

Name: _____ Class: _____

SECTION A – Skill Acquisition, Movement and Physical Activities [16 marks]

Answer question 1 (Skill Acquisition) and choose **THREE** questions from 2 to 10 in Section A.

1. Skill Acquisition

- a) A skill is usually learned through repetition. How does repetition improve a particular skill?
_____ [1]
- b) During competitive sports, officials are under pressure both from players and from supporters. Mention **ONE** other factor which adds more pressure on officials.
_____ [1]
- c) One rule intended to help the administration of sports is a rule related to the transfer of players. Suggest **ONE** other rule related to the administration of sports.
_____ [1]
- d) A coach needs to have other qualities besides technical knowledge of the sport. Specify **ONE** other quality of a good coach.
_____ [1]

2. Athletics

- a) The starting command for 1500m race is; “On Your Marks”, “Bang”. What is the starting command for the 100m?
_____ [1]
- b) Name **TWO** sprinting events in which the ‘starting blocks’ are used.
(i) _____ (ii) _____ [1]
- c) The high jump technique is divided into four main components. Put the following components in order. The first one has been done for you. [1]

take-off and action in the air

landing

the last two strides

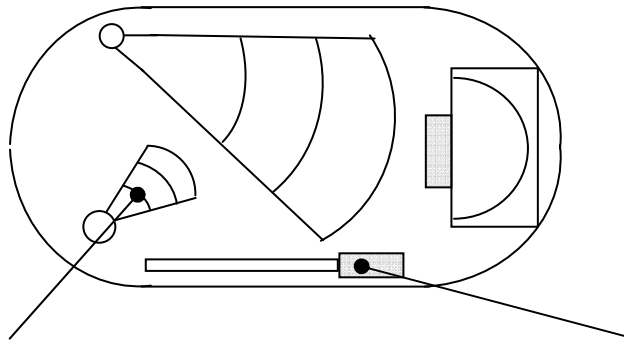
(i) the approach run

(ii) _____

(iii) _____

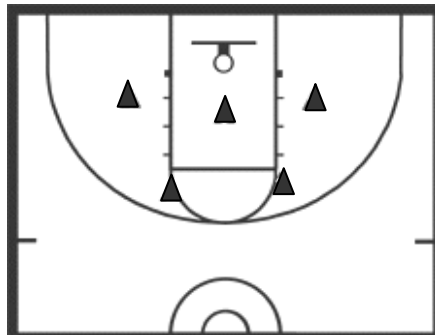
(iv) _____

- d) The diagram below shows the layout of the field events. Label the **TWO** events in the diagram below. [1]



- (i) _____ (ii) _____

3. Basketball



- a) (i) What type of defence is shown in the diagram above?
 _____ [1]
- (ii) Suggest **ONE** instance when it is appropriate for a team to defend in the formation shown above.
 _____ [1]
- b) After how many personal fouls committed is a player “fouled out”?
 _____ [1]
- c) Mention **ONE** teaching point when performing a chest pass.
 _____ [1]

4. Dance

- a) What is the fitness component shown by the dancer below?



[1]

- b) Describe a gesture that may be included to show anger in a dance with a partner.

- c) A performer notices that acceleration may be included in a particular part of the dance. Give **ONE** practical example to show what acceleration means in dance.

 [1]

- d) Give **ONE** reason why strength is important for a dancer.

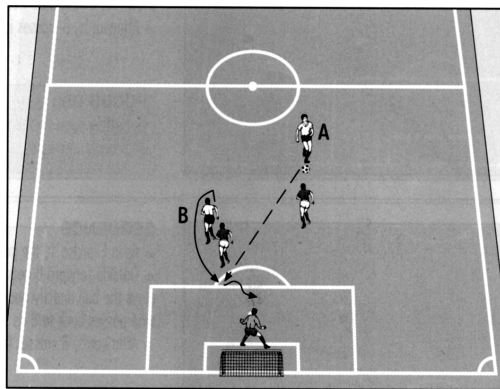
 [1]

5. Football

- a) Mention **ONE** instance when a player is shown a Yellow Card by the referee.

 [1]

- b) (i) Player A passes to Player B between two defenders. This is known as a:



 [1]

- (ii) This pass is played best when:

 [1]

- c) What type of shot is the player in the picture using?



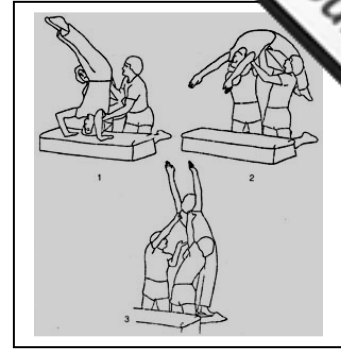
 [1]

6. **Gymnastics**

a) Look at the picture and answer the questions below.

(i) Which skill is being practised?

(ii) Name **ONE** body part the spotters are supporting.



[1]

b) Select **ONE** way of how a floor routine can be more original.

_____ [1]

c) Name **ONE** rule related to the landing in a vault.

_____ [1]

7. **Handball**

a) Put the following progressive punishments in order of severity starting from the less harsh. The first one has been done for you. [1]

Red card

2 Minute Suspension

Exclusion

Yellow card

(i) **Yellow card**

(ii) _____

(iii) _____

(iv) _____

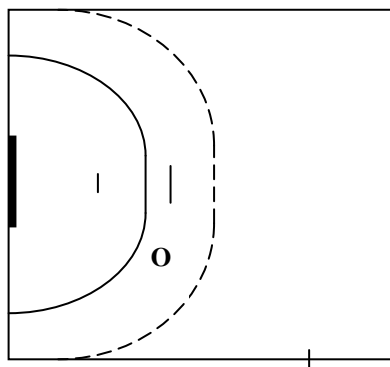
b) What is 'passive play'?

_____ [1]

c) For how many seconds can a player hold the ball in his/her hand without dribbling?

_____ [1]

d) With reference to the diagram below indicate with an **X** from where a free throw must be taken if a foul or infringement took place at point **O**. [1]



8. **Netball**

- a) Give **ONE** main point to remember when marking an opponent?
_____ [1]
- b) What is the penalty given for an offside?
_____ [1]
- c) Give **ONE** reason why when attacking, it is important to spread the attack as wide as possible.
_____ [1]
- d) Explain the “over a third” rule.
_____ [1]

9. **Rhythmic Gymnastics**

- a) All implements may be thrown and caught. Choose one implement. For this implement state **ONE** other action which may be performed.
_____ [1]
- b) Underline, the four words from the list below which best describe the picture. [2]

Symmetrical	Asymmetrical
High	Medium
Snaking	Spiralling
Stretched	Curled



- c) Marks are deducted if a gymnast does not keep her equipment moving. Specify **ONE** other instance when marks are deducted regarding the use of the implement during a routine.
_____ [1]

10. **Swimming**

- a) (i) What is the stroke shown in the picture below?



[1]

- (ii) Give **ONE** important point to remember regarding the kick of this stroke.

_____ [1]

- b) In the backstroke, for how long can a swimmer kick under the water after a dive? [1]

- c) Which part of the arm enters the water first in the back crawl? [1]

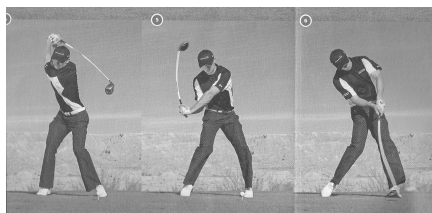
SECTION B – Health Related Fitness [16 marks]. Answer ALL questions in this section. Answer all parts of EACH question.

1. Amanda ensures that she drinks plenty of water before, during and after her training. Give **ONE** reason why Amanda does this. [1]

2. Obesity is very dangerous to our health and if the condition is untreated it can lead to various health problems. Mention **TWO** health problems caused by obesity. [1]
(i) _____ (ii) _____
3. As long as we are living, we require energy to function. What do we call that minimum amount of energy needed to keep our main body systems functioning? [1]

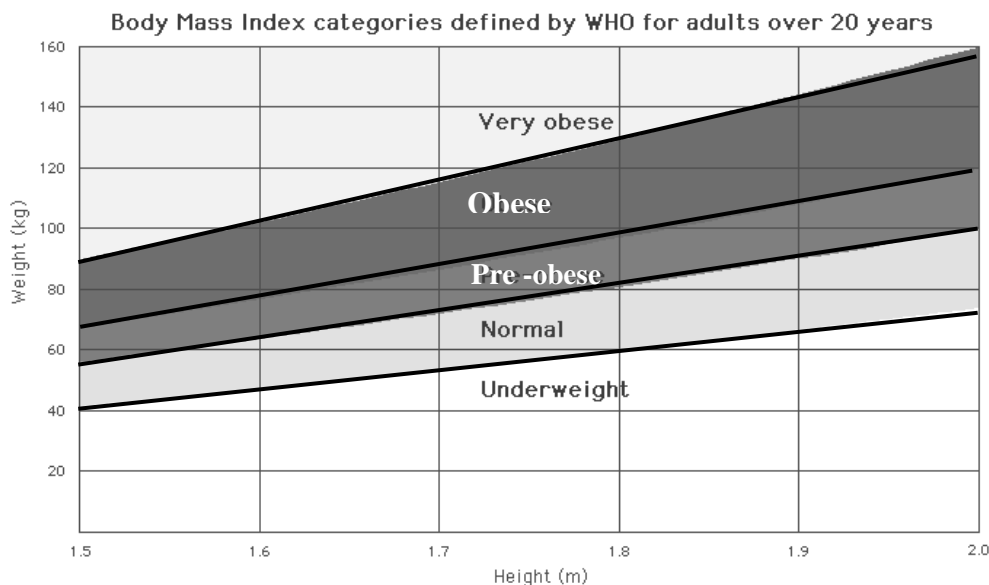
4. In a healthy balanced diet, we need a lot of some nutrients and small amounts of others.
(i) We need a lot of: _____ [½]
(ii) We need small amounts of: _____ [½]
5. Besides diet and exercise, mention **TWO** other factors which have an influence on one's state of health.
(i) _____ [1]
(ii) _____ [1]
6. Define the term power. [1]

7. In golf, a high level of joint and limb motion is necessary to make a powerful swing. Give **ONE** advantage how flexibility helps the player.



_____ [1]

8. Look at the B.M.I. graph and complete the table below: [1]



	NAME	HEIGHT (Meters)	WEIGHT (Kilograms)	CATEGORY
	Sandra	1.8	50	Underweight
i	Peter	1.7	100	
ii	Carl	1.6	60	

9. What can be calculated through skinfold measurements? [1]
-

10. Look at the pictures and answer the following questions:



Ryan



Emma



Joan

- a) How does age affect the performance of Joan compared to Ryan? [1]
-

- b) Name **TWO** physiological changes which may affect Ryan's performance in physical activity. [1]
- (i) _____ (ii) _____

- c) Emma competes at a high level. Mention **TWO** psychological problems that could affect her performance in sport.

(i) _____

(ii) _____

- d) Joan needs to calculate the time that her pulse rate takes to return to normal after exercise. Explain how it is calculated.

 _____ [2]

11. Why is cardiovascular endurance needed in invasion sport ?

_____ [1]

SECTION C – Body Systems and Performance [36 marks] Answer all questions in this section.

1. Fill in the table with the correct words shown below:

Fitness Phase

Cool Down

Skill Phase

Warm-up

i	Stretching during this time will help the muscle fibres turn to their starting state.	
ii	Small-game situations can also be used in this part of the session.	
iii	The body needs to be correctly prepared for any activity.	
iv	Aerobic fitness is important in most sports so it should be included.	

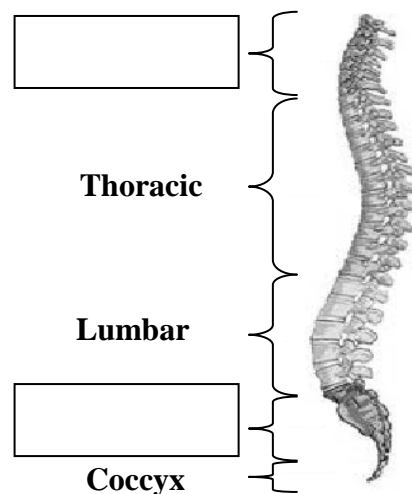
[2]

2. Identify **TWO** advantages of using circuit training.

(i) _____ [1]

(ii) _____ [1]

3. a) The spinal column consists of five regions. Fill in the missing regions.



[2]



- b) Explain why the lumbar vertebrae are the largest in the spinal column.

_____ [1]

- c) What is protected by the spinal column?

_____ [1]

4. There are three types of muscles. Look at the table below and write down the type of muscle shown underneath each picture.

	i	ii
Muscle		
Category		

[2]

5. The picture below shows a squash player performing a backhand stroke.



- a) Name the **TWO** major muscles that are used when performing the backhand stroke.

(i) _____ (ii) _____ [2]

- b) What type of movement is happening at the elbow?

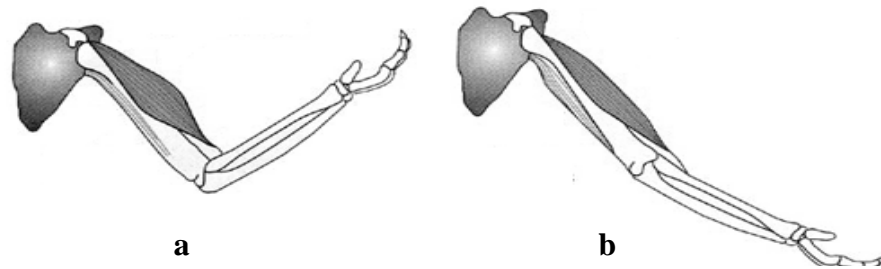
_____ [1]

6. Muscle atrophy means loss of muscle mass. Give **TWO** reasons why a person can experience muscular atrophy.

(i) _____ [1]

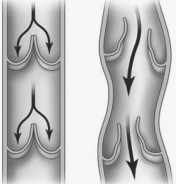
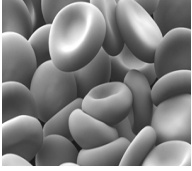
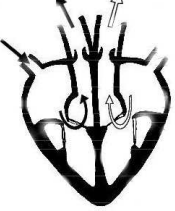

(ii) _____ [1]

7. The diagrams **a** and **b** below show two opposite movements at the elbow. In each diagram mark with an **arrow** (↖) the agonist muscle. [2]



8. In the table below, write the name of the part under each picture.

Vein, Capillary, Heart, Red Blood Cells, Plasma, Artery, Platelets

			
i	ii	iii	iv

9. Certain substances of the Circulatory System help protect from infections and healing of wounds. Which specific substances are responsible for these functions? [4]

- (i) protect from infections: _____ [1]
(ii) healing of wounds: _____ [1]

10. Regular practice of exercise has a number of beneficial effects. Mention **TWO** long-term benefits of exercise. [1]

- (i) _____ [1]
(ii) _____ [1]

11. What is the aerobic training zone for a 20-year old? _____ [2]

12. In which **TWO** parts of the respiratory system does gaseous exchange take place? [1]
(i) _____ [1]
(ii) _____ [1]

13. What is the double function of the respiratory system?
 (i) _____
 (ii) _____
14. Brian is a sprinter who makes use of narcotic analgesics to help relieve the pain caused by injury. Mention **ONE** side effect that these illegal drugs may have on Brian's body. [1]

15. Athletes should take the necessary safety precautions to avoid injury. Mention **TWO** safety precautions that athletes should take during activity. [1]
 (i) _____ (ii) _____
16. Which type of injuries is treated by the R.I.C.E. treatment? [1]

17. What would you do if an unconscious casualty has no pulse? [1]

18. Specify **TWO** first aid procedures to treat an athlete suffering from hyperthermia. [1]
 (i) _____
 (ii) _____

SECTION D – Sports in Society [12 marks]. Answer ALL questions in this section.

1. a) When choosing a host city, the I.O.C will evaluate the facilities and infrastructure. Give another important element the I.O.C. will take into consideration when taking the decision. [1]

- b) Rio de Janeiro will host the 2016 Summer Olympics. Give **ONE** reason why host cities are selected so early? [1]

2. Sports is sometimes used to convey political messages.
 a) Give **ONE** reason for using main sporting events as a political tool. [1]

- b) How did Jesse Owens ruin the plans that Hitler had in the 1936 Olympics? [1]

3. Give **ONE** example how television influences certain sport events. [1]

(ii) _____

[2]

[illegible]

b) What is usually done to avoid the best players or teams eliminating each other out too early in the competition?

 [1]