



**L-Università
ta' Malta**

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2025 MAIN SESSION**

SUBJECT: **Physical Education**
 PAPER NUMBER: I – Level 1-2-3
 DATE: 2nd May 2025
 DURATION: 2 hours 5 minutes

FOUR compulsory sections. Answer **ALL** sections.

SECTION A – OUTDOOR

Answer **ALL** questions.

1. List **THREE** items from a First Aid Kit.

a. _____ b. _____ c. _____ (3)

2. Describe **TWO** possible hazards along a trekking route.

3. Which item from the First Aid Kit can be used to treat **each** of the following injuries. (2)

Bruise on the knee	
Cut on the leg	

4. a. During a trekking activity one of the participants was stepping over a boulder and landed badly, twisting his ankle. What type of soft tissue injury did the person sustain?

b. Describe how you would treat the soft tissue injury listed in answer 4a.

5. a. Name the following **THREE** outdoor activities.



(Source:
<https://www.beyondtheclassroom.com.au>)



(Source:
<https://www.balawatersports.com/adventure-activities-watersports/>)



(Source:
<https://www.bodyglove.com/products/solo22u-460-solo-blue-yellow>)

i. _____ ii. _____ iii. _____ (3)

b. Name **THREE** benefits of participating in outdoor activities.

ii. _____ iii. _____ (3)

c. Explain **ONE** of the benefits mentioned in 5b.

_____ (3)

(Total: 20 marks)

SECTION B - TEAM SPORT 1

Answer **ALL** questions.

6. a. Identify the form of defensive play shown in the diagram below.



(Source: www.volleycountry.com)

(2)

b. Compare the use of single, and double blockers as a defensive play in volleyball.

(2)

7. a. How is a volleyball game started?

(1)

b. Describe the three-touch rule in volleyball.

8. Explain using examples, **TWO** qualities that an official should have.

(3)

9. Name **ONE** governing body responsible for the laws of the game of volleyball.

10. In the context of handball, evaluate which **TWO** forms of passing are most effective by an attacking team when trying to find gaps in the set defence.

 (5)

11. List **TWO** passes used in handball other than those mentioned in question 10.

a. _____ b. _____ (2)

Please turn the page.

12. When does a referee award a 7m throw?

_____ (2)

13. a. What is the duration of a handball game for 16 years and over?

_____ (1)

b. How many referees officiate a game of handball.

_____ (1)

14. Describe the following rules in netball:

a. offside rule _____ (1)

b. 3 second rule _____ (1)

15. a. In a netball game the attacking player takes a shooting stance. The defender closely marks the shooter. Identify the **TWO** names of possible defending players.

i. _____ ii. _____ (2)

b. List **TWO** shooting techniques in netball.

i. _____ ii. _____ (2)

c. Compare between zone defence and one to one defence in netball.

_____ (3)

(Total: 30 marks)

SECTION C – TEAM SPORT 2

Choose **ONE** of the following sports and answer **ALL** the questions that follow. Underline your chosen sport.

BASKETBALL – FOOTBALL – RUGBY

16. a. Describe **ONE** defensive strategy used.

_____ (1)

- b. Compare and contrast the defensive strategy mentioned in 16a to another defensive strategy in the same sport.

(4)

17. a. Describe **ONE** form ball control in the chosen sport.

(1)

- b. Evaluate the use of passing during a counterattack by a team who won possession of the ball in the chosen sport.

(4)

18. a. How many sessions are included in a match?

(2)

- b. What is the duration of every session?

(2)

- c. Can a match end in a draw?

(1)

Please turn the page.

19. Describe **TWO** roles of members of the officiating team.

(6)

20. Describe **TWO** benefits of team support in the chosen sport.

(4)

21. a. How many players form a team?

(1)

b. Explain the substitution procedure used.

(2)

c. Explain **ONE** penalty rule applied in the chosen sport.

(2)

(Total: 30 marks)

SECTION D - INDIVIDUAL SPORT

22. a. Identify **ONE** basic skill and **ONE** more difficult skill in gymnastics.

i. Basic skill: _____ (1)

ii. More difficult skill: _____ (1)

b. Describe **TWO** different types of jumps in gymnastics.

i. _____
_____ (1)

ii. _____
_____ (1)

23. Define the term gesture in dance.

_____ (2)

24. Describe a sequence of **THREE** linked movements in dance.

_____ (3)

25. List **TWO** forms of returning the shuttle in badminton.

a. _____ (1)

b. _____ (1)

26. How many games are played in a game of:

a. badminton? _____ (1)

b. tennis? _____ (1)

27. a. Describe the position of a table tennis player ready to serve.

_____ (2)

This question continues on next page.

b. Explain the scoring system in a singles table tennis game.

(2)

28. a. Mention **ONE** way how to score a point in tennis.

(1)

b. Explain the rules of the service in tennis.

(2)

(Total: 20 marks)



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**SECONDARY EDUCATION CERTIFICATE LEVEL
2025 MAIN SESSION**

SUBJECT:	Physical Education
PAPER NUMBER:	II – Level 1-2
DATE:	2 nd May 2025
DURATION:	2 hours 5 minutes

Answer **ALL** sections.

SECTION A: SPORTS AND ACTIVITIES

Answer **ALL** questions.

1. a. Describe a good stance on the block before the start of the frontcrawl event.

(3)

- b. What characteristics are considered as part of the technique of the shotput?

(1)

2. a. Describe **ONE** form of passing in **ONE** of the following: handball, netball or volleyball.

(2)

- b. Name **ONE** form of shooting/scoring in **ONE** of the following: handball, netball or volleyball.

(1)

- c. Name **ONE** way of providing team support.

(1)

3. a. Define dribbling.

(2)

-
- b. For the following questions choose **ONE** team sport from Basketball, Football or Rugby and answer the questions keeping in mind the sport chosen.

Sport chosen: _____

- i. When is the ball considered out of play in your chosen sport?

_____ (1)

- ii. How many players are there in a team of your chosen sport?

_____ (1)

4. a. Name **ONE** form of serving the ball/shuttle in **ONE** of the following: badminton, table-tennis or tennis.

_____ (1)

- b. Name **ONE** official in **ONE** of the following: badminton, table-tennis or tennis.

_____ (1)

- c. Name **ONE** for the following:

i. Movement planes: _____ (1)

ii. Levels: _____ (1)

5. a. Name **TWO** rule violations of the game in one of the following; basketball, football, or rugby.

Sport chosen: _____

_____ (2)

b. Identify the following items which are found in a first aid kit.



(Source: ahappycamper.com)



(Source: firstaid.co.uk)

- i. _____ ii. _____ (2)

(Total: 20 marks)

SECTION B: HEALTH AND WELLBEING

Answer **ALL** questions.

6. a. Define physical health.

_____ (1)

b. Define social health.

_____ (1)

c. Describe the importance of maintaining a healthy lifestyle.

 _____ (2)

d. List **TWO** benefits **each** of physical and social health.

i. _____ (1)

ii. _____ (1)

iii. _____ (1)

iv. _____ (1)

Please turn the page.

7. List **TWO** eating disorders.

a. _____ (1)

b. _____ (1)

8. Define BMR.

_____ (1)

9. Define balanced diet.

_____ (1)

10. a. Explain how obesity can be avoided.

_____ (2)

b. Describe **TWO** consequences of dehydration during physical activity in hot weather.

i. _____ (2)

ii. _____ (2)

11. Showering is an element in personal hygiene. List another **TWO**.

a. _____ (1)

b. _____ (1)

(Total: 20 marks)

SECTION C – ANATOMY AND PHYSIOLOGY

Answer **ALL** questions.

12. List **FOUR** bones found in the human skeleton.

a. _____ (0.5)

b. _____ (0.5)

c. _____ (0.5)

d. _____ (0.5)

13. List **TWO** movement patterns at synovial/freely moveable joints.

a. _____ (1)

b. _____ (1)

14. Define gaseous exchange.

_____ (2)

15. List the **TWO** points on the body where heart rate can be measured.

a. _____ (1)

b. _____ (1)

16. Describe **TWO** functions of the skeletal system.

a. _____

_____ (2)

b. _____

_____ (2)

17. Explain the difference between an agonist and an antagonist muscle.

_____ (2)

18. Describe the function of the respiratory system.

_____ (3)

19. a. Define blood pressure.

_____ (1)

b. How is heart rate measured?

_____. (1)

c. Describe how exercise changes one's heart rate.

_____. (1)

(Total: 20 marks)

SECTION D – THEORY OF TRAINING AND FITNESS TESTING

Answer **ALL** questions.

20. List **FOUR** components of fitness.

- a. _____ (1)
b. _____ (1)
c. _____ (1)
d. _____ (1)

21. State whether the following statements are True (T) or False (F).

- a. Flexibility is the range of movement around a joint. _____ (0.5)
b. Cardiovascular endurance is how fast an athlete is able to sprint. _____ (0.5)
c. Agility is another term for power. _____ (0.5)
d. Strength refers to the force that the body can exert. _____ (0.5)

22. Describe **TWO** principles of training.

- a. _____

_____. (2)
b. _____

_____. (2)

23. a. Explain power using an example in sport.

(3)

b. Explain muscular strength using an example in sport.

(3)

24. Describe **TWO** methods of training.

a. _____

(2)

b. _____

(2)

(Total: 20 marks)

SECTION E: SPORT AND SOCIETY

Answer **ALL** questions.

25. Describe **TWO** advantages of sponsorship for:

a. The athlete: _____

(2)

b. The sponsor: _____

(2)

26. Give **ONE** example of a sport that can be practised during leisure time.

(1)

27. Describe the role of **TWO** of the committee members.

a. Member 1: _____

_____ (2)

b. Member 2: _____

_____ (2)

28. Give **ONE** example of a sport activity organised at a recreational level.
_____ (1)

(Total: 10 marks)

SECTION F: SPORT PSYCHOLOGY AND SKILLS ACQUISITION

Answer **ALL** questions.

29. Define the following terms and give **ONE** example to support your answer.

a. Skill: _____
_____ (2)

b. Ability: _____
_____ (2)

30. What is the difference between a gross motor skill and a fine motor skill?

_____ (2)

31. a. Give **ONE** example of positive feedback.

_____ (2)

b. Give **ONE** example of negative feedback.

_____ (2)

(Total: 10 marks)



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SUBJECT:	Physical Education
PAPER NUMBER:	II – Level 2-3
DATE:	2 nd May 2025
DURATION:	2 hours 5 minutes

Answer **ALL** sections.

SECTION A: SPORTS AND ACTIVITIES

Answer **ALL** questions.

1. a. Describe a good stance on the block before the start of the frontcrawl event.

(3)

- b. What characteristics are considered as part of the technique of the shotput?

(1)

2. For the following question choose **ONE** sport from handball, netball or volleyball and answer the questions keeping in mind the sport chosen.

Sport Chosen: _____

- a. During this chosen sport, are the players allowed to move freely across the entire court? Give a reason to support your answer.

(2)

- b. Explain **ONE** defending tactic that can be used in this chosen sport.

(2)

3. a. Mention **FOUR** items you would include in your First Aid kit if you were going on an outdoor activity.

i. _____ (0.5)

ii. _____ (0.5)

iii. _____ (0.5)

iv. _____ (0.5)

b. In **ONE** of the following games: basketball, football or rugby, explain how attackers take advantage in a 2v1 situation.

_____ (2)

4. During a rally, the opponent moves close to the net. How should the player take advantage of the situation? Analyse the return that should be used in this situation.

_____ (4)

5. a. By giving an example from basketball, football, or rugby explain how governing bodies change rules of the game.

_____ (2)

b. Describe **TWO** ways a team captain can boost morale during a game.

_____ (2)

(Total: 20 marks)

SECTION B: HEALTH AND WELLBEING

Answer **ALL** questions.

6. Describe what constitutes a balanced diet

(4

7. Explain how anorexia nervosa may affect performance in sport.

(2

8. Complete the table below. For **each** sport mentioned choose the ideal body type and explain the reasons for your answer. (6)

	SPORT	SOMATOTYPE	REASON
a.	Gymnast		
b.	Swimming		
c.	Shotput		

9. a. What is the formula for calculating BMI?

b. Explain how obesity can be avoided.

(3

Please turn the page.

10. Briefly discuss how to treat a sport related foot infection.

(3)

11. Give **ONE** consequence of leading a sedentary lifestyle.

(1)

(Total: 20 marks)

SECTION C – ANATOMY AND PHYSIOLOGY

Answer **ALL** questions.

12. Explain the importance of **ONE** function of the skeletal system in a sport of your choice.

(2)

13. Explain **ONE** muscle contraction in the context of a sport of your choice.

(2)

14. Describe **ONE** function of the respiratory system.

(2)

15. Describe **ONE** part of the cardiovascular system.

(2)

16. Explain the role of the diaphragm as a main component of the respiratory system.

(3)

17. Explain the main functions of the cardiovascular system.

(3)

18. Explain how the heart rate is influenced by exercise.

(3)

19. Describe the pathway of the blood during systemic circulation.

(3)

(Total: 20 marks)

SECTION D – THEORY OF TRAINING AND FITNESS TESTING

Answer **ALL** questions.

20. Explain agility using an example from a chosen sport.

(2)

Please turn the page.

21. Choose a sport and describe **ONE** recommended health and safety measures to be taken in favour of the wellbeing of the athletes.

Sport chosen: _____

_____ (2)

22. Apply **ONE** training principles to a sport of your choice.

Sport chosen: _____

_____ (4)

23. What would you include in a strength training session if you were to design it?

_____ (5)

24. Explain **ONE** way to prevent or treat a sport injury.

_____ (3)

25. Explain **ONE** method (types) of training in the context of a sport of your choice.

(4)

(Total: 20 marks)

SECTION E: SPORT AND SOCIETY

Answer **ALL** questions.

26. Describe **TWO** advantages of sponsorship for:

a. The athlete: _____

(2)

b. The sponsor: _____

(2)

27. Give **ONE** example of a sport that can be practised during leisure time.

(1)

28. Describe the role of **TWO** of the committee members.

a. Member 1: _____

(2)

b. Member 2: _____

(2)

29. Give **ONE** example of a sport activity organised at a recreational level.

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(Total: 10 marks)

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SECTION F: SPORT PSYCHOLOGY AND SKILLS ACQUISITION

Answer **ALL** questions.

30. Define the following terms and give **ONE** example to support your answer.

a. Skill: _____
_____(2)

b. Ability: _____
_____(2)

31. What is the difference between a gross motor skill and a fine motor skill?

_____(2)

32. a. Give **ONE** example of positive feedback.

_____(2)

b. Give **ONE** example of negative feedback.

_____(2)

(Total: 10 marks)