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 question.

1. SKILL ACQUISITION
   a) Feedback is important in skill acquisition. Explain what is meant by intrinsic feedback.

   ___________________________________________________________________________ [1]

   b) Which ONE of the following skills best describes a closed skill?

   (A) Serving to an opponent in tennis.
   (B) Performing a forward roll in gymnastics.
   (C) Tackling an opponent in football.
   (D) Passing the ball to a team mate in basketball.

   Skill__________________________ [1]

   c) State ONE reason why rules are necessary in sports.

   ___________________________________________________________________________ [1]

   d) Officials can be amateur or professional. Mention ONE difference.

   ___________________________________________________________________________ [1]

2. ATHLETICS
   a) In a High Jump competition how many jumps are allowed at each height before disqualification?

   ___________________________________________________________________________ [1]
b) Martina is a sprinter. Mention **two** critical elements that she needs to focus on during the race.

(i) _______________________________________________________ [1]

(ii) _______________________________________________________ [1]

c) The approach and the landing are two phases of the long jump. Which are the other **two** phases of the long jump? [1]

(i) ____________________ ________________________________ (ii) ____________________________________________________

### 3. BASKETBALL

a) Why is it important to stay on the balls of the feet when assuming a defensive stance in basketball? [1]

_________________ __________________________________________________

b) When can a coach do a substitution during the game? [1]

_______________________________________________________________

c) Mention **one** instance when a set shot is used in a basketball. [1]

_______________________________________________________________

d) On the picture provided below: [1]

(i) Mark with an **O** a position from where three points can be scored.

(ii) Mark with an **X** the free throw line.

![Basketball Diagram]

### 4. DANCE

a) Which **two** words do **not** show a relationship in a dance? [1]

<table>
<thead>
<tr>
<th>Canon</th>
<th>Mirroring</th>
<th>Meeting</th>
<th>Solo</th>
<th>Leading</th>
<th>Flow</th>
</tr>
</thead>
</table>

(i) _______________________________________________________ (ii) _______________________________________________________ [1]
b) Give ONE advantage of using a prop in a dance.

________________ ______________________________________________________

[1]

c) What can a dancer do to improve balance on one leg?

________________ ______________________________________________________

[1]

d) The diagrams below show the floor space covered of two dance routines. Give ONE reason why routine B is better presented than routine A.

________________ ______________________________________________________

[1]

5. GYMNASTICS

a) Mention TWO Olympic events for women in artistic gymnastics.

(i) ___________________ ___________        (ii) _______________________________ [1]

b) Give ONE rule regarding the landing in Vaulting.

________________ _______________________________________________________ [1]

c) Jade is still arching her back when performing a handstand. Suggest ONE way how to correct this.

___________________ ____________________________________________________  [1]

d) In gymnastics the high bar is an event which is only for men. Mention TWO other events practised only by men.

(i) ___________________ ___________        (ii) _______________________________ [1]

6. HOCKEY

a) Mention ONE situation when a centre pass is taken.

________________ ________________________________________________________

[1]
b) Mention **TWO** critical elements of a **push pass**.

(i) ___________________________________________________________ [1]

(ii) ___________________________________________________________ [1]

c) Mention **ONE** situation when a substitution is not permitted. [1]

7. **RHYTHMIC GYMNASTICS**

a) The picture below shows a gymnast rolling the ball on her body. Suggest **TWO** practical moves which can be done with the ball.

(i) ___________________________________________________________ [½]

(ii) ___________________________________________________________ [½]

b) Rhythmic gymnasts include jumps and leaps in their choreography. Mention **TWO** other elements which may be included.

(i) ___________________________________________________________ (ii) ___________________________________________________________ [1]

c) Which part of the floor area should be covered by the gymnast during the routine? [1]

_________________________________________________________________________

d) Power and eye-hand coordination are fitness components needed by a rhythmic gymnast. State **TWO** other components of fitness.

(i) ___________________________________________________________ (ii) ___________________________________________________________ [1]

8. **SWIMMING**

a) Give **TWO** critical elements of the backstroke.

(i) ___________________________________________________________ [1]

(ii) ___________________________________________________________ [1]

b) How many arm pulls and leg kicks must a breaststroke swimmer perform under water, after a start or a turn? [1]
c) Name the strokes represented in the diagrams below. [1]

(i) ____________________________  (ii) ____________________________

9. VOLLEYBALL

a) Name the skills shown in the diagrams below. [1]

(i) ____________________________  (ii) ____________________________

b) Name TWO critical elements when performing the set pass. [1]

(i) ____________________________  (ii) ____________________________

c) State in which direction the team rotates each time it gets to serve the ball. [1]

_______________________

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

1. Lino who turned 66 last month participates in regular walks. His friend Jeff, smokes, leads a sedentary life and rarely does any form of physical exercise. Jeff also smokes in the car while being in the company of Lino.

a) For EACH component of health, give ONE reason why people should follow Lino’s example and take up physical activity. [3]

<table>
<thead>
<tr>
<th>Component of Health</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Physical</td>
<td></td>
</tr>
<tr>
<td>(ii) Mental</td>
<td></td>
</tr>
<tr>
<td>(iii) Social</td>
<td></td>
</tr>
</tbody>
</table>
b) Give **ONE** example of what Jeff can do to increase some form of physical activity.

________________ ______________________________________________________

________________ ______________________________________________________

2. In the table below write down the function of the following nutrients. [3]

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Minerals</td>
<td></td>
</tr>
<tr>
<td>(ii) Vitamins</td>
<td></td>
</tr>
<tr>
<td>(iii) Fats</td>
<td></td>
</tr>
</tbody>
</table>

3. What is glucose converted into when it is not used immediately by the body cells? [1]

________________ ______________________________________________________

4. Which of the following scales suggest that Rita is gaining weight? [1]

Scale______________________

5. The time taken for a person to respond to a stimulus, (*example; a starting signal at the beginning of a race*) can affect his/her performance. What is this time called? [1]

________________

6. Somatotype means the basic shape of your body. Fill in the table below by writing the body type which best fits the following description. [1]

<table>
<thead>
<tr>
<th>Description</th>
<th>Body Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Pear shaped with narrow shoulders and broad hips; lots of fat.</td>
<td></td>
</tr>
<tr>
<td>(ii) Broad shoulders; narrow waist; lots of muscle.</td>
<td></td>
</tr>
</tbody>
</table>
7. a) There are **THREE** different kinds of strength. Give an example of a sport event or physical activity that requires a great deal of the following kinds of strength. [1]

(i) Explosive strength.

________________ _______________________________________________________

(ii) Dynamic strength.

________________ _______________________________________________________

b) What is meant by static strength?

________________ _______________________________________________________

[1]

8. a) In weight training how can a person adjust the **Repetitions** and **Load** to improve his or her muscular endurance.

________________ _______________________________________________________ [1]

b) Suggest **TWO** other components of General Fitness which s/he must work on during training.

(i) ___________________________ (ii) _______________________________ [1]

SECTION C – Body Systems and Performance [36 marks]

1a) The player in the picture below is using different joints of the body. Name the **TWO** types of freely movable joints indicated below. [2]

(i) ___________________________

(ii) ___________________________

b) What kind of movement is made by the knee when the player is preparing to hit the ball? [1]

_____________________________
c) Which graph shows the heart rate activity of the football player during the match? [1]

Graph ________________

2. Look at the diagram and answer the following: [4]
   a) Give the anatomical name of the bone labelled ‘B’.
      ______________________
   b) Give the anatomical name of the bone labelled ‘D’.
      ______________________
   c) What is the name given to the point of attachment labelled ‘A’?
      ______________________
   d) What is the name given to the point of attachment labelled ‘C’?
      ______________________

3. David is doing weight training using dumbbells. He constantly lifts or moves the weights towards and away from his chest.
   a) What do we call this type of muscle contraction? [1]
      ______________________
   b) Name ONE advantage of this type of muscle contraction. [1]
      ______________________
4. Refer to the table below. For each of the following situations write down whether the injuries are externally or internally caused. [2]

<table>
<thead>
<tr>
<th>Situation</th>
<th>Cause of injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Grace pulled her muscle as a result of overtraining.</td>
<td></td>
</tr>
<tr>
<td>(ii) Peter fractured his leg whilst being tackled from his opponent.</td>
<td></td>
</tr>
<tr>
<td>(iii) Melissa had to retire from the tennis tournament due to a recurring elbow injury.</td>
<td></td>
</tr>
<tr>
<td>(iv) Stephen became dehydrated after playing football in severe heat.</td>
<td></td>
</tr>
</tbody>
</table>

5. a) Name the parts of the heart that are labelled by the following letters: [4]

- ‘A’ __________________________
- ‘B’ __________________________
- ‘C’ __________________________
- ‘D’ __________________________

b) Explain why the left ventricle has the thickest wall of the heart. [2]

________________________________________________________________________
________________________________________________________________________

6. The sphygmomanometer (blood pressure instrument) gives two readings when blood pressure is recorded.

a) Which are these TWO readings? [1]

(i) ____________________________ (ii) ____________________________

b) David had his blood pressure examined during a medical check up. The blood pressure readings were 170/100. Mention TWO recommendations that the doctor would suggest to David. [1]

(i) ____________________________________________
(ii) ____________________________________________
7. Mention an illegal drug athletes might take:
   (i) to help reduce weight quickly ________________________________ [1]
   (ii) to reduce heart rate and anxiety ________________________________ [1]

8. For respiration to take place a series of air passages allow air and oxygen to be transferred to the blood stream.
   a) Name TWO of the air passages which allow air to enter the body. [1]
      (i) ___________________________ (ii) ___________________________
   b) Clearly state where gaseous exchange takes place. [1]
      ________________________________
   c) Explain what happens to the ribs and diaphragm during breathing in. [1]
      
      | Breathing in |
      |-------------|
      | (i) Ribs    |
      | (ii) Diaphragm |
   d) High intensity exercise affects the respiratory system. State TWO immediate effects of exercise on the respiratory system. [1]
      (i) ___________________________
      (ii) ___________________________

9. In the table below, state which Fitness component is assessed by the following tests. [2]

<table>
<thead>
<tr>
<th>Test</th>
<th>Fitness Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Cooper test</td>
<td></td>
</tr>
<tr>
<td>(ii) The Sit up test</td>
<td></td>
</tr>
<tr>
<td>(iii) The Standing Broad Jump test</td>
<td></td>
</tr>
<tr>
<td>(iv) The Sit and Reach test</td>
<td></td>
</tr>
</tbody>
</table>

10. Explain what is meant by muscle tone. [1]
11. Adam is training Basketball. Identify the principles of training he is using in:
   (i) Building up his exercise level gradually
   ________________________________ [1]
   (ii) Training for his own particular sport
   ________________________________ [1]

12. Describe THREE ways how you could overload your body in a cycling training programme by giving practical examples.
   (i) _______________________________________________________ [1]
   (ii) _______________________________________________________ [1]
   (iii) _______________________________________________________ [1]

SECTION D – Sports in Society [12 marks]

1. Give ONE advantage and ONE disadvantage of the following competitions. [3]

<table>
<thead>
<tr>
<th>Type of Competition</th>
<th>Advantage</th>
<th>Disadvantage</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Ladders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(ii) Round Robin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(iii) League</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Sponsorship has many advantages. State an advantage for each of the following, giving a specific example in each case.
   (i) The player
   _______________________________________________________ [1]

   (ii) The sponsor
   _______________________________________________________ [1]

3. In the table below give TWO examples of indoor and outdoor facilities. [2]

<table>
<thead>
<tr>
<th>Indoor facilities</th>
<th>Outdoor facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. Mention **TWO** functions of the Kunsill Malti għall-isports Council (KMS).
   (i) _____________________________________________________________ [1]
   (ii) ___________________________________________________________ [1]

5. Mention **ONE** condition European countries must satisfy in order to participate in the Games of Small States of Europe (G.S.S.E.).
   _____________________________________________________________ [1]

6. Describe, using an example, how media coverage may have a **positive** effect on the popularity of a sporting event.
   _____________________________________________________________ [1]

7. London is the host of the 2012 Olympic Games. Explain by giving **ONE** example how this could be an advantage to London.
   _____________________________________________________________ [1]