries and live coverage are two types of sports coverage provided by television. Mention another **TWO**.

a) _____ (1/2)

b) _____ (1/2)

8. State **TWO** factors which have contributed towards more leisure and recreation time.

a) _____ (1/2)

b) _____ (1/2)

9a) What is meant by racism in sport?

_____ (1/2)

b) Name **ONE** Summer Olympic Game where racism was evident.

_____ (1/2)

(Total: 12 marks)

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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) Define the terms **skill** and **transfer of skill** and give an example to support your answer.

Skill: _____ (1)

Example: _____ (1)

Transfer of Skill: _____ (1)

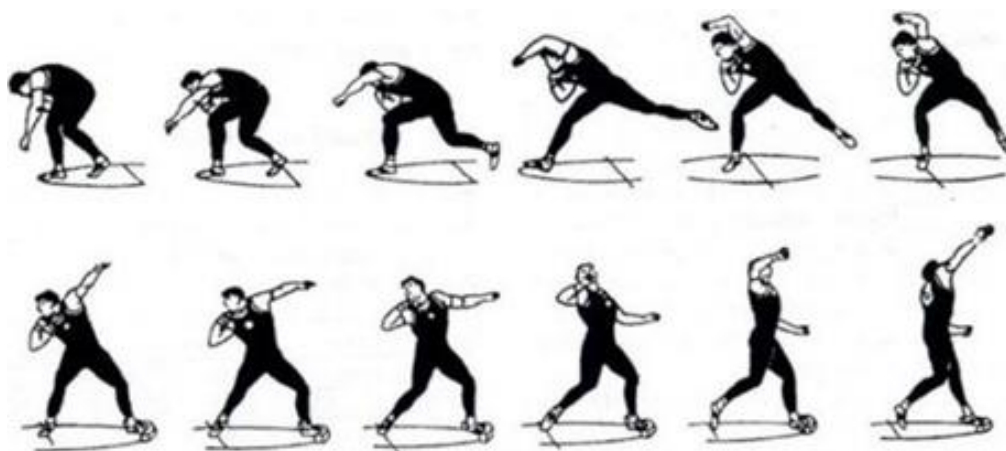
Example: _____ (1)

(Total: 4 marks)

Movement and Physical Activities

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

2. Athletics



a) i) What event is shown in the picture above? _____ (1)

ii) Name the technique being used. _____ (1)

iii) Describe the preparation phase of this technique.

_____ (2)

(Total: 4 marks)

3. Badminton

- a) Paul and Joe are playing an official badminton game. Joe wins the first game.
 - i) Who will start serving in the next game? _____ (1)
 - ii) From which side of the court will he start serving? _____ (1)
- b) Describe the progression of the backhand serve.

_____ (2)

(Total: 4 marks)

4. Basketball

- a) Define the term 'backcourt'.
_____ (1)
- b) i) How does the game start? _____ (1)
ii) Describe what happens in this procedure.

_____ (2)

(Total: 4 marks)

5. Educational Dance

- a) What is the difference between acceleration and deceleration?

_____ (2)
- b) Name **FOUR** combinations of the 5 basic jumps.

_____ (2)

(Total: 4 marks)

Please turn the page.

6. Football

Sort out the following phrases under the appropriate title.

Body control	Balance and coordination	Strength and power	Passing accuracy
Endurance	Dribbling skills	Ball control	Speed

Technique	Physical Fitness

(Total: 4 marks)

7. Gymnastics

a) i) Describe the progression of a forward roll.

(3^{1/2})

ii) Give **ONE** error in a forward roll.

(¹/₂)

(Total: 4 marks)

8. Hockey

a) i) Define the term 'trapping'.

(1)

ii) Why is this skill important? Give **TWO** reasons.

(2)

b) Label the hockey stick. (1)



(Total: 4 marks)

9. Netball

a) i) Name **TWO** player positions in netball. (1)

ii) Give **TWO** characteristics for the two player positions mentioned above.

_____ (2)

b) How long is a netball game? (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) i) Name **FOUR** pieces of apparatus used in Rhythmic Gymnastics.
_____ and _____
_____ and _____ (2)

ii) What happens if the apparatus is not caught during the routine? (1)

b) Is the following statement True or False?

In a senior group routine, there can be seven gymnasts taking part.

_____ (1)

(Total: 4 marks)

Please turn the page.

11. Swimming

a) Why are there flags held above the pool?

_____ (1)

b) Describe the arm movement in the front crawl.

_____ (3)

(Total: 4 marks)

12. Team Handball

a) Match column A with Column B by writing the numbers next to the appropriate answer. The first one is done as an example.

	A	B	
A player can hold the ball for...	1		Throw-off
Moving the ball whilst bouncing it.	2		False
This happens after the ball goes out from the side line.	3		D- zone
Handball starts with a...	4		2 minute
Only the goal keeper is allowed in this area.	5		Disqualified
There are 10 players in Team Handball.	6		Throw-in
A player who attacks in a dangerous way is...	7	1	3 seconds
The goal keeper is allowed to use any body part to stop a goal...	8		True
Certain fouls end in a _____ suspension.	9		Dribbling

(Total: 4 marks)

13. Volleyball

a) Name **FOUR** skills used in volleyball.

_____ (2)

b) i) How many players are there on the court during a volleyball match?
_____ (1)

ii) In which direction do the players in volleyball rotate?
_____ (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. Which recreational drug damages the liver and reduces an athlete's reaction time?
_____ (1/2)

2. Name **TWO** factors which show that a person is socially healthy.
a) _____
b) _____ (1)

3. In what type of events is 'carbohydrate loading' used?
_____ (1)

4. Athletes usually eat a balanced diet. Briefly state the importance of carbohydrates and proteins for an athlete.
a) carbohydrates _____
b) protein _____ (1)

5. Explain why eating a large meal before exercise might result in a poor performance.
_____ (1)

6. What do we call the condition where a person regularly refuses to eat?
_____ (1/2)

7. Why is it important for people who have a sedentary job to exercise?
_____ (1)

Please turn the page.

8. Name **FOUR** factors which indicate a lack of general fitness.

- a) _____ b) _____
- c) _____ d) _____ (2)

9a) Name **TWO** components of health-related fitness.

- i) _____ ii) _____ (1/2)

b) Name **TWO** components of skill-related fitness.

- i) _____ ii) _____ (1/2)

10. There are **THREE** types of strength. What type is used in the following:

- a) run up in high jump _____
- b) arm wrestling _____ (1)

11a) What do we call the range of movement around a joint?

_____ (1/2)

b) What do we call the body's ability to change direction at speed?

_____ (1/2)

c) State how the factor mentioned in (11b) may provide an advantage to an athlete in:

- i) football _____
- ii) basketball _____
- iii) swimming _____
- iv) gymnastics/dance _____ (2)

12a) Which health component is most important for long-distance swimming?

_____ (1/2)

b) What do we call the ability of a muscle to continue to perform without fatigue?

_____ (1/2)

14. State **ONE** way of removing lactic acid which has built up during exercise.

_____ (1)

15. State how tension can affect a performance:

- a) negatively _____
- b) positively _____ (1)

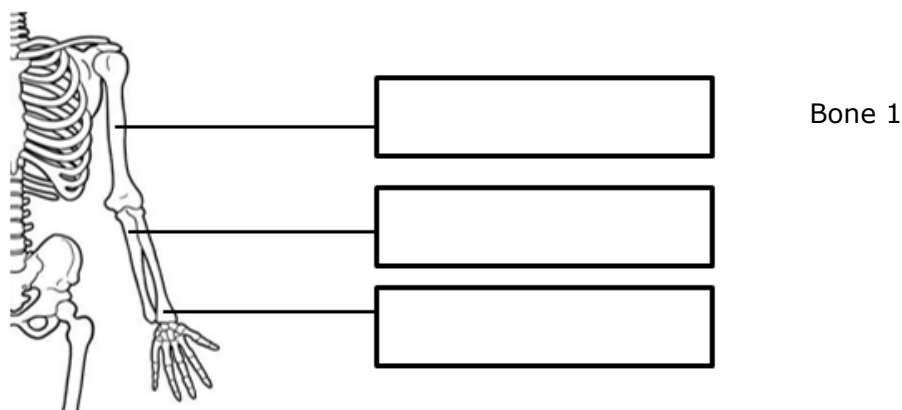
(Total: 16 marks)

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. Look at the diagram of a skeleton shown in the picture below and answer the following questions.

- a) Write down the anatomical name of the bones in the box provided. (1½)



- b) Muscles are attached to bones and contract and relax in order to allow movement. Name the muscle attached to bone 1.

_____ (1)

2. What is the term used for the muscles that work together?

_____ (1)

3. What type of joint is found at the knee?

_____ (½)

Please turn the page.

4. All synovial joints found in the body have the same components. Complete the table. (3)

	Component	Function
a)	Ligament	
b)		Lubricates the joint
c)	Hyaline cartilage	
d)		Joins muscle to bone to enable movement

5. What is the difference between flexion and extension?
 _____ (1)

6. What type of muscle is a 'skeletal muscle'?
 _____ (1/2)

7. Mention **ONE** example of an involuntary muscle besides the heart.
 _____ (1/2)

8. Describe the function of each of the muscles named in the table below. (1 1/2)

	Muscle	Function
a)	Hamstring	
b)	Gluteals	
c)	Pectorals	

9. During a recent football match, John fell on the ground holding his gastrocnemius as he was suffering from a muscle cramp.

a) Give **ONE** reason why this might have happened.
 _____ (1/2)

b) Suggest **ONE** way how John can treat it.

 _____ (1/2)

10. Mention **TWO** structural differences between the arteries and veins.

_____ (2)

11. What is the function of the white blood cells?

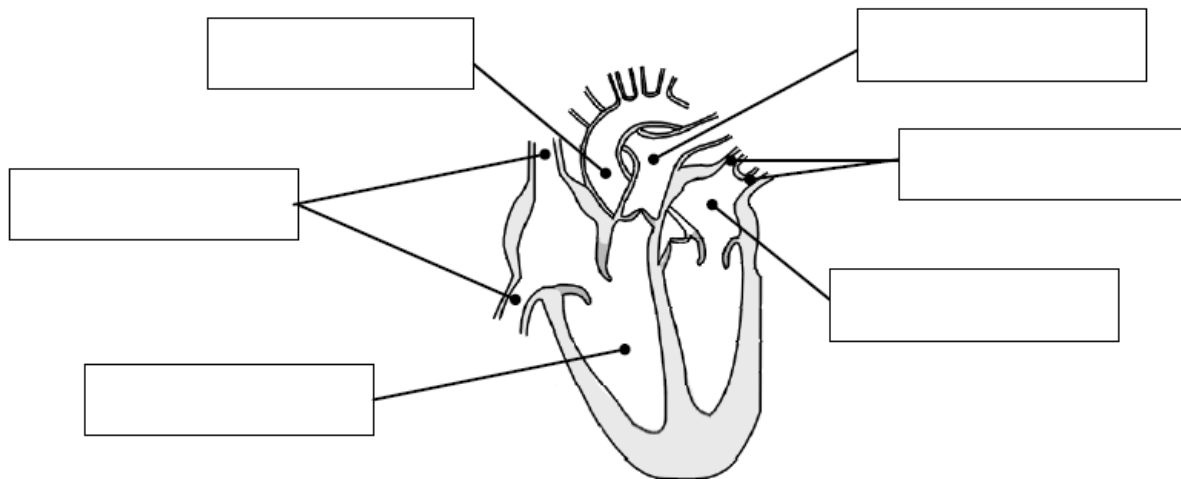
_____ (1)

12. What is the main function of the systemic circuit?

_____ (1)

13. Label the diagram below.

(3)



14. The nose has three essential functions during inspiration. Mention **ONE** of them.

_____ (1)

15. During inspiration, we inhale certain gases. Name **TWO** of these gases.

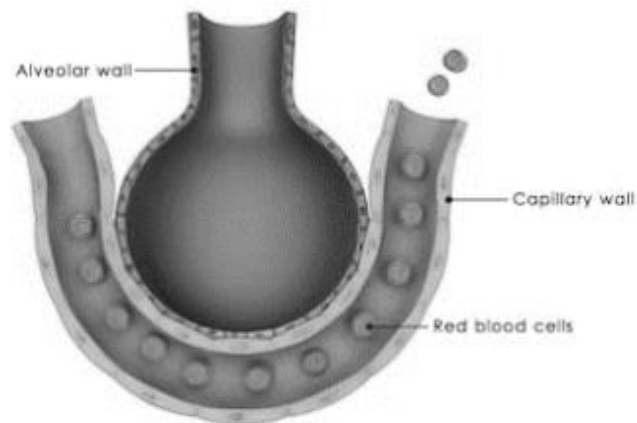
a) _____ b) _____ (1)

16. What does oxygen debt mean?

_____ (1)

17. The diagram on the right shows a cross section of an alveola. Explain what is happening inside it.

_____ (2)



18. The principles of overload and progression are related.

a) How are these related?

_____ (1)

b) What should be done if no progress is seen to happen after a period of regular training?

_____ (1)

19. Underline which of the following is **not** a principle of training. (½)

Duration, time, stamina, tedium, frequency

20. Mandy is planning to include some exercises in a fitness circuit.

a) Suggest **TWO** exercises for her fitness circuit.

_____ (1)

b) Mention **TWO** advantages using circuit training.

_____ (1)

21. Mention **ONE** way how a coach or teacher can use fitness tests results.

_____ (1)

22. Mention **ONE** fitness test which uses the pulse rate to measure cardiovascular endurance.

_____ (1)

23. In the table below, state the reason for each of the short term effects of physical activity.

(2)

	Effect	Reason
a)	Increase in breathing rate	
b)	Sweating	

24. Michelle suffered a fracture during a football game and had to keep her leg in a cast for 6 weeks. After 6 weeks Michelle removed her cast and noticed a change. Explain what happened to her leg and state the technical word for it.

Technical word: _____ (½)

_____ (1)

25. What does the acronym RICE stand for?

_____ (1)

26. Place the type of drug near its effect. Choose from:

beta-blockers, stimulants, peptide hormones, diuretics, anabolic steroids, creatine. (1½)

	Type of drug	Effect
a)		To reduce excess body fluid, through urination
b)		Help to increase the size of muscles
c)		To increase alertness

(Total: 36 marks)

Please turn the page.

SECTION C: SPORT IN SOCIETY

This section carries 12 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Finance is one of the responsibilities of a National Governing Body. Mention another **TWO** responsibilities.

a) _____

b) _____ (1)

2. Sport is organised at four different levels. Mention **TWO**.

a) _____ b) _____ (1)

3. Name the competition used when:

a) all teams play against each other _____

b) you have a large entry of teams _____ (1)

4. Explain briefly the terms:

a) seeded _____

b) relegated _____ (2)

5. State why having access to parking facilities can contribute to more participation in sport.

_____ (1)

6. Identify **TWO** different types of voluntary organisations which provide leisure opportunities for young people.

a) _____ b) _____ (1)

7. Name **ONE** major international sports competition.

_____ (1)

8. Which **ONE** is a definition of sponsorship? Underline the right answer.

a) Sponsoring of teams and/or events.

b) Sponsoring the production of sports shoes.

c) Sponsoring of television rights. (1)

9. Give **ONE** positive outcome to support each of the following:

a) Televised sport encourages us to stay at home.

_____ (1)

b) Televised sport inspires us to take part in sport.

_____ (1)

10. Give **ONE** reason why leisure time is increasing.

_____ (1)

(Total: 12 marks)

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