

FORM 4

PHYSICAL EDUCATION

TIME: 1h 30min

Name: _____

Class: _____

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 A.

Answer ALL parts of the chosen question.

1. SKILL ACQUISITION

a) When a skill is learned, it is performed with:

(i) _____ [½]

(ii) _____ [½]

b) Give an example from any sports of:

(i) an 'open' skill _____ [½]

(ii) a 'closed' skill _____ [½]

c) Specify **TWO** types of feedback which help an athlete to improve the performance.

(i) _____ [½]

(ii) _____ [½]

d) Mention **ONE** sports rule (from any sports) which makes the game more exciting.

_____ [1]

2. ATHLETICS

a) The break line rule in the 800m race is there for a safety reason. What is this reason?

_____ [1]

b) Mention **ONE** rule regarding exiting from the throwing circle after the competitor releases the discus.

_____ [1]

c) Look at the picture:



(i) What does the athlete have to do next to clear the bar successfully?

_____ [1]

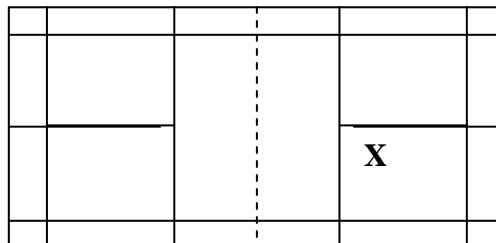
(ii) Brian started training the high jump. Suggest **ONE** exercise which he could practise to gain more confidence landing on the mat.

_____ [1]

3. BADMINTON

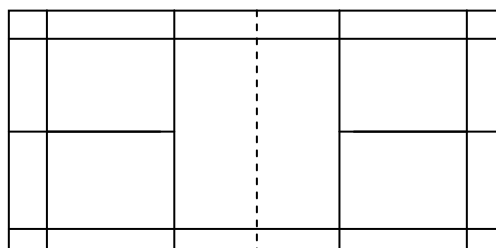
a) Player X is serving. Shade the area where the shuttle may fall.

[1]



b) Shade the playing area that is used for singles.

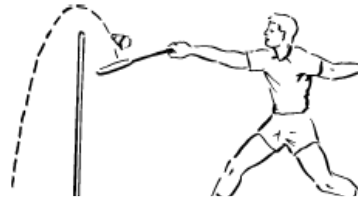
[1]



c) What type of shot is shown in the picture?

i) _____

ii) Suggest **ONE** situation when this skill (shot) is usually played.



[1]

4. DANCE

a) Identify the motion factor being used when:

i) a student includes sharp and smooth movements to make contrasts in the dance actions.

[1]

ii) a student moves her hand very slowly, then travels using her whole body while accelerating.

[1]

iii) a student moves in a straight pathway to the left.

[1]

b) Meeting and parting are ways we can perform movements while working with a partner or a group. Suggest **ONE** way we can use relationships in dance.

[1]

5. GYMNASTICS

a) Name **TWO** elements to consider, regarding the use of floor area.

i) _____ [½]

ii) _____ [½]

b) How can one use his/her body posture to gain more points in a floor routine?

[1]

c) Which skill is usually performed before doing the back flip?

[1]

d) Mention **ONE** instance where a gymnast will lose points for a vault.

[1]

6. HOCKEY

- a) There are many types of passes used in hockey. Select **TWO** of them.
- i) _____ [½]
- ii) _____ [½]
- b) Which part of the hockey stick is used to trap the ball?
- _____ [1]
- c) What happens to the ball if the stick is kept still while trapping the ball?
- _____ [1]
- d) How many players should there be on the field during a match?
- _____ [1]

7. SWIMMING

- a) What happens to the legs if the head is held too high in the front crawl?
- _____ [1]
- b) Why is it important to practise the finishes of all swimming strokes often in training sessions?
- _____ [1]
- c) In the backstroke start, swimmers face the wall and hold on to the start block or the wall. Which part of the body pushes against/leaves the blocks first?
- _____ [1]
- d) In the breaststroke the body is in a streamlined position. What is the position of the arms and legs?
- _____ [1]

8. VOLLEYBALL

- a) For each of the following statements write down **True (T)** or **False (F)**. [2]

i.	A block is considered a hit.	
ii.	A player is not allowed to block or attack a serve.	
iii.	A ball touching the boundary line is considered as out.	
iv.	If two players contact the ball simultaneously it is considered as two hits.	

- b) Give **TWO** playing restrictions of the 'libero'.
- i) _____ [1]
- ii) _____ [1]

Section B - Health Related Fitness (16 marks).

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

1. Which type of health is affected by these two situations?

a) A sports person is experiencing frequent arguments with his/her partner.

[1]

b) An athlete finds himself without a job and cannot afford proper housing.

[1]

2. Mention **THREE** positive ways which improve one's physical health.

(i) _____

[1]

(ii) _____

[1]

(iii) _____

[1]

3. Certain nutrients are important for maintaining red blood cells healthy. Which of the following should be included in a balanced diet to help red blood cells development?

Put an **X** near the correct answer.

A. Calcium _____

B. Caffeine _____

C. Calories _____

D. Iron _____

[1]

4. Look at the picture and answer the questions about it.

a) What type of nutrient do these foods contain most?

[1]

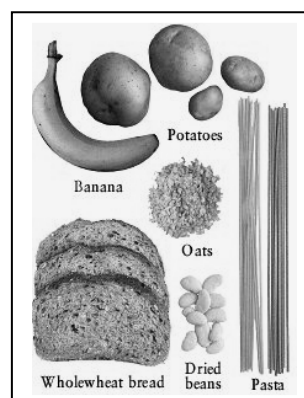
b) For what is this nutrient used by the body?

[1]

c) This nutrient is found in two types. Which are they?

(i) _____ (ii) _____

[1]



5. Which are the **TWO** nutrients which **do not** provide energy? (Do not include water or fibre).

(i) _____ (ii) _____

[1]

6. Specify **ONE** good practice to avoid getting the infection called athlete's foot.

7. What is the end result when:

(i) the calorific intake is less than the energy spent during prolonged exercise?

[1]

(ii) the calorific intake equals the energy spent during prolonged exercise?

[1]

8. Explain briefly what is carbohydrate loading.

[2]

9. Give **ONE** example of how social pressure may cause someone to become anorexic.

[1]

Section C - Body Systems and Performance (36 marks).

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

1. The nose has three essential functions during inspiration. Specify **ONE** of them.

[1]

2. Briefly describe the effect that intensive exercise has on:

(i) breathing

[1]

(ii) the carbon dioxide level in the blood

[1]

3. Which blood vessels carry blood to the alveoli?

[1]

4. During inspiration, we inhale certain gases.

a) Name two of these gases.

(i) _____

[½]

(ii) _____

[½]

(b) Which gas plays no part in the respiratory process?

5. What happens to the following during expiration (breathing out)?

[3]

a) intercostal muscles	b) ribcage	c) diaphragm

6. An athlete withdraws blood a few weeks before a competition and then injects it back just before the event.

a) What is this process called?

[1]

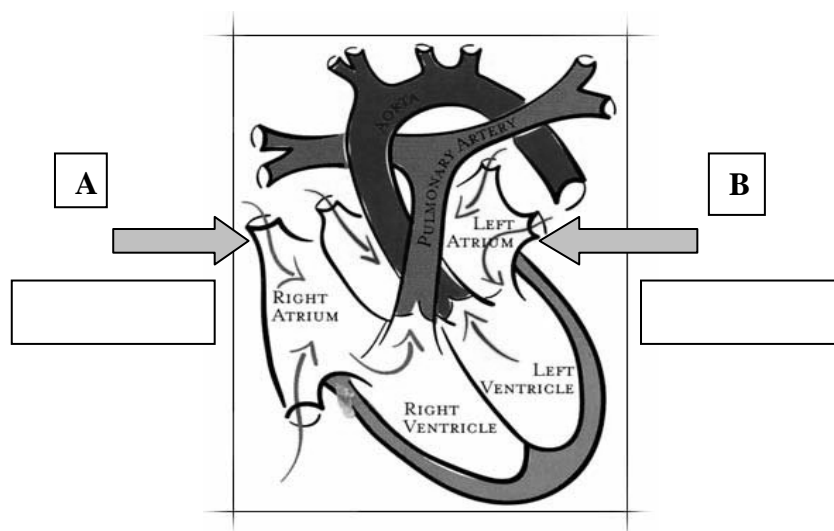
b) How does this process improve sporting performance?

[1]

c) Give **ONE** danger related to this process.

[1]

7. Look at the diagram below and answer the questions about it.



a) Name the blood vessels labelled A and B in the diagram.

(i) Vessel A:

[½]

(ii) Vessel B:

[½]

- b) Blood can be oxygenated or deoxygenated.
Identify what type of blood is carried in blood vessel B.

- c) Explain the function of blood vessel A.

[1]

- d) Describe the passage of blood flow, starting from when it leaves the pulmonary artery until it gets back to the left atrium.

[2]

8. Name what is being described:

- a) the blood cell responsible for blood clotting

[½]

- b) the red pigment present in red blood cells

[½]

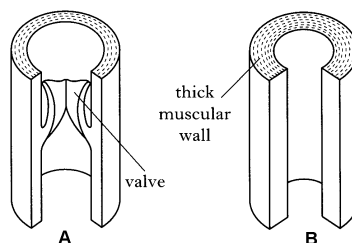
- c) the condition caused due to lack of red blood cells

[½]

- d) the blood cells which can pass through capillary walls

[½]

9. The diagram below shows two different types of blood vessels.



- a) Name blood vessel A and blood vessel B.

(i) Vessel A: _____ (ii) Vessel B: _____

[1]

- b) Blood vessel A has a valve. Explain briefly how this helps.

[1]

- c) Why does blood vessel B have thick muscular walls?

[1]

10. During training, two athletes check their pulse while training.

a) Why do the athletes check the pulse rate?

[1]

b) Mention **TWO** places where the pulse rate can be taken:

(i) _____

[½]

(ii) _____

[½]

11. Suggest **ONE** way how an athlete can overload his training.

[1]

12.a) Kenneth is training football regularly.

Which training principle must he apply to ensure that he improves his performance without getting injured?

[1]

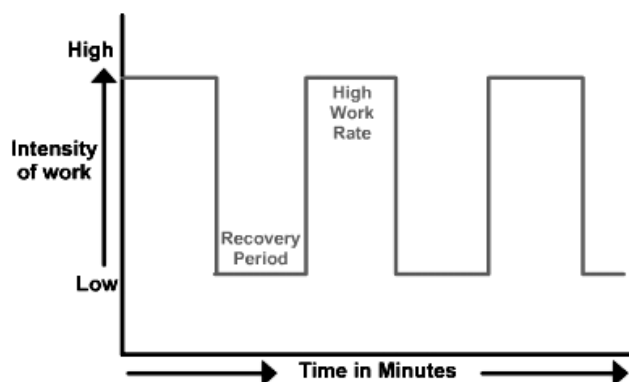
b) Kenneth must ensure that training is tailored to meet the demands of his sport. Which principle of training applies in this case?

[1]

13. Gina sustained an injury during a match and could not train for six weeks. Mention **ONE** effect of reversibility .

[1]

14. Look at the diagram below and answer the questions about it.



a) Which method of training is shown in the graph?

[1]

b) Specify **ONE** advantage of this method of training.

15. Give **TWO** examples of plyometric exercises.

(i) _____ [1]

(ii) _____ [1]

16. a) Which training method is best suited for developing both strength and muscular endurance quickly?

_____ [1]

b) How is this method used to develop muscular endurance?

_____ [1]

17. Mention **ONE** way how severe weather conditions may be of potential danger to the players' safety during a football match.

_____ [1]

18. Give **ONE** safety precaution which needs to be taken when checking equipment before a match.

_____ [1]

Section D - Sports in Society (12 marks)

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

1. What does 'the press' consist of? Give **TWO** examples.

i) _____ ii) _____ [1]

2. What is the aim of the Kunsill Malti għall-Isport 'Sport for all' campaign?

_____ [1]

3. With reference to the 'role of the media', which of the following statements have a positive or a negative effect on sports?

	Statement	Positive / Negative
i.	Allowed coaches to study techniques, tactics and strategies to improve their performance.	
ii.	Live television coverage often means smaller crowds.	
iii.	Sports stars are hounded by the media.	
iv.	Less coverage is given to less popular sports.	

4. With reference to international prestige put the following competitions in rank order, starting from the lowest.

Commonwealth Games Olympic Games Mediterranean Games G.S.S.E.

A _____ B _____
C _____ D _____ [2]

5. Underline the **TWO** sporting bodies / organizations that are responsible for sports at a local level.

- (i) Kunsill Malti Għall-Isport.
(ii) Games of Small States of Europe.
(iii) Malta Olympic Committee.
(iv) International Olympic Committee.

[1]

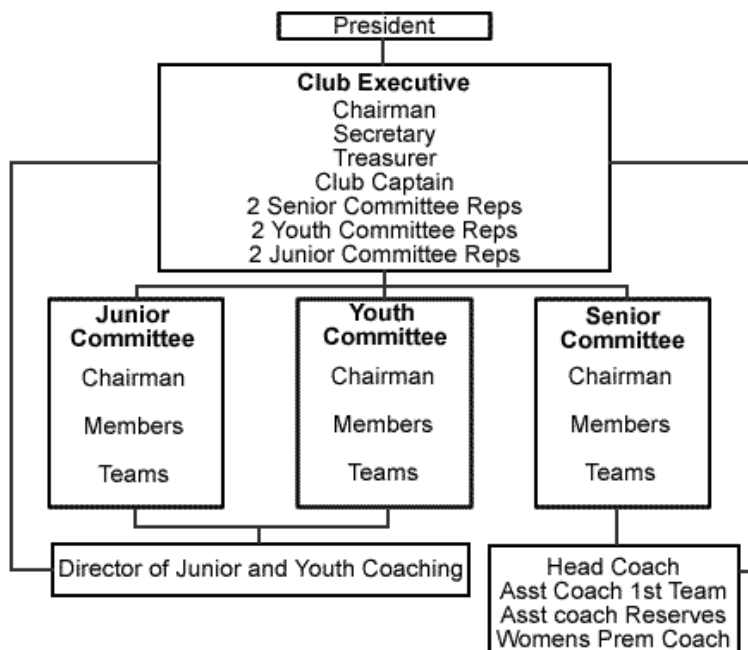
6. In the table below, match the host cities with the respective statements.

[2]

London Seoul Berlin Munich

		Host City
i.	Ben Johnson was disqualified two days after winning the 100 metres final as a result of a positive drugs test.	
ii.	The 2012 Olympics will take place in this city.	
iii.	Nine Olympic athletes who had been taken hostage by Palestinian terrorists were killed.	
iv.	The Olympic flame was brought by torch for the first time.	

7. The flow chart below shows how a local football club is structured.



Name the person:

(i) responsible for the administration of finance.

[1]

(ii) responsible for minute taking during executive committee meetings.

[1]

(iii) responsible for chairing the club executive.

[1]