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 with 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. [1]

   (i) __________________________________ (ii) _____________________________
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]

<table>
<thead>
<tr>
<th>take-off and action in the air</th>
<th>landing</th>
<th>the last two strides</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) the approach run</td>
<td>(ii)</td>
<td></td>
</tr>
<tr>
<td>(iii)</td>
<td>(iv)</td>
<td></td>
</tr>
</tbody>
</table>

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

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

   ______________________________

   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? [1]

__________________________________

(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]

<table>
<thead>
<tr>
<th>Red card</th>
<th>2 Minute Suspension</th>
<th>Exclusion</th>
<th>Yellow card</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) <strong>Yellow card</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(ii) ______________________________</td>
<td>(ii) ______________________________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(iii) ______________________________</td>
<td>(iii) ______________________________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(iv) ______________________________</td>
<td>(iv) ______________________________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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]

![Diagram]

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]

<table>
<thead>
<tr>
<th>Symmetrical</th>
<th>Asymmetrical</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>Medium</td>
</tr>
<tr>
<td>Snaking</td>
<td>Spiralling</td>
</tr>
<tr>
<td>Stretched</td>
<td>Curled</td>
</tr>
</tbody>
</table>
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. Joan used to train and compete at a high level when she was younger. How does age affect her sporting performance? [1]

_________________________________________

_________________________________________

2. Which of the following conditions have a negative effect on performance? Tick the correct FOUR.

Asthma           Colds and flu          Weight training          Fatigue          Hay Fever

[2]
3. Emma trains and competes at a high level. Underline **TWO** psychological problems that have a direct effect on her performance. [2]

   - tension
   - anaemia
   - stress
   - flu
   - injury

4. Joan and Clare increased their heart rate considerably during exercise. Joan’s heart rate takes 2 minutes to return to normal while Clare’s heart rate takes 30 seconds. Why is Clare more fit than Joan? [1]

   ____________________________________________________________

5. Write **TWO** examples of exercises which improve cardiovascular endurance. [2]

   (i) ______________________________
   (ii) _______________________________

6. Anna ensures that she drinks plenty of water before, during and after her training. What condition is she at risk of if she does not drink enough water? [1]

   ____________________________________________________________

7. Anorexia is very dangerous to our health and if the condition is untreated it can lead to various health problems. Mention **ONE** way how anorexia can be treated. [1]

   ____________________________________________________________

8. Mention **ONE** advantage of being flexible in sports. [1]

   ____________________________________________________________

9. What do we call that small amount of energy needed to keep our body systems working even when sleeping? (Mark with an X the correct answer) [1]

   a) vital energy system ______
   b) inactive energy ______
   c) basal metabolic rate ______
   d) life support system ______

10. Look at these two pictures. Under each picture, write which of the five nutrients is needed most. [2]

   | i | ii |
   |----------------------------------|
   | ![Picture 1] | ![Picture 2] |
11. Complete the table below. The first one has been done for you. [2]

<table>
<thead>
<tr>
<th>Type of Health</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. Physical well being</td>
<td>Have no injuries</td>
</tr>
<tr>
<td>i</td>
<td>Mental well being</td>
</tr>
<tr>
<td>ii</td>
<td>Social well being</td>
</tr>
</tbody>
</table>

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

1. The spinal column consists of five regions. Use the words below and fill in the missing regions. [2]

<table>
<thead>
<tr>
<th>Lumbar</th>
<th>Cervical</th>
<th>Sacral</th>
<th>Thoracic</th>
</tr>
</thead>
<tbody>
<tr>
<td>i.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ii.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>iii.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>iv.</td>
<td></td>
<td>Coccyx</td>
<td></td>
</tr>
</tbody>
</table>

2. The picture below shows the knee joint. Part i acts as a shock absorber and part ii reduces the joint from friction. Fill in the labels. [2]

<table>
<thead>
<tr>
<th>i.</th>
<th>ii.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3. What does the spinal column protect?  
___________________________________________  

4. There are three types of muscles; voluntary, involuntary and cardiac. Read the definitions below and write the corresponding type.  

<table>
<thead>
<tr>
<th>Definition</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>i These are attached by tendons to bones and allow body movement.</td>
<td></td>
</tr>
<tr>
<td>ii These are found within wall of organs which are not under our conscious control.</td>
<td></td>
</tr>
<tr>
<td>iii These are found only in the heart.</td>
<td></td>
</tr>
</tbody>
</table>

5. The pictures below show three different exercises. For each exercise identify the working muscle group.  

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

6. In the table below, write the name of the part under each picture. Choose from the following words;  

plasma, artery, atrium, red cells, veins, platelets, heart, alveoli  

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>ii</td>
<td>iii</td>
<td>iv</td>
</tr>
</tbody>
</table>
7. The circulatory system serves to deliver or remove certain substances to/from blood. Mention **ONE** substance delivered and **ONE** substance removed.

(i) delivered ____________________________________________________________ [1]

(ii) removed ___________________________________________________________ [1]

8. Mention **TWO** long-term physical benefits of regular exercise.

(i) ________________________________________________________________ [1]

(ii) ________________________________________________________________ [1]

9. Where is the best place to feel a weak pulse on the body? [1]

______________________________________________________________

10. What do we call the training zone where one almost works at full effort? [1]

______________________________________________________________

11. Which **TWO** gases are exchanged during inspiration/expiration? [1]

(i) ______________________________ (ii) ______________________________

12. What is the technical name for ‘air sacs’? ______________________________ [1]

13. A warm-up and a cool-down are two parts of a training session. Mention the other two parts. [2]

(i) ______________________________ (ii) ______________________________

14. Look at the picture on the right hand side and answer questions a) and b).

a) What type of training method is shown? [1]

______________________________________________________________

b) Mention **ONE** advantage of using this as a training method. [1]

______________________________________________________________

______________________________________________________________
15. Besides weight, which other measurement is used to calculate the Body Mass Index? [1]
________________________

16. Adrian’s Body Mass Index is 32kg/m². Which group best describes his weight? Underline the correct answer.

underweight  healthy weight  overweight  obese

17. What type of instrument is used to take skinfold measurement? [1]
________________________

18. What unfair advantage does an athlete gain by making use of narcotic analgesics? [1]
________________________________________________ _________________________

19. Suggest TWO safety precautions taken to avoid injuries in a sports competition.
(i) ________________________________________________________________ [1]
(ii) ________________________________________________________________ [1]

20. R.I.C.E. is the method used to treat soft tissue injuries. Complete the following: [1]
R______________________ Ice Compression E______________________

21. An athlete is unconscious and has been placed in the position shown below. What is this position called? [1]
__________________________________

22. The picture shows a shoulder dislocation:
What first aid procedure would you use when such a dislocation occurs?
__________________________________
__________________________________

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

1. a) London is the host of the 2012 Summer Olympic Games. Name the organisation which selected London to organise the Games. [1]
b) How can common people living in London benefit from this major sport event? [1]

2. Choose ONE statement (A, B, C or D) to describe the political issue raised in the related Olympic Games and write it down in the table. [2]

A. Boycott of western countries in protest of Russian invasion of Afghanistan.
B. Arab nationals promoting their political ideals, killed several Israeli competitors.
C. The Games are used by Hitler to further the Nazi Cause.
D. South Africa was withdrawn because of the country’s policy of apartheid.

<table>
<thead>
<tr>
<th>Date</th>
<th>Political Issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) 1936 / Berlin</td>
<td>A. Boycott of western countries in protest of Russian invasion of Afghanistan.</td>
</tr>
<tr>
<td>(ii) 1972 / Munich</td>
<td>B. Arab nationals promoting their political ideals, killed several Israeli competitors.</td>
</tr>
</tbody>
</table>

3. a) Which of the following media types is not a press media? [1]

- Books
- Newspapers
- Radio
- Magazines

b) Radio still has its important role to report sport. Give TWO advantages of listening to sport on the radio. [1]

(i) ____________________________________________ ________________________________

(ii) ____________________________________________ ________________________________

4. Give the main intention of sponsorship for: [2]

<table>
<thead>
<tr>
<th>Main Intention</th>
</tr>
</thead>
<tbody>
<tr>
<td>i The sponsor</td>
</tr>
<tr>
<td>ii The sponsored (athlete)</td>
</tr>
</tbody>
</table>
5. a) Identify the type of competition being used. [1]

b) What is usually done to avoid the best players or teams eliminating each other out too early in the competition? [1]

c) Combined competitions are very common. Give ONE reason why organisers tend to mix two types of competitions in their sports events. [1]