Section A - Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 9 in Section A. Answer all parts of the chosen questions.

1. SKILL ACQUISITION
   a) A teacher or coach gives feedback about performance to a student, player or athlete. Mention one other way how an athlete may get feedback about his/her performance.

   _______________________________________________________________ (1)

   b) Besides knowing the rules of the game, a referee/umpire needs to have other qualities. Mention one of these personal qualities.

   _______________________________________________________________ (1)

   c) All sports events are played according to established rules. Give two good reasons why rules are necessary in sport.

      i) ____________________________________________________________

      ii) ___________________________________________________________ (1)

   d) A coach is responsible for the overall selection and preparation of a team. What is the role of the Trainer in the team?

      ______________________________________________________________ (1)

2. ATHLETICS
   a) Write the correct term used to describe:

      i) the type of start for the 800m

      ______________________________________________________________ (1)

      ii) the line where athletes cross to the inner lane.
b) Mention one difference in the run up of the fosbury and the scissors jump.

_______________________________________________ __________________________ (1)

c) Name two rules related to the discus throw.
   i) ____________________________________________ _______________________
   ii) ____________________________________________ _______________________ (2)

3. BASKETBALL
   a) A player caught the ball. Write, in order of importance, the next move to perform using the words provided.
      Dribble, shoot, pass

___________________________________________________ ______________________ (1)

b) Mention two critical elements of the one-hand jump shot.
   i) _________________________________________________________________
   ii) _______________________________________________________________ (2)

c) Explain what is meant by:
   i) one-two stop ____________________________________________________
   ii) jump stop _______________________________________________________ (1)

4. EDUCATIONAL DANCE
   a) Choice of stimulus and duration are two points to consider when planning a dance composition.
      Mention another two:
      i) _________________________________________________________________
      ii) _______________________________________________________________ (2)

b) What motion factor is referred to when using these terms?
   i) straight, direction, levels __________________________________________ (1)
   ii) strong, light, force _______________________________________________ (1)

5. GYMNASTICS
   a) State the difference between the cartwheel and the handspring regarding the landing.
      i) Cartwheel : Landing is ____________________________________________
      ii) Handspring : Landing is ___________________________________________ (1)

b) Explain the following terms:
   i) Extension ......................................................................................
ii) Co-ordination: ____________________________________________________________   (1)

   ____________________________________________________________   (1)

c) The gymnast stops to think during a sequence. Give another two examples for which points are deducted during the change from one skill to another.

   i)  ____________________________________________________________   (1)

   ii)  ____________________________________________________________   (1)

d) There are seven phases to a vault: Run-up, take-off, pre-flight, push off, landing. Which are the two missing phases?

   i)  ____________________________________________________________   (1)

   ii)  ____________________________________________________________   (1)

6. HOCKEY

a) Mention one coaching hint in order to perform the ‘flick’.

   ____________________________________________________________   (1)

b) Mention one technique used to increase the chances of winning a ‘bully’.

   ____________________________________________________________   (1)

c) Give two instances for which a ‘free hit’ is awarded.

   i)  ____________________________________________________________   (2)

   ii)  ____________________________________________________________   (2)

7. RHYTHMIC GYMNASICS

a) Look at the picture.

   i) Name the body skill the gymnast is performing.

   ____________________________________________________________   (1)

   ii) At which plane is the gymnast working?

   ____________________________________________________________   (1)

b) Which type of movements may be performed at the transverse/table plane?

   ____________________________________________________________   (1)

c) Mention two factors which contribute towards a successful sequence.

   i)  ____________________________________________________________   (1)

   ii)  ____________________________________________________________   (1)
8. SWIMMING
a) For the backstroke:
   i) State the rule regarding the position of the body at the finish of a race.
   __________________________________________________ _________________________      (1)

   ii) Give two critical elements regarding the leg action.
   __________________________________________________ _________________________      (1)

b) For the butterfly stroke:
   i) Describe the arm movement during swimming.
   __________________________________________________ _________________________      (1)

   ii) How many arm pulls per stroke are allowed under water?
   __________________________________________________ _________________________      (1)

9. VOLLEYBALL
a) Apart from a dig in defence, mention another skill used for defending.
   __________________________________________________ _________________________      (1)

b) The service is a closed skill in Volleyball. Mention an open skill used in Volleyball.
   __________________________________________________ _________________________      (1)

c) Mention one important critical element, for an attacking player when jumping to spike the ball.
   __________________________________________________ _________________________      (1)

d) Number the skills from 1 to 4, according to how they are played during a rally.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>dig</td>
<td>service</td>
<td>spike</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(1)

Section B - Health Related Fitness (16 marks)

Answer all parts of the questions in this section.

1. “Health is one of the fundamental rights of every human being.”
   What is health as defined by W.H.O?
   __________________________________________________ _________________________      (1)
2. Personal hygiene is one factor which influences health. Mention another two.
   i) _________________________________   ii) _________________________________ (1)

   i) ______________________________________________________
   ii) ______________________________________________________ (1)

4. Mention one safety measure that should be considered during physical activity, regarding
   i) footwear:_________________________________________________
   ii) clothing:_________________________________________________ (1)

5. Too much fat in a diet is unhealthy, however fat is also essential for the body.
   State two functions of fat.
   i) ______________________________________________________
   ii) ______________________________________________________ (2)

6. Temperature and humidity affect the amount of water lost during exercise.
   Mention another two factors.
   i) _______________________________  ii) _____________________________ (2)

7. Fill in the diagram below. One has been done for you.
   
   Fats
   
   ________________ ____________ ___

   _________ _________ (2)

8. Mention one basic difference between fat-soluble and water soluble vitamins.
   ______________________________________________________ (1)

9. What are the amino acids which are supplied by food called?
   ______________________________________________________ (1)
10. Fill in the table below.

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Name of Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>Being extremely thin</td>
</tr>
<tr>
<td>ii</td>
<td>Being extremely fat</td>
</tr>
</tbody>
</table>

11. Natalie is aiming for her ideal body weight. Give her the main consideration she should keep in mind.

______________________________________________ __________________________     (1)

12. John is preparing for a triathlon. Give him two reasons for using carbohydrate loading.

i) _______________________________________________ _______________________

ii) ____________________________________________ __________________________     (1)

Section B: Body Systems and Performance (36 marks)
Answer all parts of the questions in this section.

1. Mention one valid reason why a coach should know the Principles of Training.

______________________________________________ ___________________________    (1)

2. Look at the three pictures below and state which principle of training is shown.

i) _______________       ii) _______________   iii) ________________    (3)

3. Describe two ways how one can apply the principle of progression in a fitness programme.

i) ___________________________________________ _____________________________

ii) ___________________________________________ _____________________________   (2)

4. An athlete wants to improve speed and anaerobic endurance. Which training method is best suited for this?  ___________________ ___________________________________    (1)
5. Mention two different ways how circuit training may be used to make a Basketball player better.
   i) ___________________________________________ ____________________________
   ii) ___________________________________________ ____________________________ (2)

6. When planning a fitness circuit training session, how should the order of exercises be designed?
   ________________________________________________ ___________________________
   ________________________________________________ ___________________________ (1)

7. Describe briefly what Fartlek training consists of.
   ________________________________________________ __________________________
   ________________________________________________ __________________________ (1)

8. In ‘weight training’, what component of fitness is developed by using light weights and many repetitions? ____________________________________________________________ (1)

9. Mention one safety rule meant to protect a player, and one safety rule meant to protect an opponent.
   i) protects player: ____________________________________________________________ (1)
   ii) protects opponent: _________________________________________________________ (1)

10. a) Look at the picture and state what type of injury might result by such an action.
    ____________________________________________________ (1)

    b) Mention two actions to treat the injury mentioned.
    i) _________________________________________________________________
    ii) _______________________________________________________________ (2)
11. Drugs are classified according to their effects. Write these drugs under their respective classification. Drugs: steroids, amphetamines, E.P.O.

<table>
<thead>
<tr>
<th>Stimulants</th>
<th>Blood doping</th>
<th>Anabolic Agents</th>
</tr>
</thead>
<tbody>
<tr>
<td>i)</td>
<td>ii)</td>
<td>iii)</td>
</tr>
</tbody>
</table>

(3)

12. Persons who take steroids often experience pain in their joints. Explain briefly why this happens.

__________________________________________________________________________
__________________________________________________________________________

(2)

13. Name the four parts of the Circulatory System which make up the ‘pulmonary system’.

i) _______________________________ ii) _______________________________
iii) _______________________________ iv) _______________________________

(2)

14. One of the functions of the circulatory system is to regulate the body temperature. Explain briefly how this takes place.

__________________________________________________________________________
__________________________________________________________________________

(1)

15. Haemophilia is a condition where the blood fails to clot. Which component of blood is missing or not functioning in this condition? ________________________________

(1)

16. Give a good reason why the resting heart rate of a trained athlete is lower than normal.

__________________________________________________________________________
__________________________________________________________________________

(1)

17. On which part of the body is the temporal pulse taken?

__________________________________________________________________________

(1)

18. Calculate, for a 20-year old athlete:

i) the maximum heart rate ________________________________

(1)

ii) the aerobic training zone ________________________________

(1)
19. In the table below, write the part of the respiratory system which is described.

<table>
<thead>
<tr>
<th>Description</th>
<th>Respiratory Part</th>
</tr>
</thead>
<tbody>
<tr>
<td>i) Contains tiny hairs which filter dust particles</td>
<td></td>
</tr>
<tr>
<td>ii) Is kept open by cartilage discs</td>
<td></td>
</tr>
<tr>
<td>iii) Gas exchange takes place here</td>
<td></td>
</tr>
</tbody>
</table>

(3)

20. Mention three changes that occur in the respiratory system during aerobic exercise.
   i) __________________________________________ ____________________________
   ii) __________________________________________ ____________________________
   iii) __________________________________________ ____________________________ (3)

Section C - Sports in Society (12 marks)

Answer all parts of the questions in this section.

1a) What do these initials stand for?
   i) KMS ___________________________________________ ____________________ (1)
   ii) MOC/KOM _____________________________________ ___________________ (1)

b) Mention one function of (a i) and (a ii) above.
   i) KMS ___________________________________________ ____________________ (1)
   ii) MOC/KOM _____________________________________ ___________________ (1)

2. What is the role of a treasurer in a committee?
   i) ________________________________________________________________
   ii) ________________________________________________________________ (2)

3. Direct transmission of sports events is one way in which television promotes sports.
   Mention two other ways of sports promotion through television.
   i) ________________________________________________________________
   ii) ________________________________________________________________ (2)
4a) Which type of media do you think is the most influential in promoting a sport?
   i) __________________________________________________________
   ii) Why? ____________________________________________________
       __________________________________________________________ (2)

b) Mention two ways how the media may influence sport negatively.
   i) __________________________________________________________
   ii) _________________________________________________________ (2)

End of Paper