FORM 5 PHYSICAL EDUCATION (OPTION) TIME: 1h 30min

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 indicated in the diagram below. [1]

(i) _______________ (ii) _______________

(iii) _______________________________

3. **Basketball**

a) (i) What type of defence is shown in the diagram above?

________________________________________________

(ii) Suggest ONE instance when it is appropriate for a team to defend in the formation shown above.

________________________________________________

b) After how many personal fouls committed is a player “fouled out”?

________________________________________________

c) Mention ONE teaching point when performing a chest pass.

________________________________________________

4. **Dance**

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

______________________________________________
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.  

<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) Yellow card</td>
<td>(ii) __________________________</td>
<td>(iii) __________________________</td>
<td>(iv) __________________________</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.

[Diagram of a handball court with point O marked and a line from point O to the free throw line marked with an X]
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]

<table>
<thead>
<tr>
<th>NAME</th>
<th>HEIGHT (Meters)</th>
<th>WEIGHT (Kilograms)</th>
<th>CATEGORY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandra</td>
<td>1.8</td>
<td>50</td>
<td>Underweight</td>
</tr>
<tr>
<td>i Peter</td>
<td>1.7</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>ii Carl</td>
<td>1.6</td>
<td>60</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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.
   (i) ____________________________  (ii) ____________________________ [1]
c) Emma competes at a high level. Mention **TWO** psychological problems that could affect her performance in sport.

(i) _______________________________  (ii) _______________________________  [1]

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:

<table>
<thead>
<tr>
<th>Fitness Phase</th>
<th>Cool Down</th>
<th>Skill Phase</th>
<th>Warm-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>Stretching during this time will help the muscle fibres turn to their starting state.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ii</td>
<td>Small-game situations can also be used in this part of the session.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>iii</td>
<td>The body needs to be correctly prepared for any activity.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>iv</td>
<td>Aerobic fitness is important in most sports so it should be included.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

[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.

   ![Spinal Column Diagram]

   [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.

<table>
<thead>
<tr>
<th>Muscle</th>
<th>i</th>
<th>ii</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Vein, Capillary, Heart, Red Blood Cells, Plasma, Artery, Platelets</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Diagrams](147x489 to 214x560) ![Diagrams](228x484 to 298x547) ![Diagrams](309x477 to 383x560) ![Diagrams](394x491 to 466x560)</td>
</tr>
<tr>
<td>i</td>
</tr>
</tbody>
</table>

9. Certain substances of the Circulatory System help protect from infections and healing of wounds. Which specific substances are responsible for these functions?
   (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.
   (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?
   (i) __________________________________________ ___________________________ [1]
   (ii) __________________________________________ ___________________________ [1]
13. What is the double function of the respiratory system?
   (i) ____________________________________________________________ [1]
   (ii) ___________________________________________________________ [1]

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.
   (i) ____________________________________ (ii) ________________________________ [1]

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.
   (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]
4. You are a member of a company asked to sponsor a local sport event. Mention **two** aspects which need to be considered before deciding to give the sponsorship.

(i) ________________________________________ ____________________________________ [1]

(ii) ______________________________________ ____________________________________ [1]

5. What is the relationship between Media, Sponsorship and Sport?

_______________________________________________ ___________________________

_______________________________________________ ___________________________ [2]

6 a) Identify the type of competition being used.

![Diagram of football teams]

Competition ________________________________________ [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 sport events.

_______________________________________________ ___________________________ [1]