

9. SEC Swimming tests

- ✓ After checking in with the invigilator, candidates are to: (i) change in the indicated changing rooms, (ii) **shower**, (iii) put on the **cap**, and (iv) warm up in the designated area of the pool.
- ✓ Girls sitting for the swimming test are to wear one-piece swimwear; no bikinis or two-piece swimwear are allowed.
- ✓ Crèmes can be used, but oils are not allowed.
- ✓ Goggles can be used. Goggles must be brought by the candidates themselves.
- ✓ After the examination, the candidates may shower and change in the indicated changing rooms.

10. SEC Gymnastics and Educational Dance tests

- ✓ Music on tape cassette or CD is to be handed to the officer in charge prior to the performance of the routine.
- ✓ Candidates are required to wear tidy light slippers with thin soles.
- ✓ Male candidates are required to wear neat shorts or well-fit gymnastics trousers and a sleeveless vest.
- ✓ Female candidates are to wear leotards, with or without sleeves, but thin spaghetti straps are **not allowed**. There should be **no decoration** sewn or attached to the leotard (e.g., flower, ribbon, etc.). The neckline must be **decent** and **should not** go below the shoulder blades at the back. Candidates may wear tights, or a full-length one-piece leotard. Midribs should be covered.
- ✓ For the Educational Dance test, the attire should be as in gymnastics, or such that contributes to the expression or idea of the dance.

11. After finishing the examination, candidates are to leave the place of the examination **immediately**.

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD

SEC 32 & IM 36 PHYSICAL EDUCATION

PRACTICAL TEST:



MATSEC SUPPORT UNIT UNIVERSITY OF MALTA

MATSEC website: <http://www.um.edu.mt/matsec/>

VENUES – SEC & IM

- **Hockey, Basketball and Volleyball tests** are to be held at the **University Sports Hall, University of Malta, Tal-Qroqq.**
- **SEC Athletics & IM practical performance** are to be held at the **athletics track, St Aloysius' College, B'Kara.**
- **SEC Gymnastics tests** are to be held at the **University Sports Hall, University of Malta, Tal-Qroqq.**
- **SEC Educational Dance tests** are to be held at the **University Sports Hall, University of Malta, Tal-Qroqq.**
- **SEC Swimming tests** are to be held at the **National Swimming Pool, Tal-Qroqq.**

GENERAL INSTRUCTIONS – SEC & IM

1. This booklet is intended for both SEC and IM candidates. Refer **only** to the sections relevant to your examination.
2. Take note of the date/s and time/s indicated in the timetable sent by the MATSEC Support Unit. In case of any queries, candidates are to contact immediately the MATSEC Support Unit (Tel. 2340 3622/2814). SEC candidates are not allowed to change activities.
3. Candidates are to be at the place of examination **half an hour before the earliest time indicated** for the particular day.
4. Candidates are to bring with them the **timetable** included with this circular and their **identity card**.
5. **No other persons** except the candidates are allowed within the examination venues.
6. Candidates are to present themselves **in their sports kit for the examination**.
7. Candidates are to wear **appropriate shoes/footwear** (non-marking soles, no studs) for all tests held at the University Sports Hall and the University Squash Court.
8. **SEC Athletics tests & IM practical performance**
 - ✓ Candidates are to present themselves in their **sports kit for the examination**. **No changing rooms** will be available.
 - ✓ **Starting blocks** will be provided for the sprint test. No individual starting blocks can be used.
 - ✓ If **spike shoes** are to be used, the protruding part should not exceed 9mm for the sprint and it should not exceed 12mm for the SEC high jump.