

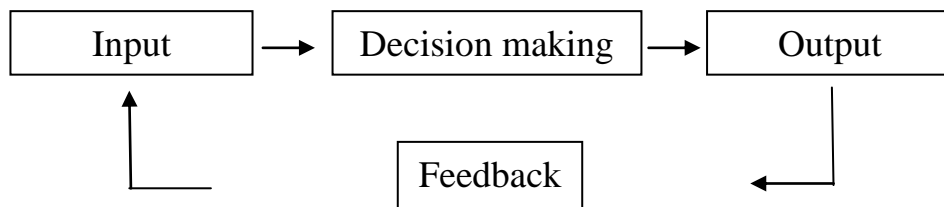
Name: _____

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

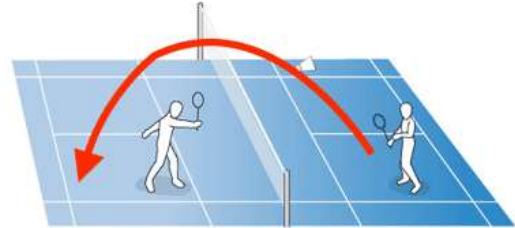
Badminton

- 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.

ii.



1

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?

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

1

- 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 The number of calories required to keep your body functioning at rest is referred to as _____ . 1

2 a Look at the table below. Which of the food listed in the table is best for providing energy? 1

b Which food has the most nutritional value? 1

Food
Chicken and salad sandwich
Chocolate
Banana

3 Briefly explain how age and lifestyle affect the dietary needs of a person. 1

Age: _____ 1

Lifestyle: _____ 1

4 Two of the following foods are rich in Vitamin A. **Underline** the correct **TWO**. 2



Carrots



Nuts



Oranges



Meat



Liver

5 Which mineral is important for bone growth and strength? 1

6 a Name **TWO** foods which are high in saturated fat. 2

i. _____ ii. _____

- b Too many saturated fats in the diet can cause several diseases such as obesity. Give **ONE** other negative condition.
- _____
- c Kim is obese and wants to lose weight. Suggest **TWO** lifestyle changes which Kim may adopt to reach her goal.
- i. _____ 1
- ii. _____ 1
- d How does obesity affect performance in physical activity?
- _____
- _____ 2
- 7 Give **ONE** reason why personal hygiene is very important.
- _____ 1

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

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

- 1 Which principle of training is described in each of the statements below?
- a Training should be increased gradually. _____ 1
- b Training is aimed for a particular fitness or sports. _____ 1
- c Training is stopped and fitness decreases. _____ 1
- 2 Overload is achieved by applying the FIT principle. Give **TWO** examples how the intensity may be increased.
- i. _____ 1
- ii. _____ 1

3 Which fitness component is best developed by each training method?

	Best Training Method	Fitness Component
a	Weight training.	
b	Continuous training.	
c	Circuit training.	
d	Interval training.	
e	Plyometrics.	

5

4 Name a safety precaution related to:

i. The physical environment where sports takes place.

1

ii. The equipment used in a particular sport.

1

5 Mention **TWO** instances when the RICE treatment is applied.

i. _____

1

ii. _____

1

6 What are the **TWO** main functions of the circulatory system?

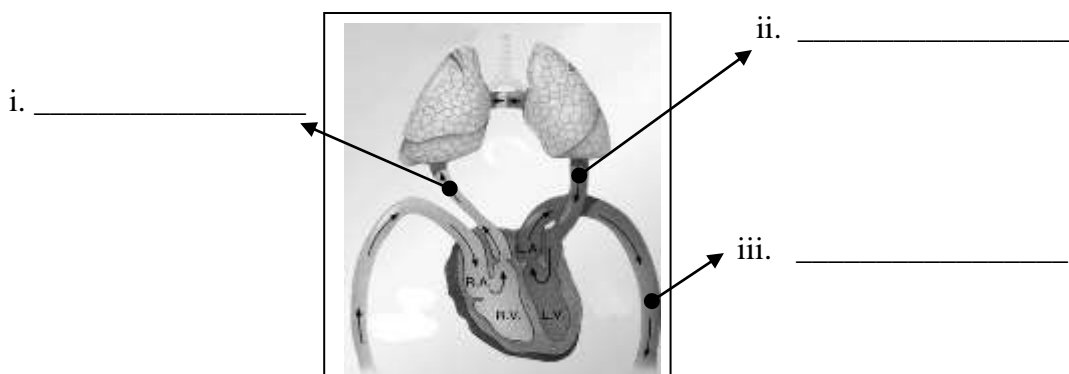
i. _____

1

ii. _____

1

7 In the diagram below, label the parts indicated by arrows.



3

8 Which part of the blood captures oxygen and delivers it to muscles and tissues?

1

9 What is the function of platelets?

10 Why does the pulse rate increase during exercise?

1

11 What is the range for:

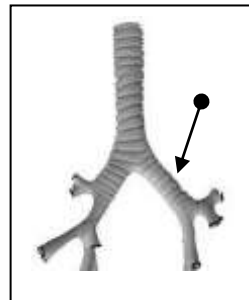
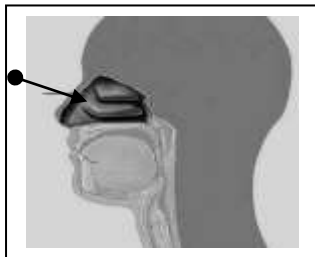
i. the aerobic training zone? _____

1

ii. the anaerobic training zone? _____

1

12 Name the **TWO** parts of the respiratory system indicated by arrows.



i. _____

ii. _____

2

13 Describe what happens to the diaphragm during these two instances:

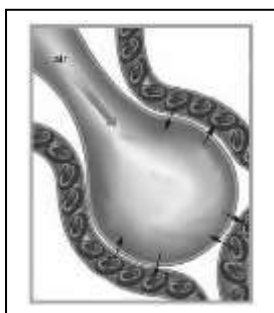
i. Breathing in: _____

1

ii. Breathing out: _____

1

14 Use the diagram below to explain what happens in the alveoli and the surrounding capillaries, during breathing in and out.



2

- 15 During the action of breathing, describe **TWO** ways how the air breathed in is different from the air expelled out.
- i. Breathed in: _____
- ii. Expelled out: _____
- 16 What 'class' of drugs is popular with sports requiring endurance?
- _____ 1
- 17 Mention **ONE** side effect of taking anabolic steroids over a prolonged period of time.
- _____ 1
- 18 Give examples of **TWO** sports where tranquillizers are used to gain an unfair advantage.
- i. _____ $\frac{1}{2}$
- ii. _____ $\frac{1}{2}$
- 19 EPO is a drug used in sports to increase the number of red blood cells. Mention **ONE** advantage and **ONE** disadvantage of this doping method.
- i. Advantage: _____ $\frac{1}{2}$
- ii. Disadvantage: _____ $\frac{1}{2}$

SECTION D - Sports in Society [12 marks]

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

- 1 Give **TWO** functions of the KMS (Kunsill Malti Għall-Isport).
- i. _____ 1
- ii. _____ 1
- 2 The 2012 Olympic Games were shown on various television stations. Give **ONE** advantage and **ONE** disadvantage for the use of media to show sports events.
- i. Advantage: _____ 1
- ii. Disadvantage: _____ 1

- 3 Which is the local organising body in charge of preparing Maltese a representation at International Games?
- _____ 1
- 4 Some sports have changed to meet the demands set by the media. Give **TWO** examples of such changes.
- i. _____ 1
- ii. _____ 1
- 5 a A sports club committee has different roles. Identify **TWO** of them.
- _____ 1
- _____ 1
- b Describe **TWO** roles of the club secretary.
- i. _____ 1
- ii _____ 1
- 6 Give **ONE** disadvantage of the use of replays in a game of football.
- _____ 1