

FORM 4 **PHYSICAL EDUCATION (OPTION)** **TIME: 1h 30min**

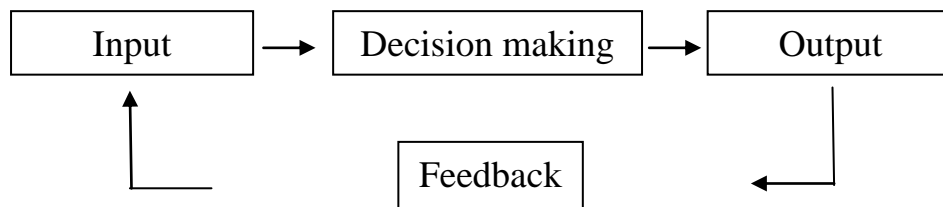
Name: _____

Class: _____

Section A	Section B	Section C	Section D	TOTAL MARK THEORY PAPER (80%)	FINAL MARK THEORY PAPER (40%)
16	16	36	12		

SECTION A – Skill Acquisition, Movement and Physical Activities [16 marks].
Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 8 in Section B.
Answer ALL parts of the chosen question.

1 Skill Acquisition



- a In the case of a sports skill, mention **ONE** way of receiving input information.

1

- b State **TWO** ways how a performer can get feedback about his/her performance.

i. _____

1

ii. _____

1

- c A skill becomes better through repeated good practice. How long does one have to practise to feel that the skill has been mastered?

1

2 Athletics

- a Suggest **ONE** way of achieving maximum performance at take-off in the High Jump.

1

- b What **TWO** actions must a high jumper do in order to clear the bar successfully?

i. _____

1

ii. _____

1

- c Give **ONE** rule related to the discus, after it has been released.

1

3

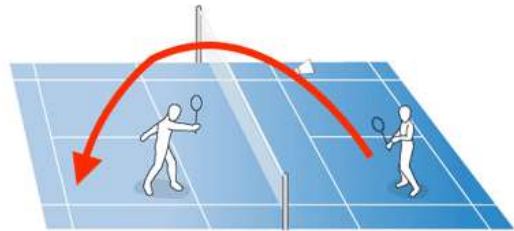
Badminton

- a At what height should the racket hit the shuttle during the service?

- b How much point difference must there be to win a set?

1

- c The type of shot shown in the picture is used when a player needs a chance to return to the best central court position. What is it called?



1

- d In hitting a smash, what is the position of the arm at contact?

1

4

Dance

- a Give an example of **ONE** teaching aid which may be used in dance to identify a dancer's weaknesses.

1

- b Julia is finding it difficult to perform a complex piece of choreography. What is the best way to overcome this problem?

1

- c Mention **TWO** qualities that the dancers in the picture seem to possess.

i. _____

1

ii. _____

1



5

Gymnastics

a Name **TWO** gymnastics events for men only and **TWO** events for women only.

i. Men: _____ and _____

ii. Women: _____ and _____

1

b Specify **TWO** actions which help to perform a good half twist (round-off).

i. _____

 $\frac{1}{2}$

ii. _____

 $\frac{1}{2}$

c A headspring is considered a vault, but a forward roll on the box is not. State the reason why.

1

6

Hockey

a When is a penalty stroke awarded?

1

b What is the most important point to consider when dribbling?

1

c On which part of the stick should the right hand be to execute a scoop?

1

d How many players per team are allowed to be on the pitch for a hockey match?

1

7

Swimming

a Which kind of stroke requires bilateral breathing?

1

- b Mention the correct head position when doing the backstroke.

- c Which kick is used with the butterfly stroke?

1

- d Give **ONE** example of a swimming training aid which is meant to help swimmers improve the kick.

1

8 **Volleyball**

- a What is the servers' primary responsibility?

1

- b When is a 'dig' usually performed?

1

- c State **ONE** violation when performing the set pass.

1

- d In Volleyball, the rally system is used for scoring. Explain briefly the rally system.

1

SECTION B – Health Related Fitness [16 marks].

Answer ALL questions in this section. Answer ALL parts of EACH question.

- 1 Underline the correct answer.
Basal metabolic rate is:

1

A the number of calories required by a sportsperson during exercise.

B the number of calories required to keep the body functioning at rest.

C the number of calories required by a person during the day.

2 Study the table below and answer the questions that follow:

Food	Calories
Tuna and salad sandwich	215
Cheese and onion crisps	173
Orange	60

a Which of the food is best for providing energy?

1

b Which food has the most protein in it?

1

c i. Which food item contains the highest amount of fat and salt?

1

ii. Give **ONE** reason why food with a high level of salt should be avoided.

1

3 Several factors, such as age, affect the dietary needs of a person. Mention **ONE** other factor.

1

4 Two of the following foods are rich in Vitamin C. **Underline** the correct **TWO**.



Oranges



Meat



Eggs



Kiwi



Fish

2

5 a Underline the correct answer.

1

Which of the minerals listed below is important for bone growth and strength?

A Vitamin C

B Iron

C Calcium

b Name **ONE** food product which helps in promoting bone growth and strength.

1

- 6 a Name two foods which are high in saturated fat.
- i. _____ ii. _____
- b Too many saturated fats in the diet can cause several conditions such as obesity. Give **ONE** other negative condition.
- _____ 1
- c Your friend is obese and needs to lose 20 kg. Suggest **ONE** change, related to *diet* and *physical activity* (PA), which will help him/her lose the excess weight.
- i. Diet: _____ 1
- ii. PA: _____ 1
- 7 Give **ONE** reason why it is important to tie back long hair during physical activity.
- _____ 1



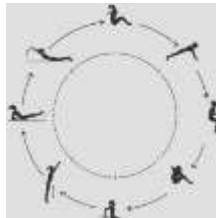

SECTION C – Body Systems and Performance [36 marks].

Answer **ALL** questions in this section. Answer **ALL** parts of **EACH** question.

- 1 Describe **THREE** ways how a training session can be made harder.
- i. _____ 1
- ii. _____ 1
- iii. _____ 1
- 2 Near each Principle of Training, write the statement which describes it. Choose from the statements provided.
- training increases step by step, training develops certain muscles,*
training is done for three months, training is done a bit harder than usual,
fitness drops if training stops, training is done indoors,
- i. Specificity: _____ 1
- ii. Overload: _____ 1
- iii. Progression: _____ 1
- iv. Reversibility: _____ 1

- 3 Look at the pictures in the table and under each picture write the name of the training method used. Choose from the list of training methods below.

plyometrics, circuit, interval, pressure, weight training, fartlek

			
i.	ii.	iii.	iv.

4

- 4 What **TWO** precautions would you take to protect the players from injury during an invasion game (e.g. football, hockey, basketball, rugby...)?

i. _____ 1

ii. _____ 1

- 5 What **TWO** actions would you take in case of an injury like the one in the picture?

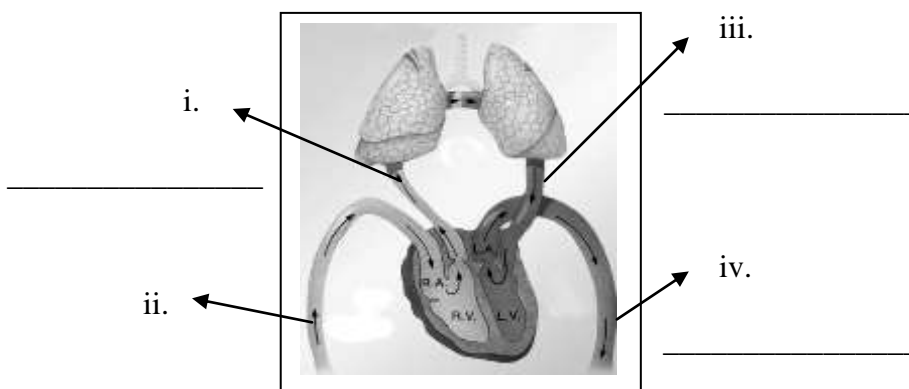
i. _____ 1

ii. _____ 1



- 6 In the diagram below, label the parts shown by arrows. Choose from the words below.

lungs, aorta, ventricle, vena cava, pulmonary artery, pulmonary vein



4

7 Which part of the blood has the following function?

- i. Repairs cuts and wounds. _____
- ii. Carries oxygen to muscles. _____

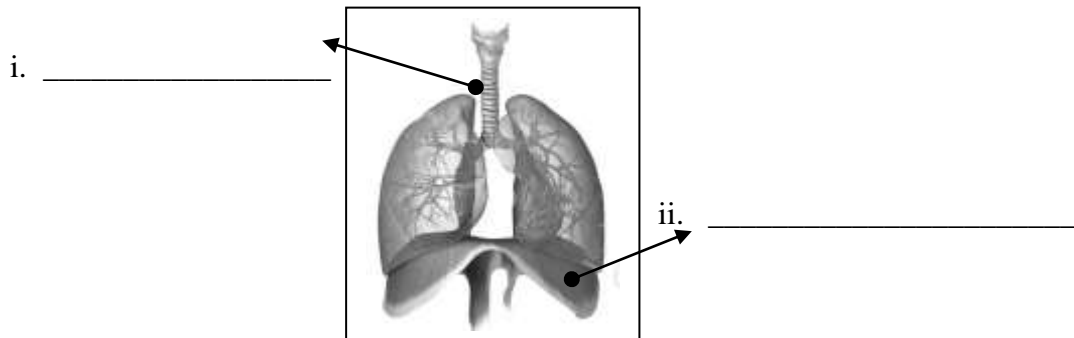
8 What is the average heart rate during rest? _____ 1

9 Tick ☒ whether the exercises listed in the table are *aerobic* or *anaerobic*.

Exercise	Aerobic	Anaerobic
sprinting		
light jogging		
skipping		
rowing		

2

10 Label the parts of the respiratory system shown by arrows.



2

11 Describe the shape which the diaphragm takes during:

- i. Inspiration - _____ 1
- ii. Expiration - _____ 1

12 Which **TWO** gases are exchanged during the process of breathing?

- i. _____ 1
- ii. _____ 1

13 Name the **TWO** parts of the respiratory system where gas exchange takes place.

- i. _____ 1
- ii. _____ 1

- 14 Which class of drugs produce the following effects when used in doping from:
analgesics, blood doping, stimulants, anabolic steroids.
- i. Abnormal increase in muscle size. _____
- ii. Give a sense of increased energy. _____ 1
- 15 Some drugs are used to produce a 'calming' effect during certain sports. Name **TWO** sports where such drugs are used.
- i. _____ ½
- ii. _____ ½
- 16 Which drug is used to increase the number of red blood cells?
 _____ 1

SECTION D - Sports in Society [12 marks].

Answer ALL questions in this section. Answer ALL parts of EACH question.

- 1 a The producers/presenters of TV programmes control what we see on TV. Give one example how this can affect sports negatively.

 _____ 1
- b Give **ONE** advantage and **ONE** disadvantage of how media influences sport.
- Advantage: _____ 1
- Disadvantage: _____ 1
- 2 Describe **TWO** benefits of having spectators at a sporting event.
- i. _____ 1
- ii. _____ 1
- 3 a Explain why local sports clubs should promote their sport with young people.
 _____ 1

- b Give one example of how local sports clubs can promote sport among people.

- 4 Give the name of **ONE** local body which aims to promote physical activity and sport with people of all ages.

1

- 5 Which of the following statements describes the role of a club secretary? Underline the correct answer.

1

A club secretary:

A represents the club at official meetings and events.

B is in charge of correspondence and minutes of meetings.

C is responsible for the financial matters of the club.

- 6 Name the organisation in Malta which is in charge of:

i. Football _____

1

ii. Athletics _____

1

- 7 Which sports facilities, besides clubs, may be used to promote sport in the local community?

1