



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2024 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	IIA
DATE:	3 rd May 2024
TIME:	4:00 p.m. to 6:05 p.m.

Instructions

Section A: Skill Acquisition, Movement and Physical Activities

Answer **QUESTION 1** and any **THREE** from 2-13.

Section B: Health Related Fitness and Body Systems and Performance

Answer **ALL** questions.

Section C: Sport in Society

Answer **ALL** questions.

Information

Diagrams may be used to clarify your answers where necessary.

Please turn the page.

SECTION A: SKILL ACQUISITION, MOVEMENT AND PHYSICAL ACTIVITIES

This section carries 16 marks. Answer QUESTION 1 (Skill Acquisition) and any THREE questions from 2 – 13.

1. Skill Acquisition

a) Define the term transfer of skills.

_____ (1)

b) Give **ONE** example for a).

_____ (1)

c) Name **TWO** qualities an official should have.

i) _____ (1)

ii) _____ (1)

(Total: 4 marks)

Movement and Physical Activities

Answer any THREE questions. Answer ALL parts of the chosen questions.

2. Athletics

a) Name **TWO** throwing events in Athletics.

i) _____ (1/2)

ii) _____ (1/2)

b) Describe the approach of the Triple Jump.

_____ (2)

c) Name **ONE** physical difference between an athlete who specialises in throwing and another who specialises in jumps.

_____ (1)

(Total: 4 marks)

3. Badminton

a) Give **ONE** example of an error:

i) during a service.

_____ (1)

ii) during play.

_____ (1)

b) Describe the trajectory of the following shots:

i) Clear Shot.

_____ (1)

ii) Smash.

_____ (1)

(Total: 4 marks)

4. Basketball

a) Define the term fast break in basketball.

_____ (1)

b) Explain why a fast break is effective.

_____ (1)

c) Explain the offensive foul of charging in basketball.

_____ (2)

(Total: 4 marks)

Please turn the page.

5. Educational Dance

a) Give **ONE** example to show the following in a dance routine:

i) body awareness: _____ (1)

ii) space awareness: _____ (1)

b) Name **TWO** qualities a choreographer should have.

i) _____ (1)

ii) _____ (1)

(Total: 4 marks)

6. Football

a) What part of the foot is used in the following:

i) Giving a ground pass: _____ (½)

ii) Receiving a high pass: _____ (½)

b) Which of the following is **not** a foul in football? Tick the correct answer.

i) Tripping a player.

ii) Hands ball.

iii) Pulling the opponent's shirt. (1)

c) A team is fielding a 4-4-2 formation:

i) Name **ONE** advantage.

_____ (1)

ii) Name **ONE** disadvantage.

_____ (1)

(Total: 4 marks)

7. Gymnastics

a) Describe the body posture in a frontal split.

_____ (2)

b) Define core strength in gymnastics.

_____ (1)

c) Why is core strength important for a gymnast?

_____ (1)

(Total: 4 marks)

8. Hockey

a) Describe the reverse stick push in hockey.

_____ (2)

b) Name **ONE** common fault in dribbling.

_____ (1)

c) A free hit is awarded when a foul happens outside the scoring circle. State whether this statement is True or False?

_____ (1)

(Total: 4 marks)

9. Netball

a) Describe the body position when taking a standing shot.

_____ (2)

b) Name **ONE** defensive strategy in netball.

_____ (1)

c) How many steps is a netball player allowed to take with the ball?

_____ (1)

(Total: 4 marks)

Please turn the page.

10. Rhythmic Gymnastics

a) Name **TWO** areas routines are judged on.

i) _____ (1)

ii) _____ (1)

b) Mention **ONE** body skill that can be performed:

i) Whilst the apparatus is in contact with the floor.

_____ (1)

ii) Whilst the apparatus is in the air.

_____ (1)

(Total: 4 marks)

11. Swimming

a) Describe the leg action in the butterfly stroke.

_____ (2)

b) Define the following terms.

i) Propulsion: _____
_____ (1)

ii) Glide: _____
_____ (1)

(Total: 4 marks)

12. Team Handball

a) Describe how the throw off is taken by the team.

_____ (2)

b) Name **ONE** instance when entering the goal area is **not** penalised.

_____ (1)

c) Name **TWO** actions the goal keepers do during the game.

i) _____ (½)

ii) _____ (½)

(Total: 4 marks)

13. Volleyball

a) What is a spike in volleyball?

_____ (1)

b) Describe the leg movement in a spike.

_____ (2)

c) Continue the following sentence.

During a volleyball game, it is illegal to _____ the ball. (1)

(Total: 4 marks)

Please turn the page.

SECTION B (I): HEALTH RELATED FITNESS

This section carries 16 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1a) State **ONE** factor how personal hygiene contributes towards a healthy lifestyle.

_____ (1/2)

b) State **ONE** reason why regular visits to the dentist are important.

_____ (1/2)

2. State the main function of the following nutrients in a balanced diet.

i) Protein: _____ (1/2)

ii) Fibre: _____ (1/2)

3. The body needs fat to provide energy. State another **TWO** reasons why the body needs fat.

i) _____ (1/2)

ii) _____ (1/2)

4. A week before his marathon race Michele does carbohydrate loading. State **TWO** effects of carbohydrate loading.

i) _____ (1/2)

ii) _____ (1/2)

5. State **ONE** long term effect of exercise.

i) Physically: _____ (1/2)

ii) Physiologically: _____ (1/2)

6. Sheldon used a scale of 1 to 7 for each of the three main somatotypes. State Mary's and John's somatotypes.

i) Mary: 2,3,6 _____ (1/2)

ii) John: 2,6,3 _____ (1/2)

7a) What is anaerobic energy?

_____ (1/2)

b) Mention a game which requires aerobic energy.

_____ (1/2)

8. For the following statements fill in the component of fitness needed to:

	Statement	Fitness component
i)	Jog briskly for thirty minutes.	
ii)	Lift a heavy shopping bag.	
iii)	Carry a heavy shopping bag.	
iv)	Place a book on a high shelf.	

(2)

9a) What is meant by the term pulse rate?

_____ (1/2)

b) State the **THREE** steps necessary to check your pulse recovery rate.

i) _____ (1/2)

ii) _____ (1/2)

iii) _____ (1/2)

10. What is meant by the terms?

i) Oxygen debt _____ (1/2)

ii) VO₂ _____ (1/2)

11. Fill in the table below. Give an example of an action which requires power for the following activities. The first one has been done for you.

	Activity	Action: Power required for
	High Jump	Take-off
i)	Basketball	
ii)	Swimming	
iii)	Volleyball	
iv)	Gymnastics	

(2)

12. State **TWO** reasons why muscular strength and muscular endurance are important in sports.

i) _____ (1/2)

ii) _____ (1/2)

Please turn the page.

13) State **TWO** ways how a coach can prepare athletes psychologically to perform well.

i) _____ ii) _____ (1)

(Total: 16 marks)

SECTION B (II): BODY SYSTEMS AND PERFORMANCE

This section carries 36 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Carefully read through the following text and answer the questions that follow related to the muscular system, training and rehabilitation.

India's javelin throw ace Neeraj Chopra pulled out of the Commonwealth Games 2022 in Birmingham, UK after failing to recover from a groin injury he suffered during the World Athletics Championships.

Neeraj Chopra, who clinched India's first silver medal at the world athletics championships, had pulled his right thigh muscle during his 88.13m throw that won him a podium finish. He underwent an MRI scan on Monday and was advised a month's rest. The Olympic champion was initially expected to recover before the Commonwealth Games starting on Thursday but failed. Neeraj Chopra was left "extremely disappointed" as a result.

"I had been feeling uncomfortable after the pull I felt in my groin during my fourth throw at the world championships," Neeraj Chopra said in a statement posted on social media. "On having it investigated medically yesterday by a group of doctors here in the US, a minor strain was discovered and I have been advised to undergo rehabilitation and give it rest for the next few weeks. "Keeping my long-term goals in mind, it would be best for me to skip the CWG in order to avoid risking any further aggravation of the injury," Neeraj added.

Neeraj Chopra became only the second Indian after Anju Bobby George to win a medal at the world athletics championships. Chopra was the defending champion at the Commonwealth Games. "Needless to say, I am hurt about not being able to defend my title and missing out on another opportunity to represent the nation," Neeraj said. "I am especially disappointed about losing out on the opportunity to be Team India's flag bearer at the opening ceremony, an honour I was looking forward to having in a few day's time.

"For now, I will focus on my rehabilitation and hope to be back in action very soon," the Indian javelin ace added.

(Adapted from Injured Neeraj Chopra withdraws from Commonwealth Games 2022, olympics.com)

-
- a) List **TWO** functions of the muscular system.
- i) _____ (1)
- ii) _____ (1)
- b) State the anatomical name for the thigh muscle.
- _____ (1)
- c) What is a strain?
- _____ (1)
- d) Suggest **TWO** exercises to be carried by Neeraj for his rehabilitation process.
- i) _____ (1/2)
- ii) _____ (1/2)
- e) During rehabilitation, what would be the priority; improving muscle strength or muscle tone?
- _____ (1/2)
- f) List **TWO** characteristics of slow twitch fibres.
- i) _____ (1/2)
- ii) _____ (1/2)
- g) Explain the reason behind undergoing an MRI scan.
- _____ (1)
- h) Apart from adduction, list **FOUR** other types of muscular movements.
- i) _____ ii) _____
- iii) _____ iv) _____ (2)
- i) Which phase of a training session ensures that muscles are well prepared for the upcoming physical activity?
- _____ (1/2)

Please turn the page.

- j) Design a fixed load fitness circuit that includes **FIVE** stations with **each** one catering for a different type of muscle or muscle group.

(3)

2. Carefully read through the following text and answer the questions that follow related to the skeletal system.

Mollie Patterson’s Commonwealth Games dream has been ended by a shoulder injury which has seen her have to withdraw from the team.

Patterson has been receiving physiotherapy treatment on the injury in recent weeks and, following a scan which showed serious damage, Team England medical staff advised that she should not play at the Games.

A replacement athlete will be announced by Team England in due course to join Tin-Tin Ho, Maria Tsaptsinos and Charlotte Bardsley in the women’s squad for the Games, which start on July 28.

Team leader Matt Stanforth said: “This is a very unfortunate situation and we really feel for Mollie, who had worked very hard to secure her place in the team.

“However, the medical advice was clear and we are now focusing on supporting Mollie through her rehabilitation.”

(Adapted from Injured Patterson out of Commonwealth Games - Table Tennis England)

- a) State the anatomical name of the shoulder bone.

_____ (1)

- b) List **FOUR** bones found in the lower body.

i) _____ ii) _____

iii) _____ iv) _____ (2)

-
- c) In how many regions is the vertebral column divided?
_____ (½)
- d) List **FOUR** of the vertebral column regions.
i) _____ ii) _____
iii) _____ iv) _____ (2)
- e) Where are most of the short bones found in the human body?
_____ (1)
- f) Define the function of slightly moveable joints.
_____ (1)
- g) State another term for freely moveable joints.
_____ (1)
- h) Give **FOUR** examples of freely moveable joints.
i) _____ ii) _____
iii) _____ iv) _____ (2)
- i) Mention **TWO** characteristics of a ligament.
i) _____ (1)
ii) _____ (1)
- j) List **TWO** types of movement at a joint.
i) _____ ii) _____ (1)

Please turn the page.

3. Carefully read through the following text and answer the questions that follow related to safety, injury and treatment in sport.

Cycling at the Commonwealth Games was struck by another horrifying crash on Sunday afternoon that saw England's Matt Walls catapulted over the barrier into the crowd, leaving athletes and spectators requiring urgent medical attention.

In the second qualifying heat of the men's 15km scratch qualifying, there was a multi-rider crash and England's Matt Walls flew over the barrier and into the crowd, with his bike.

Fellow racer Matt Bostock was taken away on a stretcher, while 24-year-old Walls received treatment for more than 40 minutes before being taken away by ambulance.

British Cycling confirmed on social media that Walls and Bostock were taken to hospital. Canada's Derek Gee also hit the top of the barrier and while he didn't follow Walls over the top and into the crowd, he fell heavily backwards.

'We send our best wishes to the riders and spectators involved in the incident and will provide a further update when we can,' British Cycling posted on Twitter. Team England added: 'Matt is alert and talking – as he has been throughout – and is being given medical attention in hospital.'

Spectators were also hurt after Walls and his bike had come over the top of the barriers on the high banking of the corner.

The 24-year-old Olympic omnium champion was trying to avoid riders who had fallen in a crash lower down the banking but as he rode up, he clipped another wheel and went over the top.

(Adapted from Commonwealth Games cycling is abandoned after another horrifying crash, Daily Mail Online)

a) List **TWO** safety features that must be taken into consideration by organisers when planning a sporting event.

i) _____ (1)

ii) _____ (1)

b) With reference to the text above, which injuries are more likely to occur between acute injuries and overuse injuries?

_____ (1/2)

c) Justify the answer given in b).

_____ (1)

d) List the **TWO** different types of probable fractures.

i) _____ ii) _____ (2)

e) Define the term bruising.
_____ (1)

f) Suggest **ONE** type of treatment for dislocation.
_____ (1)

g) How should a cut in the skin be treated?
_____ (1)

h) Define the RICE treatment.
_____ (1)

(Total: 36 marks)

SECTION C: SPORT IN SOCIETY

This section carries 12 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Which Games did Malta host and win in June 2023?
_____ (1/2)

2. State **TWO** functions of Sport Malta.

i) _____ (1/2)

ii) _____ (1/2)

3a) Draw up a table for of a league competition of **FIVE** teams named A to E.

--

(1/2)

3b) State **TWO** advantages of a league competition.

i) _____ (1/2)

ii) _____ (1/2)

Please turn the page.

-
4. State **TWO** advantages of a team playing home.
- i) _____ (1/2)
- ii) _____ (1/2)
5. State **TWO** social factors which hinder participation in sport.
- i) _____ (1/2)
- ii) _____ (1/2)
6. The Olympic Games aim to run at a profit. State **TWO** sources of profit.
- i) _____ (1/2)
- ii) _____ (1/2)
7. State **TWO** reasons why the International Olympic Committee strives to ensure fairness.
- i) _____ (1/2)
- ii) _____ (1/2)
8. State **TWO** advantages television has over radio when transmitting a live tennis match.
- i) _____ (1/2)
- ii) _____ (1/2)
9. State **ONE** advantage and **ONE** disadvantage of sponsorship.
- i) Advantage: _____ (1/2)
- ii) Disadvantage: _____ (1/2)
10. State **TWO** essential factors that every sport facility should have.
- i) _____ ii) _____ (1)
11. State **TWO** main objectives of leisure and recreational activities.
- i) _____ (1/2)
- ii) _____ (1/2)
12. State **TWO** reasons why the Olympic Games have been boycotted in the past.
- i) _____ (1/2)
- ii) _____ (1/2)

(Total: 12 marks)



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Instructions

Section A: Skill Acquisition, Movement and Physical Activities

Answer **QUESTION 1** and any **THREE** from 2-13.

Section B: Health Related Fitness and Body Systems and Performance

Answer **ALL** questions.

Section C: Sport in Society

Answer **ALL** questions.

Information

Diagrams may be used to clarify your answers where necessary.

Please turn the page.

SECTION A: SKILL ACQUISITION, MOVEMENT AND PHYSICAL ACTIVITIES

This section carries 16 marks. Answer QUESTION 1 (Skill Acquisition) and any THREE questions from 2 – 13.

1. Skill Acquisition

a) Tick **TWO** phrases that define the purpose of rules.

- i) Ensures safety.
- ii) Limit ability of players.
- iii) Restrict enjoyment of spectators.
- iv) Ease administration.

(1)

b) Name **ONE** sport which is officiated by a referee.

_____ (1)

c) Name **TWO** responsibilities of a referee.

i) _____ (1)

ii) _____ (1)

(Total: 4 marks)

Movement and Physical Activities

Answer any THREE questions. Answer ALL parts of the chosen questions.

2. Athletics

a) Re-arrange the order of the preparation phase of a shot-put throw (right-handed thrower). The first one has been done for you.

The athlete's weight is on the right leg, and his line of vision is towards the rear.	
The athlete enters the throwing area.	1
He stands at the rear of the ring, with the back toward the direction of the throw.	
The left arm is extended and pointed toward the rear.	
He cradles the shot put under the chin.	

(4)

(Total: 4 marks)

3. Badminton

a) What equipment is needed to play badminton?

_____ (1)

b) Explain how a badminton game continues when the scores are:

i) 20-all: _____ (1)

ii) 29-all: _____ (1)

c) Describe **ONE** service court error.

_____ (1)

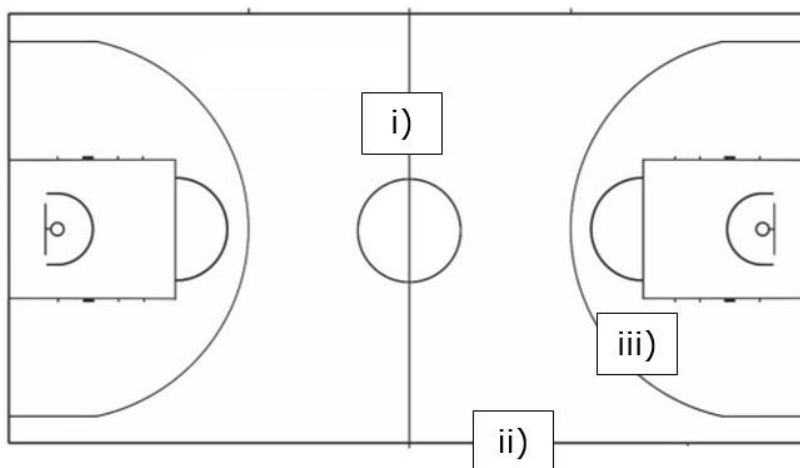
(Total: 4 marks)

4. Basketball

a) Define rebound in basketball.

_____ (1)

b) Identify the labels marked i), ii), and iii) in the diagram below.



i) _____ (1)

ii) _____ (1)

iii) _____ (1)

(Total: 4 marks)
Please turn the page.

5. Educational Dance

a) Use the terms below to identify the correct definition.

Pirouette	Weight	Unison	Leap
-----------	--------	--------	------

	Definition	Term
i)	A movement done together.	
ii)	A jump from one leg onto the other leg.	
iii)	A spinning action, performed on one leg.	
iv)	One of the Laban effort factors.	

(4)

(Total: 4 marks)

6. Football

a) What happens when a defender touches the ball and it goes over the end line?

_____ (1)

b) Explain what happens when a defender touches the ball with the hands inside the box.

 _____ (2)

c) Name the player who is allowed to touch the ball with the hands.

_____ (1)

(Total: 4 marks)

7. Gymnastics

Figure 1 shows Peter who is a beginner gymnast.

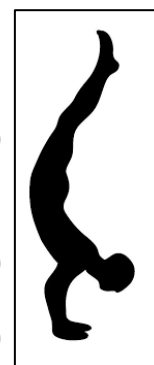
a) Name the skill Peter is trying to perform. _____ (1)

b) Name **TWO** errors Peter is doing.

i) _____ (1)

ii) _____ (1)

(Source: <https://www.yumpu.com/>)



c) Explain why balance is important in gymnastics.

_____ (1)

(Total: 4 marks)

8. Hockey

a) Name **ONE** advantage of a slap shot.

_____ (1)

b) Name **ONE** other type of shot.

_____ (1)

c) State whether the below statements are True or False.

i) Playing the ball in a dangerous way, is awarded a penalty corner.

_____ (1)

ii) The game is played in three quarters of 20 minutes each.

_____ (1)

(Total: 4 marks)

9. Netball

a) Describe the feet positioning during pivoting.

_____ (1)

b) Describe the arm movement in a chest pass.

_____ (1)

c) Which netball player starts the game?

_____ (1)

d) Which netball player prevents the other team from passing the ball into the goal circle.

_____ (1)

(Total: 4 marks)

10. Rhythmic Gymnastics

a) State whether the below statements are True or False.

i) In a group competition six members are allowed to perform.

_____ (1)

ii) The gymnast needs to be in contact with the apparatus before the start of the routine.

_____ (1)

This question continues on next page.

b) Look at Figure 2 below.

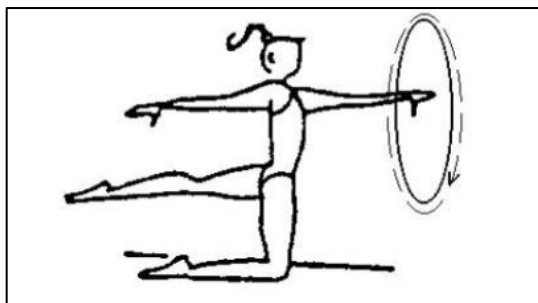


Figure 2
(Source: <https://www.yumpu.com/>)

- i) What implement is the gymnast using. _____ (1)
- ii) Describe the body movement the gymnast is performing.
_____ (1)

(Total: 4 marks)

11. Swimming

a) Name **ONE** technical component of the entry arm action in:

- i) Backstroke: _____ (1)
- ii) Butterfly: _____ (1)

b) Explain the importance of a streamlined body in swimming.

_____ (1)

c) Explain how swimmers know they have reached the end of the pool during the backstroke.

_____ (1)

(Total: 4 marks)

12. Team Handball

a) Team A wins the coin toss, at the beginning of the game, what **TWO** choices does Team A have?

- i) _____ (1)
- ii) _____ (1)

b) Describe the hand signal of the referee, when a legal goal has been scored.

_____ (1)

c) What is the following statement describing? 'Using dribbling to move forward and shoot as soon as there is a scoring opportunity.' Tick the right answer.

i) An attack tactic.

ii) A defensive tactic.

(1)

(Total: 4 marks)

13. Volleyball

a) In volleyball, how many touches can the same person do in a row?

_____ (1)

b) In an offensive play, what is the pass using the forearms called?

_____ (1)

c) What happens if the ball directly hits the endline? Tick the right answer.

i) The ball is out.

ii) The ball is in.

iii) The action is taken again.

(1)

d) Team A served the ball and lost the point to Team B. Which Team will serve next?

_____ (1)

(Total: 4 marks)

Please turn the page.

SECTION B (I): HEALTH RELATED FITNESS

This section carries 16 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Health is **not** only physical well-being. Mention **TWO** other aspects of health.

i) _____ (1/2)

ii) _____ (1/2)

2. List **TWO** basic safety factors to consider when practicing a sport.

i) _____ (1/2)

ii) _____ (1/2)

3. Mention **TWO** problems related to poor hygiene.

i) _____ (1/2)

ii) _____ (1/2)

4a) Carbohydrates can be divided into two groups. Name the **TWO** groups.

i) _____ (1/2)

ii) _____ (1/2)

b) There are three main types of fats. Mention **TWO**.

i) _____ (1/2)

ii) _____ (1/2)

5. Mention **ONE** eating disorder.

_____ (1/2)

6. Mention **TWO** exercise habits recommended for everyday life.

i) _____ (1/2)

ii) _____ (1/2)

7. Fill in the table with the words provided below.

Strength	Balance	Endurance	Co-ordination
General Fitness		Specific Fitness	

(2)

8. Mention **TWO** types of muscular strength.

i) _____ ii) _____ (1)

9. For the athletes listed below, identify the body part that needs to be more flexible;

i) High Jumper: _____ (1/2)

ii) Javelin Thrower: _____ (1/2)

iii) Footballer: _____ (1/2)

iv) Swimmer: _____ (1/2)

10a) What is muscular endurance?

_____ (1/2)

b) What is cardiovascular endurance?

_____ (1/2)

c) What is anaerobic energy?

_____ (1/2)

d) What is aerobic energy?

_____ (1/2)

11a) What is the relationship between speed and flexibility called?

_____ (1/2)

b) What is the combination of speed and strength called?

_____ (1/2)

12. There are various differences between athletes. Mention **TWO**.

i) _____ (1/2)

ii) _____ (1/2)

13. Mention **ONE** psychological factor in sport.

_____ (1/2)

(Total: 16 marks)

Please turn the page.

SECTION B (II): BODY SYSTEMS AND PERFORMANCE

This section carries 36 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. Carefully read through the following text and answer the questions that follow related to the muscular system, training and rehabilitation.

India's javelin throw ace Neeraj Chopra pulled out of the Commonwealth Games 2022 in Birmingham, UK after failing to recover from a groin injury he suffered during the World Athletics Championships.

Neeraj Chopra, who clinched India's first silver medal at the world athletics championships, pulled his right thigh muscle during his 88.13m throw that won him a podium finish. He underwent an MRI scan on Monday and was advised a month's rest.

The Olympic champion was initially expected to recover before the Commonwealth Games but failed to recover. Neeraj Chopra was left "extremely disappointed" as a result.

"I had been feeling uncomfortable after the pull I felt in my groin during my fourth throw at the world championships," Neeraj Chopra said in a statement posted on social media. "On having it investigated medically yesterday by a group of doctors, a minor strain was discovered and I have been advised to undergo rehabilitation and give it rest for the next few weeks.

"For now, I will focus on my rehabilitation and hope to be back in action very soon," the Indian javelin ace added.

(Adapted from: Injured Neeraj Chopra withdraws from Commonwealth Games 2022 (olympics.com))

- a) Producing movement is one of the functions of the muscular system. List **TWO** other functions.

(2)

- b) The calf muscle is anatomically known as the biceps. State whether this statement is True or False.

(1/2)

- c) State **ONE** reason why a strain may occur.

(1 1/2)

- d) The heart is an example of an involuntary muscle. State whether this statement is True or False.

(1/2)

e) Name **TWO** exercises Neeraj can carry out after two weeks from the start of his rehabilitation process.

_____ (1)

f) An improvement in muscle tone over muscle strength is a priority during Neeraj's rehabilitation process. State whether this statement is True or False.

_____ (1/2)

g) List **TWO** characteristics of fast twitch fibres.

i) _____ (1/2)

ii) _____ (1/2)

h) Why is it important for injured athletes to undergo a scan or MRI?

_____ (2)

i) Apart from flexion, list **TWO** other types of muscular movements.

i) _____ (1/2)

ii) _____ (1/2)

j) Which phase of a training session ensures that muscles are brought closer to the state they were in prior to the start of physical activity?

_____ (1/2)

k) Design a timed fitness circuit that includes **THREE** stations with **each** one catering for a different type of muscle or muscle group.

(1 1/2)

Please turn the page.

2. Carefully read through the following text and answer the questions that follow related to the skeletal system.

Mollie Patterson’s Commonwealth Games dream ended by a shoulder injury which has seen her having to withdraw from the team.

Patterson has been receiving physiotherapy treatment for the injury in recent weeks and, following a scan, Team England medical staff advised her that she should not play at the Games.

A replacement athlete will be announced by Team England in due course to join Tin-Tin Ho, Maria Tsaptsinos and Charlotte Bardsley in the women’s squad for the Games, which start on July 28.

Team leader Matt Stanforth said: “This is a very unfortunate situation and we really feel for Mollie, who had worked very hard to secure her place in the team.

“However, the medical advice was clear and we are now focusing on supporting Mollie through her rehabilitation.”

(Adapted from: Injured Patterson out of Commonwealth Games - Table Tennis England)

- a) State the anatomical name of the shin bone.
_____ (1)
- b) List **THREE** bones found in the upper body.
 - i) _____ (1/2)
 - ii) _____ (1/2)
 - iii) _____ (1/2)
- c) The vertebral column is divided in 5 regions. State whether this statement is True or False.
_____ (1/2)
- d) List **TWO** of the vertebral column regions.
 - i) _____ (1/2)
 - ii) _____ (1/2)
- e) The patella and vertebrae are two examples of which category of bones?
_____ (1)
- f) i) Name **ONE** fixed joint.
_____ (1)

ii) Define the function of fixed joints.

_____ (1)

g) State another term for synovial joints.

_____ (1)

h) Give **TWO** examples of synovial joints.

i) _____ (1)

ii) _____ (1)

i) Mention **TWO** characteristics of cartilage.

i) _____ (1)

ii) _____ (1)

j) What type of movement occurs at the pivot joint?

_____ (1)

3. Carefully read through the following text and answer the questions that follow related to safety, injury and treatment in sport.

Cycling at the Commonwealth Games was struck by another horrifying crash on Sunday afternoon that saw England's Matt Walls catapulted over the barrier into the crowd, leaving athletes and spectators requiring urgent medical attention.

In the second qualifying heat of the men's 15km scratch qualifying, there was a multi-rider crash and England's Matt Walls flew over the barrier and into the crowd, with his bike.

Fellow racer Matt Bostock was taken away on a stretcher, while 24-year-old Walls received treatment before being taken away by ambulance.

British Cycling confirmed on social media that Walls and Bostock were taken to hospital. Canada's Derek Gee also hit the top of the barrier fell heavily backwards.

'We send our best wishes to the riders and spectators involved in the incident and will provide a further update when we can,' British Cycling posted on Twitter. Team England added: 'Matt is alert and talking and is being given medical attention in hospital.'

Spectators were also hurt after Walls and his bike had come over the top of the barriers.

The 24-year-old Olympic champion was trying to avoid riders who had fallen in a crash lower down the banking but as he rode up, he clipped another wheel and went over the top.

(Adapted from: Commonwealth Games cycling is abandoned after another horrifying crash, Daily Mail Online)

Please turn the page.

a) State **ONE** safety features in relation to spectators that must be taken into consideration by organisers when planning a sporting event.

_____ (1)

b) With reference to the text above, which injuries are more likely to occur between acute injuries and chronic injuries?

_____ (1)

c) Justify the answer given in b).

_____ (1)

d) What is a simple fracture called?

_____ (1)

e) What do we call a build-up of blood beneath the skin?

_____ (1)

f) Suggest **ONE** type of treatment for a sprain.

_____ (1)

g) Explain how an abrasion needs to be treated.

_____ (2)

h) In which circumstances should the RICE treatment **not** be used?

_____ (1)

i) What is a concussion?

_____ (1)

j) A stitch is most likely to occur during the warm up. State whether this statement is True or False?

_____ (1)

(Total: 36 marks)

SECTION C: SPORT IN SOCIETY

This section carries 12 marks. Answer ALL questions in this section. Answer ALL parts of each question.

1. State **TWO** main aims of sports associations.
 - i) _____ (1/2)
 - ii) _____ (1/2)
2. Every association is composed of different board members. Mention **ONE**.
_____ (1/2)
3. Explain the following terms used in competitions.
 - i) Seeded: _____ (1/2)
 - ii) Relegated: _____ (1/2)
4. Which type of competition is suitable for:
 - i) a small number of teams: _____ (1/2)
 - ii) for all teams to play each other: _____ (1/2)
- 5a) Mention **TWO** sports facilities which are provided by the private sector.
 - i) _____ (1/2)
 - ii) _____ (1/2)
- b) State **TWO** reasons why it is important for the private sector to provide sports facilities.
 - i) _____ (1/2)
 - ii) _____ (1/2)
- 6a) How often are the Olympic Games held?
_____ (1/2)
- b) Mention **TWO** events which were held in the ancient Olympic Games and **TWO** events held in Modern Olympic Games.
Ancient Olympics
 - i) _____ (1/2)
 - ii) _____ (1/2)Modern Olympics
 - i) _____ (1/2)
 - ii) _____ (1/2)

Plase turn the page.

7. Mention **ONE** type of sponsorship.

_____ (1)

8. Why do people go to the stadium to watch a football match when they can watch it on TV?
Give **TWO** reasons.

i) _____ (½)

ii) _____ (½)

9. State **TWO** reasons why it is important to make time for recreation and leisure.

i) _____ (½)

ii) _____ (½)

10. Give **ONE** example of discrimination in sports.

_____ (1)

(Total: 12 marks)