



**L-Università
ta' Malta**

**MATSEC
Examinations Board**



**SEC 32 and IM 36
Physical Education Practical Tests**

2026

GENERAL INSTRUCTIONS – SEC & IM

1. This booklet is for 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 MATSEC. In case of any queries, candidates are to contact MATSEC immediately. **SEC candidates are not allowed to change their chosen activities.**
3. Candidates are to be at the examination venue **half an hour before the earliest time indicated** for that particular day.
4. Candidates are to present the **practical tests timetable** 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 gear for the examination**. Candidates are to wear **appropriate footwear** (non-marking soles, no studs) for all tests held at the University Sports Hall. For SEC football studs are allowed.
7. **IM PE and SEC PE** candidates are to bring with them a clean towel to use during the fitness test.
8. **SEC Athletics practical performance**
 - ✓ Candidates are to present themselves in their **gear 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 high jump.
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.
 - ✓ Candidates sitting for the swimming test are to wear appropriate sports swimwear **only**.
 - ✓ Sunblock/sunscreen cream can be used, but oils are **not** allowed.
 - ✓ Goggles can be used. Goggles must be brought by the candidates themselves.
10. **SEC Cooper Test and Multistage and Fitness Test**
 - ✓ Candidates are to present themselves in their **gear for the examination**. **No changing rooms** will be available.
11. After finishing the examination, candidates are to leave the venue **immediately**.

VENUES – SEC & IM

- **IM PE practical performance** is held at the **athletics track & gym, St Aloysius' College Sports Complex, B'Kara.**

- **SEC Cooper Test** is held at the **athletics track & gym, St Aloysius' College Sports Complex, B'Kara.**

- **SEC Fitness Test and SEC Multistage Test** are held at the **University Sports Hall, University of Malta, Tal-Qroqq.**

- **SEC Athletics practical performance** is held at the **athletics track, St Aloysius' College Sports Complex, B'Kara.**

- **SEC Swimming tests** are held at **Cottonera Sports Complex, Cottoner Avenue, Cospicua.**