



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2023 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIA
DATE:	5 th May 2023
TIME:	4:00 p.m. to 6:05 p.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.

Please turn the page.

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 term 'mental rehearsal'.

(2)

b) Name **TWO** advantages of the technique mentioned in 1(a) above.

i) _____ (1)

ii) _____ (1)

(Total: 4 marks)

Movement and Physical Activities

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

2. Athletics

a) Name the zone where the baton exchange occurs in a relay event.

(1)

b) There are two techniques for baton exchange. Name and briefly describe **ONE** of these techniques.

(3)

(Total: 4 marks)

3. Badminton

a) Define the term 'rally' in badminton.

(2)

b) Mention **ONE** rule related to the service.

(1)

c) Mention **ONE** common fault during the service.

(1)

(Total: 4 marks)

4. Basketball

a) Define the term 'man-to-man' defence.

(2)

b) Name **ONE** advantage of the defensive strategy mentioned in 4(a) above.

(1)

c) Name **ONE** other defensive strategy used in basketball.

(1)

(Total: 4 marks)

5. Educational Dance

a) Define the following terms used in Educational Dance.

i) Sustained: _____ (1)

ii) Accent: _____ (1)

b) Name the **FOUR** effort factors in Educational Dance.

(2)

(Total: 4 marks)

Please turn the page.

6. Football

a) Name **TWO** differences between 'Penalty kick' and 'Free kick'.

(2)

b) Explain the offside rule in football.

(2)

(Total: 4 marks)

7. Gymnastics

a) Name **TWO** common faults when using the vault.

(2)

b) Explain the arms placements when going into a backward roll.

(2)

(Total: 4 marks)

8. Hockey

a) Explain the arms position on the hockey stick.

(2)

b) Name **TWO** examples of fouls in field hockey.

(2)

(Total: 4 marks)

9. Netball

a) Name **TWO** responsibilities of the umpire in Netball.

i) _____ (1)

ii) _____ (1)

b) Two players from each team violated the offside rule.

i) Name the action that follows: _____ (1)

ii) Describe this action: _____
 _____ (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) Explain the importance of the following skills.

i) Co-ordination: _____ (1)

ii) Musicality: _____ (1)

b) Describe a sequence phrase of **FOUR** skills for an implement of your choice.

i) Chosen Implement: _____ (½)

ii) Sequence phrase: _____
 _____ (1½)

(Total: 4 marks)

11. Swimming

Fill in the following table to identify the differences between Backstroke and Freestyle stroke.

	Body position	Breathing
Backstroke	i)	iii)
Freestyle stroke	ii)	iv)

(Total: 4 marks)

12. Team Handball

a) Explain the difference between 'zone defence' and 'individual defence'.

(2)

b) Explain what actions are taken after:

i) A player holds on to the opponent for a long time.

(1)

ii) A player attacking an opponent in a very dangerous manner.

(1)

(Total: 4 marks)

13. Volleyball

a) Name the skill that describes the **THREE** touches before the ball goes over the net.

i) An underarm pass: _____ (1)

ii) An overhead pass: _____ (1)

iii) An overhead attack: _____ (1)

b) What happens to the players, when the team wins a point?

(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. A healthy environment contributes towards positive health. Mention **TWO** other aspects of a healthy lifestyle.

i) _____ ii) _____ (1)

2a) What is a sedentary lifestyle?

_____ (1/2)

b) State **TWO** likely outcomes of a sedentary lifestyle.

i) _____ (1/2)

ii) _____ (1/2)

3. What is a balanced diet?

 _____ (1/2)

4. Write down the nutrient/s that best describes the statements in the table below.

	Statement	Nutrient/s
i)	This is used to assist with growth and repair of cells.	
ii)	These maintain bone health.	
iii)	When stored around major organs this has a protective effect.	
iv)	These help resistance to bacteria and disease.	

(2)

5. What is essential for life but is **not** a nutrient?

_____ (1/2)

6a) State the term that describes the **THREE** body types.

_____ (1/2)

b) State the term that best describes the ideal body type of an elite 5000m runner.

_____ (1/2)

Please turn the page.

7. State **TWO** short-term effects of exercise.

i) _____ (1/2)

ii) _____ (1/2)

8. Speed is a combination of two factors. Fill in the table below.

	Factor		Description		Activity
i)			How quickly a performer responds to a stimulus.	ii)	
iii)		iv)			Follow through of a tennis Stroke.

(2)

9a) Luigi is a gymnast working to improve his flexibility and agility. Give an example when he uses these skills in his floor routine.

i) Flexibility: _____ (1/2)

ii) Agility: _____ (1/2)

b) Define flexibility.

_____ (1/2)

10. For the following statements fill in, the table below with the type of strength that is being used.

	Statement	Type of strength
i)	This type of strength is closely linked with endurance.	
ii)	In this type of strength the muscles are working but not actively changing length.	

(1)

11. State **TWO** athletic events for which fast twitch muscles are beneficial.

i) _____ ii) _____ (1)

12. Give **TWO** reasons why football players need a combination of aerobic and anaerobic fitness.

i) _____ (1)

ii) _____ (1)

13. Mention **TWO** mental factors that affect performance positively.

i) _____ ii) _____ (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. Read the article and study the chart on page 10 related to injuries and illnesses suffered by athletes at the Olympic Games held in Tokyo in 2021. Then answer the questions that follow.

In total, 11 315 athletes (5423 women, 48%; 5892 men, 52%) from 206 National Olympic Committees (NOCs) were followed up prospectively for the occurrence of injury and illness.

NOC and Tokyo 2020 medical staff reported 1035 injuries and 438 illnesses, equalling 9.1 injuries and 3.9 illnesses per 100 athletes over the 17-day period.

Altogether, 9% of the athletes incurred at least one injury and 4% at least one illness. The incidence of injury was highest in boxing (27%), BMX racing (27%), BMX freestyle (22%), skateboarding (21%), karate (19%) and handball (18%), of which both BMX freestyle and skateboarding were new events, and lowest in diving, road cycling, rowing, marathon swimming and shooting (1–2%).

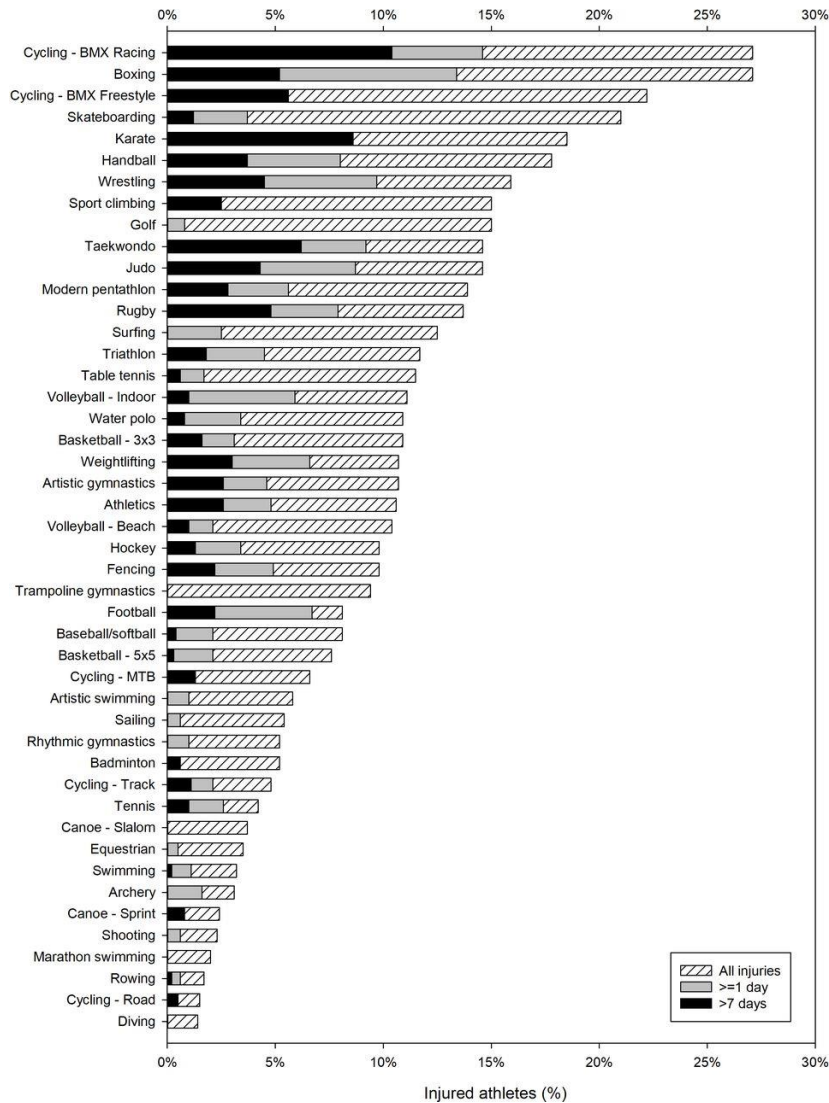
Marathon and artistic swimming presented the highest illness incidences (both 8%), followed by skateboarding and karate (both 7%).

In the study period, COVID-19 affected 18 athletes, accounting for 4% of all illnesses and 0.16% of all athletes. Exertional heat illness affected 78 athletes (18% of all illnesses, 0.7% of all athletes), the majority (88%) resulting in no time lost from sport.

(adapted from research carried out by Dr Torbjørn Soligard et al, Medical and Scientific Department, International Olympic Committee, Lausanne, Vaud, Switzerland)

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(Statistical data collected by Dr Torbjørn Soligard et al, Medical and Scientific Department, International Olympic Committee, Lausanne, Vaud, Switzerland)

a) Give **ONE** possible reason why injuries in boxing and BMX racing scored the highest.

_____ (1)

b) Mention **ONE** common piece of equipment used as a safety precaution in all of the highest five ranked sports where injuries were sustained.

_____ (1)

c) Comment on the nature of the sport that registered the lowest injuries.

_____ (1)

d) Mention **ONE** respiratory illness that is common among marathon runners and artistic swimmers.

_____ (1)

e) Mention **TWO** safety precautions followed in sport.

_____ (2)

f) From the article on page 9, list **ONE** environmental illness.

_____ (1)

2. Read the article below related to the type of injuries suffered by athletes at the Olympic Games held in Tokyo in 2021 and answer the questions that follow.

Information on the 205 injuries with estimated absence >7 days, with the sports with the highest numbers in brackets.
<ul style="list-style-type: none">• 43 muscle strains grade 1 or 2 (25 in athletics, 2 each in rugby, weightlifting, fencing and tennis).• 33 ligament sprains grade 1 or 2 (7 in judo, 6 in wrestling, 3 in football, 2 each in indoor volleyball and athletics).• 20 acute fractures (5 in boxing, 3 in rugby, 2 in taekwondo, 2 in track cycling).• 17 joint dislocations/subluxations (5 in handball, 3 in rugby, 2 in judo).• 13 bone contusions (3 in boxing, 2 each in judo and taekwondo).

(adapted from research carried out by Dr Torbjørn Soligard et al, Medical and Scientific Department, International Olympic Committee, Lausanne, Vaud, Switzerland)

a) Give **ONE** possible reason why the highest number of muscle strains were recorded in athletics.

_____ (1)

b) By using anatomical terminology, list **TWO** examples of muscle strains.

_____ (2)

c) Mention **FOUR** muscles found in the upper body **not** mentioned in (b).

_____ (2)

This question continues on next page.

d) Mention **FOUR** muscles found in the lower body not mentioned in (b).

(2)

e) List **TWO** types of involuntary muscles.

(2)

f) What is a ligament?

(1)

g) List **TWO** features of the skeletal system.

(2)

h) What is the difference between 'flat bones' and 'irregular bones'?

(1)

i) What is a fracture?

(1)

j) Which category of sports features frequently in the article on page 11?

(1)

k) Mention **TWO** parts of the body that may be dislocated.

(2)

l) Apart from pivot and gliding, list the other **FOUR** types of joints found in the human body.

(2)

m) Which injury is more severe a bone contusion or a bone fracture?

(1)

3. Read the article below related to the athletes' body systems that were most badly affected at the Olympic Games held in Tokyo in 2021 and answer the questions that follow.

The most affected organ systems/regions were the dermatologic (n=83, 19%), thermoregulatory (n=78, 18%), respiratory (n=75, 17%) and gastrointestinal (n=63, 14%) systems.

Of the 75 respiratory illnesses, 45 were caused by infection (10% of all illnesses, 0.4% of the athletes incurred a respiratory infection), of which 18, in turn, were SARS-CoV-2 infections (4% of all illnesses, 0.16% of the athletes). In addition to the cases occurring during the study period (23 July to 8 August 2021), 15 confirmed cases occurred before the Games started (ie, from arrival at the airport until the Opening Ceremony of the Games), giving a total of 33 cases of COVID-19 in athletes (0.29% of the athletes).

(adapted from research carried out by Dr Torbjørn Soligard et al, Medical and Scientific Department, International Olympic Committee, Lausanne, Vaud, Switzerland)

- a) Mention **TWO** organs that form part of the respiratory system.

(1)
- b) What affect may a respiratory illness have on an individual's sport performance?

(1)
- c) Where does gaseous exchange take place?

(1)
- d) Mention **TWO** different types of blood vessels that are **not** one cell thick.

(2)
- e) Mention **TWO** effects of exercise on the circulatory system.

(2)
- f) Mention **TWO** areas on the body where one may measure their pulse.

(1)
- g) What is the approximate percentage of carbon dioxide in the air we breathe out?

(1)

(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.

1a) An important function of a sports club is to encourage youngsters to join. State **ONE** reason why.

_____ (1/2)

b) State another important function of a sports club.

_____ (1/2)

2. State **TWO** ways in which spectators can be beneficial to a sports club.

i) _____ (1/2)

ii) _____ (1/2)

3. Fill in the table below with the type of competition that is being described.

	Description of Competition	Type of Competition
a)	Teams play against each other. Winner passes on and loser is eliminated.	
b)	A player challenges someone ranked higher. If the player wins the higher rank is achieved.	
c)	Teams play against each other, sometimes twice. Points are gained for wins and for draws.	

(3)

4a) A local council wants to promote physical recreation. What should be provided first?

_____ (1)

b) Mention **ONE** important factor to keep in mind for this provision.

_____ (1/2)

5. State **TWO** reasons why small cities are **not** able to organise the Modern Olympic Games.

i) _____ (1/2)

ii) _____ (1/2)

6. State **ONE** condition a sponsor would impose on a sports club.

_____ (1)

7. What major problem does TV coverage cause for football officials?

_____ (1/2)

8. The media influences how certain competitions are run. State **TWO** ways how this is done.

i) _____ (1/2)

ii) _____ (1/2)

9. State **TWO** factors that might result in reduced physical activity levels in youths during leisure time.

i) _____ (1/2)

ii) _____ (1/2)

10. State **ONE** reason why governments give a lot of importance to sports.

_____ (1)

(Total: 12 marks)

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**SECONDARY EDUCATION CERTIFICATE LEVEL
2023 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIB
DATE:	5 th May 2023
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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.

Please turn the page.

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) Tick the correct definition for 'mental rehearsal'.

A reflective exercise after the performance going through the event in your mind.

A reflective exercise before the performance going through the event in your mind. (1)

b) Give **ONE** example of an athlete that uses this technique.

_____ (1)

c) Name **TWO** ways how coaches/parents can help the athletes improve their skills.

_____ (2)

(Total: 4 marks)

Movement and Physical Activities

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

2. Athletics

a) Name the **TWO** types of relay events.

i) _____ ii) _____ (2)

b) Name the **TWO** techniques of baton exchange used in relay events.

_____ (2)

(Total: 4 marks)

3. Badminton

a) Name the skill that starts a rally in badminton.

_____ (1)

b) Mention **ONE** technique and explain how it can be done.

_____ (1)

c) Explain a deuce in badminton.

_____ (2)

(Total: 4 marks)

4. Basketball

a) Name **TWO** advantages of dribbling.

_____ (2)

b) Name **TWO** common infringements related to dribbling.

_____ (2)

(Total: 4 marks)

5. Educational Dance

a) Complete the table below related on the effort factors.

Motion Factor	One Extreme	Other Extreme
Space	Direct	i)
Flow	Free	Bound
Weight	ii)	Heavy
iii)	Slow	iv)

(Total: 4 marks)

Please turn the page.

6. Football

- a) Explain the following terms used in football.
 - i) Foul: _____ (1)
 - ii) Throw in: _____ (1)
 - iii) Corner kick: _____ (1)
- b) Name the person responsible to signal an offside.
_____ (1)

(Total: 4 marks)

7. Gymnastics

- a) List **TWO** physical attributes needed in gymnastics.
 - i) _____ ii) _____ (2)
- b) List **TWO** common errors in a cartwheel.
 - i) _____ (1)
 - ii) _____ (1)

(Total: 4 marks)

8. Hockey

- a) How many players can be on the field during a game of Hockey?
_____ (1)
- b) What is the role of a goalkeeper?
_____ (1)
- c) Why does the hockey goaler wear different attire from the other hockey players?
_____ (1)
- d) Name **ONE** skill that is used in hockey.
_____ (1)

(Total: 4 marks)

9. Netball

a) Name **THREE** skills needed to play netball.

i) _____ (1)

ii) _____ (1)

iii) _____ (1)

b) In the game of netball there is **no** body contact. State whether this statement is True or False.

_____ (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) Why is flexibility important in rhythmic gymnastics?

_____ (1)

b) Name **THREE** other physical attributes needed in rhythmic gymnastics.

i) _____ (1)

ii) _____ (1)

iii) _____ (1)

(Total: 4 marks)

11. Swimming

a) In the table below match the stroke with the corresponding explanation.

	Stroke		Explanation
i)	Freestyle		The gliding movement is part of this stroke.
ii)	Backstroke		The leg movement is called dolphin kick.
iii)	Breaststroke		Uses alternate breathing technique.
iv)	Butterfly		This stroke starts in the water.

(Total: 4 marks)

Please turn the page.

12. Team Handball

- a) Team handball consists of two 30-minute halves. State whether this statement is True or False.

_____ (1)

- b) When dangerous play occurs, a free throw is awarded. State whether this statement is True or False.

_____ (1)

- c) Give **ONE** example of dangerous play in Team Handball.

_____ (1)

- d) Name **ONE** defensive formation used in Team Handball.

_____ (1)

(Total: 4 marks)

13. Volleyball

- a) How many players are there in a team during a volleyball game?

_____ (1)

- b) In which direction does the rotation occur?

_____ (1)

- c) Describe the foot placement in a 'dig'.

_____ (2)

(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. Safety and family can influence a person's health. Mention **TWO** other factors which may also influence health.

i) _____ (½)

ii) _____ (½)

2. An athlete may be fit but **not** healthy. Define the following terms.

i) Fit: _____ (1/2)

ii) Healthy: _____ (1/2)

3. Mention **TWO** basic rules of hygiene.

i) _____ (1/2)

ii) _____ (1/2)

4a) Mention **TWO** of the five nutrients.

i) _____ (1/2)

ii) _____ (1/2)

b) Explain why apart from taking the required nutrients, an athlete also needs to drink water.

_____ (1/2)

c) The amount of water during training depends on three factors. Mention **TWO** of these factors.

i) _____ (1/2)

ii) _____ (1/2)

5. State **TWO** negative effects obesity can have on a person.

i) _____ (1/2)

ii) _____ (1/2)

6. David is a 15-year-old-boy. Over the past few years he has become inactive and has now stopped practicing sport completely. Mention **THREE** effects this may have on his well-being.

i) _____ (1/2)

ii) _____ (1/2)

iii) _____ (1/2)

7. Give an example of a sporting action for **each** of the following components of fitness.

i) Agility: _____ (1/2)

ii) Flexibility: _____ (1/2)

Please turn the page.

8. A gymnast uses different types of strength when performing a routine.

a) What is 'static strength'?

_____ (1/2)

b) Give **ONE** example when 'static strength' is used in gymnastics.

_____ (1/2)

9. Flexibility is important in most sport. Mention **TWO** advantages of being flexible in sport.

i) _____ (1/2)

ii) _____ (1/2)

10a) What is the maximum pulse rate for a 20-year-old athlete?

_____ (1/2)

b) What is the percentage heart rate for the aerobic training zone?

_____ (1/2)

11a) Taking athletics as an example, when is anaerobic exercise used?

_____ (1/2)

b) Taking athletics as an example, when is aerobic exercise used?

_____ (1/2)

12. Why are speed and power important in Long Jump?

i) Speed: _____ (1/2)

ii) Power: _____ (1/2)

13. Give **TWO** effects lack of sleep might have on performance in sport.

i) _____ (1/2)

ii) _____ (1/2)

14. 'Psychological problems' can effect performance. Mention **TWO** psychological problems an athlete may experience.

a) _____

b) _____ (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. Read the article and study the chart below related to injuries and illnesses suffered by athletes at the Olympic Games held in Tokyo in 2021. Then answer the questions that follow.

Altogether, 9% of the athletes incurred at least one injury and 4% at least one illness. The incidence of injury was highest in boxing (27%), BMX racing (27%), BMX freestyle (22%), skateboarding (21%), karate (19%) and handball (18%), of which both BMX freestyle and skateboarding were new events, and lowest in diving, road cycling, rowing, marathon swimming and shooting (1–2%).

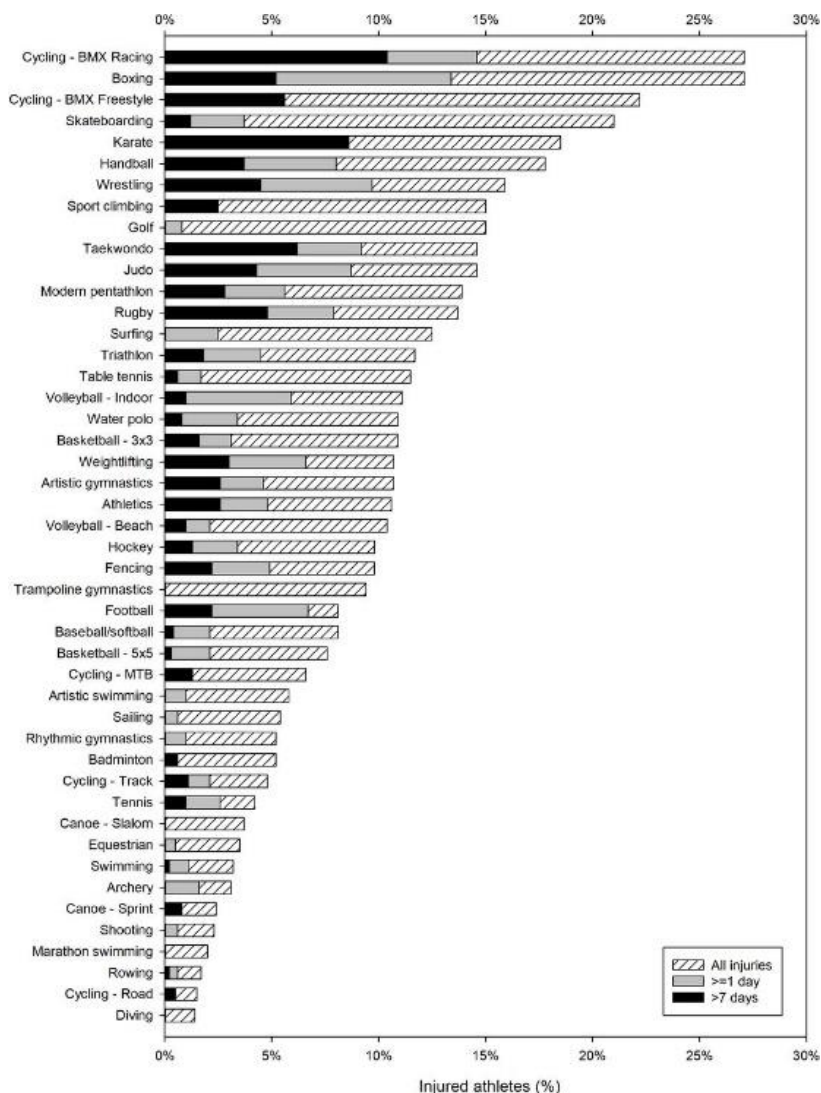
Marathon and artistic swimming presented the highest illness incidences (both 8%), followed by skateboarding and karate (both 7%).

In the study period, COVID-19 affected 18 athletes, accounting for 4% of all illnesses and 0.16% of all athletes. Exertional heat illness affected 78 athletes (18% of all illnesses, 0.7% of all athletes), the majority (88%) resulting in no time lost from sport.

(adapted from research carried out by Dr Torbjørn Soligard et al, Medical and Scientific Department, International Olympic Committee, Lausanne, Vaud, Switzerland)

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(Statistical data collected by Dr Torbjørn Soligard et al, Medical and Scientific Department, International Olympic Committee, Lausanne, Vaud, Switzerland)

a) Which **TWO** sports scored the highest number of injuries?

_____ (1)

b) Mention **ONE** common piece of equipment used as a safety precaution in all of the highest five ranked sports where injuries were sustained.

_____ (1)

c) Give **ONE** possible reason why the least injuries were suffered by divers and cyclists.

_____ (1)

d) Apart from flu, mention **ONE** respiratory illness that is common among marathon runners and artistic swimmers.

_____ (1)

e) Mention **TWO** safety precautions followed in sport.

_____ (2)

f) From the article on page 9, list **ONE** environmental illness.

_____ (1)

g) Mention another environmental illness **not** mentioned in the article on page 9.

_____ (1)

2. Read the article below related to the type of injuries suffered by athletes at the Olympic Games held in Tokyo in 2021 and answer the questions that follow.

Information on the 205 injuries with estimated absence >7 days, with the sports with the highest numbers in brackets.

- 43 muscle strains grade 1 or 2 (25 in athletics, 2 each in rugby, weightlifting, fencing and tennis).
- 33 ligament sprains grade 1 or 2 (7 in judo, 6 in wrestling, 3 in football, 2 each in indoor volleyball and athletics).
- 20 acute fractures (5 in boxing, 3 in rugby, 2 in taekwondo, 2 in track cycling).
- 17 joint dislocations/subluxations (5 in handball, 3 in rugby, 2 in judo).
- 13 bone contusions (3 in boxing, 2 each in judo and taekwondo).

(adapted from research carried out by Dr Torbjørn Soligard et al, Medical and Scientific Department, International Olympic Committee, Lausanne, Vaud, Switzerland)

a) Athletes who participated in athletic events suffered the most muscular injuries. Give **ONE** possible reason why this was the case.

_____ (1)

b) Overstretching of the calf muscle is an example of a muscle strain. List **TWO** other examples of muscle strains.

_____ (2)

c) The deltoid and biceps are two muscles found in the upper body. Mention another **TWO**.

_____ (1)

d) The gluteals and gastrocnemius are two muscles found in the lower body. Mention another **TWO**.

_____ (1)

e) Apart from the cardiac muscle (the heart), list **TWO** types of involuntary muscles.

_____ (2)

f) Explain the main function of a ligament.

_____ (1)

g) Shape and support are two features of the skeletal system. Mention another **TWO**.

_____ (2)

h) Which category of sports features frequently in the article on page 11?

_____ (1)

i) What part of the body is likely to suffer a sprain? A muscle or a ligament?

_____ (1)

j) Mention **TWO** joints that may be dislocated.

(i) _____ (ii) _____ (2)

k) List **FOUR** types of freely movable joints found in the human body.

_____ (2)

l) What is a collection of blood under the skin called?

_____ (1)

m) Adduction is the movement of a limb towards the body. Explain the term abduction.

_____ (2)

3. Read the article below related to the athletes' body systems that were most badly affected at the Olympic Games held in Tokyo in 2021 and answer the questions that follow.

Of the 75 respiratory illnesses, 45 were caused by infection (10% of all illnesses, 0.4% of the athletes incurred a respiratory infection), of which 18, in turn, were SARS-CoV-2 infections (4% of all illnesses, 0.16% of the athletes). In addition to the cases occurring during the study period (23 July to 8 August 2021), 15 confirmed cases occurred before the Games started (ie, from arrival at the airport until the Opening Ceremony of the Games), giving a total of 33 cases of COVID-19 in athletes (0.29% of the athletes).

(adapted from research carried out by Dr Torbjørn Soligard et al, Medical and Scientific Department, International Olympic Committee, Lausanne, Vaud, Switzerland)

- a) The kidneys are vital organs that form part of the respiratory system. State whether this statement is True or False.

_____ (1)

- b) Mention a disadvantage faced by a performer when suffering from asthma.

_____ (1)

- c) Gaseous exchange takes place in the alveoli. State whether this statement is True or False.

_____ (1)

- d) Arteries are an example of blood vessels. Mention another **TWO**.

_____ (2)

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

_____ (2)

- f) Which finger has a pulse of its own?

_____ (1)

- g) Name the main artery found in the human body.

_____ (1)

(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. What do the following initials stand for?

i) MOC _____ (1/2)

ii) MFA _____ (1/2)

2a) The recent football World Cup competitions involved two types of competitions. What are these called?

i) _____ (1/2)

ii) _____ (1/2)

b) Choose **ONE** of the competitions mentioned in (2a) and state **ONE** advantage and **ONE** disadvantage of such a competition.

Type of competition _____

i) Advantage: _____ (1)

ii) Disadvantage: _____ (1)

3. Mention **TWO** types of sports facilities provided by the public sector.

i) _____ (1/2)

ii) _____ (1/2)

4. Mention **TWO** benefits for the city hosting the Olympic Games.

i) _____ (1/2)

ii) _____ (1/2)

5. In the table below, mention **TWO** positive and **TWO** negative effects of sponsorship on athletes.

	Positive effects	Negative effects
i)		iii)
ii)		iv)

(2)

6. Mention **TWO** advantages of TV coverage for football.

i) _____ (1/2)

ii) _____ (1/2)

7. What are **TWO** of the most popular sports activities that young people practice in their leisure time?

i) _____ (1/2)

ii) _____ (1/2)

8. State **TWO** positive effects of having spectators at a sport event.

i) _____ (1/2)

ii) _____ (1/2)

9. Mention **TWO** types of discrimination in sport.

i) _____ (1/2)

ii) _____ (1/2)

(Total: 12 marks)

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