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 teammate 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 basketball. [1]

d) On the picture provided below:

(i) Mark with an O a position from where three points can be scored.
(ii) Mark with an X the free throw line.

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>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(i) ___________________________ (ii) ______________________________
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 for two dance routines. Give **ONE** reason why routine B is better presented than routine A.

![Routine A](image1.png)  ![Routine B](image2.png)

___________________________________________________________________________ [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 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]

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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) ........................................................................................................ [1]

(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) ........................................................................................................ [1]

(ii) ........................................................................................................ [1]

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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 underwater, after a start or a turn?

........................................................................................................ [1]
c) Name the strokes shown in the diagrams below.

(i) ____________________________  (ii) ____________________________  [1]

9. VOLLEYBALL

a) Name the skills shown in the diagrams below.

(i) ____________________________  (ii) ____________________________  [1]

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

(i) ____________________________________________  [1]

(ii) ____________________________________________  [1]

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. The World Health Organisation (W.H.O) identifies THREE important components for a person to be considered as healthy.

   a) Complete the definition and write missing components in the spaces provided:

   ‘Health is a state of **Physical**, ____________________ and ____________________
well being’.

b) Give **ONE** example of what a person can do to increase physical activity.


2. Mention **ONE** organ of the body that is affected by cigarette smoking.


3. Use the words below to match the correct function of nutrients.

<table>
<thead>
<tr>
<th>Fats</th>
<th>Carbohydrates</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Function</td>
<td>Nutrient</td>
<td></td>
</tr>
<tr>
<td>(i) Increases efficiency of carrying oxygen to the working muscles and body.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(ii) Provides an immediate source of energy when the body requires it.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(iii) Concentrated form of energy and keeps body warm.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. What is glucose converted into when it is not immediately used by the body cells?


5. Which of the following scales suggest that Rita is gaining weight?

   ![Scale A](image1)
   ![Scale B](image2)
   ![Scale C](image3)

   Scale____________________

6. Speed is a combination of ‘reaction time’ and ‘movement time’. Which **TWO** pictures best describe ‘reaction time’?

   ![Picture A](image4)
   ![Picture B](image5)
   ![Picture C](image6)
   ![Picture D](image7)

   Picture____________________  Picture____________________
7. Somatotype means the basic shape of your body. Fill in the table below by writing the body type which best fits the following description. [2]

<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>

8. 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]

Explosive strength _______________________ Dynamic strength ___________________

9. a) Strength is one of the components of general fitness. Which of the two diagrams best describes weight training to improve muscle tone? [1]

Picture ______________________________

b) Name TWO other general fitness components besides strength. [1]

(i) ________________________________ (ii) ________________________________

10. Mention ONE benefit of flexibility. [1]

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

1. The diagrams below represent four body systems. Name the type of body system under each diagram. [2]

(i) _____________ (ii) __ ___________ (iii) _________ ____ (iv) _____________

2. Name the bones that are labelled in the diagram. [3]

(i) ___________________
(ii) ___________________
(iii) ___________________

3. Name the **TWO** organs that are protected by the rib cage. [2]

(i) __________________________  (ii) __________________________

4. Under each picture write down the type of movement which is taking place. [1]

(i) __________________________  (ii) __________________________
5. Name the parts of the heart that are labelled in the diagram below.

(i) _______________________
(ii) _______________________
(iii) ________________ _______________
(iv) _______________________

6. Name TWO blood vessels that carry oxygenated blood.  

(i) ___________________________  (ii) ___________________________

7. David has a high blood pressure. Give ONE way how he can reduce it.  

(i) ___________________________  

8. a) Name the parts of the lungs that are labelled in the diagram below.  

(i) _______________________
(ii) _______________________
(iii) _______________________

b) The diagram shows that the lungs are in the process of ‘breathing out’. Which part of the above diagram shows expiration (breathing out).

__________________________

(c) Underline the statement which correctly describes the way air travels through our body to the capillaries.  

(i) bronchi – bronchioles - trachea - alveoli  
(ii) trachea - bronchioles - bronchi - alveoli  
(iii) trachea - bronchi - bronchioles - alveoli  
(iv) alveoli - bronchioles - bronchi - trachea
9. Refer to the table below. For each of the following situations write down whether the injuries are \textbf{externally} or \textbf{internally} caused. [2]

<table>
<thead>
<tr>
<th>Situation</th>
<th>Cause of injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Jane 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>

10. Mention an illegal drug athletes might use:

   (i) to help reduce weight quickly                                           ________________________________ [1]
   (ii) to reduce heart rate and anxiety                                      ________________________________ [1]

11. For each of the following tests, write down which fitness component is being assessed. [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>

12. Give \textbf{ONE} important point to remember regarding posture for each of the following situations:

   (i) standing up.                                                                                   [1]
   (ii) picking up a heavy object from the floor.                                                      [1]
13. Use the principles of training below and match them with the correct description. [2]

<table>
<thead>
<tr>
<th>Specificity</th>
<th>Progression</th>
<th>Overload</th>
<th>Reversibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description</td>
<td>Principle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(i)</td>
<td>Kate trains the particular muscles being used for her sport.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(ii)</td>
<td>Kate increases her training gradually.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(iii)</td>
<td>Kate will lose fitness when inactive.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(iv)</td>
<td>Kate works harder than she normally does.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

14. Jack jogs twice a week for 20 minutes at the Marsa Athletic Track. He wants to improve. Suggest TWO ways how he can progress by changing his training programme using the F.I.T. principles. [1]

(i) ______________________________________________________

(ii) ____________________________________________________

15. The picture below shows two types of muscle contraction. What do we call each type of muscle contraction. [2]

(i) ____________________________ (ii) ____________________________

16. Write down the sportsperson who best describes the training method below. [1]

**Shot-Putter**  **Basketball Player**  **Short / Middle Distance Athlete**  **Female Gymnast**

(i) The sportsperson who is most likely to use heavy weights to improve performance.

____________________________

(ii) The sportsperson who would use Fartlek training.

____________________________

(iii) The sportsperson who is most likely to improve using interval training.

____________________________
SECTION D – Sports in Society [12 marks]

1. a) Give ONE reason why many countries want to organise the Olympic games.

_________________________________________________________________________ [1]

b) Who decides where the Olympic games are held?

_________________________________________________________________________ [1]

c) Which city will host the 2012 Olympic games?

_________________________________________________________________________ [1]

2. Money is one form of sponsorship. Give another TWO examples of sponsorship in sport.

(i) ____________________________________________________________________ [1]

(ii) ____________________________________________________________________ [1]

3. Give ONE reason why it would be advisable for companies to sponsor sports.

_________________________________________________________________________ [1]

4. 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>
</tbody>
</table>

5. Mention TWO functions of the Kunsill Malti Għall-Isport.

(i) ____________________________________________________________________ [1]

(ii) ____________________________________________________________________ [1]

6. a) Mention ONE condition that European countries should satisfy in order to participate in the Games of Small States of Europe (G.S.S.E).

_________________________________________________________________________ [1]

b) Mention TWO countries that participate in the G.S.S.E. [1]

(i) ____________________________ (ii) ____________________________