



L-Università
ta' Malta

MATSEC
Examinations Board



Marking Scheme
SEC Physical Education

Main Session 2025

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In the case of marking schemes that include model solutions or answers, it should be noted that these are not intended to be exhaustive. Variations and alternatives may also be acceptable. Examiners must consider all answers on their merits, and will have consulted with the MATSEC Examinations Board when in doubt.

	SECTION B - TEAM SPORT 1	Notes	Marks
6a	Block		2
6b	Single blocker is when one defender jumps to block a spike. Double blocking is when two defenders jump to block the spike. The latter provides a more effective defensive strategy as there will be four arms (and not two) in the air blocking the space for the spike to go through.	Accept other similar answers.	2
7a	Coin toss.		1
7b	A team can touch the ball up to three times before sending the ball over the net (Third touch is the final touch).	Accept similar answers.	1
8	Assertive: Firm in decisions and fair. Confident: In control of game and athletes Decisive/sharp: Non-hesitant to make calls Knowledgeable (game rules): Shows a good understanding and knowledge of rules of the game Good communicator: Communicates effectively with players and other officials, charismatic.	Accept two from the list and similar answers.	3
9	MVA, FIVB.	Accept either one.	1
10	Side passes & shoulder passes overhead passes, jump passes, no look passes, under arm pass, bounce pass.	Accept any two.	5
11a 11b	Side passes & shoulder passes overhead passes, jump passes, no look passes, under arm pass, bounce pass.	Any two not mentioned in question 10.	2
12	When a clear chance of scoring is illegally stopped anywhere on court by a player or team official.		2
13a	Two halves of 20 minutes each.		1
13b	Two referees.		1
14a	The netball offside rule allows players to take the ball from an offside area. But, only if no body part contacts the ground in the offside zone. Two opposing players may both go offside in netball without penalization, providing neither of them handle the ball	Accept similar answers	1
b	The 3-second rule in netball means that a player, after receiving the ball, is allowed to hold the ball only for 3 seconds.	Accept similar answers	1

15a	i. Goal Keeper, ii. Goal Defence.	1 mark each	2
15b	i. Static shot, ii. Running shot.	1 mark each	2
15c	one-on-one defense involves each defender marking a specific attacker closely for the entire game zonal defense involves defenders marking specific zones on the court, rather than marking individual opposition players.	Accept similar answers	3
			Total: 30 marks

	SECTION C - TEAM SPORT 2	Notes	Marks
16a	Basketball – Zone or Man to Man Football – Zone or Man to Man Rugby – Zone or Man to Man		1
16b	Zone – all areas are well defended, helps cover large area Man to Man – tight defending, focusing on greatest opposing threats.		4
17a	Basketball – low dribble, close to body Football – close to feet, body over ball Rugby – tight grip, ball close to body	Choose one	1
17b	Basketball – eyes up, look for open pass, use javelin pass or one handed passes to launch to an open player further away. Football – pass and go, look for open players, passing ball forward to chase. Rugby – supporting ball carrier on the sides, running forward where possible, kicking ball up field to chase and catch.	Choose one, and accept other similar answers	4
18a	Basketball – 4 Football – 2 Rugby – 2	Choose one	2
18b	Basketball – 10 minutes per quarter Football – 45 minutes per half Rugby – 40 minutes per half		2
18c	Basketball – No Football – Yes Rugby – Yes		1
19	Basketball – umpires and table officials, three umpires control the game on the court sharing responsibility on the	Choose any two roles and duties	6

	different areas of the basketball court, table officials keep score, time and 24 second shot clock Football – referee is the main official and has control of the game. Two assistant referees who assess ball in or out and offsides and the fourth official is responsible for substitution calls. Rugby – one referee and two touch judges or assistant referees.	Accept other appropriate answers	
20	Team support: boosting morale, encouraging team mates, raising motivation, increase team bonding, improving team performance, working as a team and not individually, reaching objectives together, all team members share the same objectives.	Accept any two and other appropriate answers	4
21a	Basketball – 5 Football – 11 Rugby – 15		1
21b	Basketball – players may go on and off as long as play is stopped and match officials are informed Football – maximum of 5 substitutions per team Rugby – maximum of 8 substitutions per team		2
21c	Basketball – if a player commits 5 fouls, he/she is fouled out and replaced Football – a player may be shown a yellow card (temporary caution) or a red card (dismissed and cannot be substituted). Two yellow cards to the same player also result in a red card. Rugby – if a player receives a yellow card, player is out for ten minutes. If a player receives a red card, player is out for the rest of the game.	Choose one from or other appropriate answers	2
			Total: 30 marks

	SECTION D - INDIVIDUAL SPORT	Notes	Marks
22a	i. Basic skill: forward roll, backward roll, handstand, cartwheel ii. More difficult skill: aerial skills, layouts, springs	Choose one skill from each category	2
22b i 22b ii	One to same, one to other, two to two, one to both, two to one	Choose any two	2
23	Moving a part of the body especially head/hand to express an idea/feeling.		2
24	Describe any of the following: Run, leap, spin.	Accept other answers	3
25a/b	Underarm clear, drop shot, smash, clear.	Choose any two	2

26a	Best of 3 games		1
26b	Best of 3/5 games	Best of any odd number of games	1
27a	Player stands behind end line of table, ball needs to be visible and above surface of table		2
27b	A player can win a game by scoring 11 points, with one point awarded for every infringement. The first to 11 points wins the set, but a 2-point lead is required.		2
28a	Opponent fails to make a correct service, opponent fails to make a correct return, players touch playing surface		1
28b	The server needs to stand diagonally to the receiver in the serving area outside the court. The server has two attempts to serve the ball over the net appropriately.	Accept similar answers	2

Paper II 1-2

	SECTION A - Sports and Activities	Notes	Marks
1a	both legs on the edge of the block (grab start) or one leg in front and another in the back (track start)	Accept similar answers	3
1b	Grip and release, stance and balance, execution and follow through, shot placed touching neck, shot supported by fingers, elbows outwards.	Accept any from and other appropriate answers	1
2	<p>Handball</p> <ul style="list-style-type: none"> • push pass – a quick and direct pass using one or both hands, pushing the ball forward from the chest. • Bounce – a pass where the ball is thrown to the floor, so it bounces once before reaching the receiver. • Overarm - a pass thrown from above the head with one or both hands. • side pass – a pass thrown from the side of the body usually with one hand. • behind the back – a pass made by wrapping the ball behind the back and delivering it to a teammate. • no look pass – a deceptive pass made while looking in a different direction. • or any possible pass <p>Netball</p> <ul style="list-style-type: none"> • chest pass – a pass thrown from the chest using both hands. 	<p>Naming the pass correctly (1)</p> <p>Description (1)</p>	2

	<ul style="list-style-type: none"> • bounce pass - a pass where the ball is thrown to the floor, so it bounces once before reaching the receiver. • shoulder pass – a one-hand pass thrown from above the shoulder • lob pass – a high, looping pass designed to go over the heads of defenders Volleyball • set pass – an overhead pass using fingertips to direct the ball upwards. • back pass – a pass directed to the player behind you. 		
2b	<p>Handball</p> <ul style="list-style-type: none"> • standing shot • running shot • jump shot • underarm shot <p>Netball</p> <ul style="list-style-type: none"> • Static shot • Running shot <p>Volleyball</p> <ul style="list-style-type: none"> • Spike/smash 		1
2c	<ul style="list-style-type: none"> • Passing • Scoring • Communication • Motivation • Morale • Any possible answer 		1
3a	Dribbling – is a skill with the ball used by a player to travel in the given space. It can be done by using both hands or feet.	Limited description (1) More detailed description (2)	2
3bi	<p>Basketball</p> <ul style="list-style-type: none"> • Ball touches or exits the playing court. • Touching a player outside the court. <p>Football</p> <ul style="list-style-type: none"> • Ball is all outside the side line or goal line • Touching a player outside the playing field. <p>Rugby</p> <ul style="list-style-type: none"> • All the ball goes to ground and/or outside the boundaries of the field of play. 		1
3bii	<p>Basketball</p> <ul style="list-style-type: none"> • Game played 5 vs 5 <p>Football</p> <ul style="list-style-type: none"> • Game played 11 vs 11 <p>Rugby</p>		1

	<ul style="list-style-type: none"> • Game played 6 vs 6 		
4a	<p>Badminton</p> <ul style="list-style-type: none"> • Backhand short • Backhand long • Forehand short • Forehand long <p>Table tennis</p> <ul style="list-style-type: none"> • Backspin • Sidespin • Topspin • No spin <p>Tennis</p> <ul style="list-style-type: none"> • Basic serve 		1
4b	<p>Badminton</p> <ul style="list-style-type: none"> • Referee • Umpire • Service judge • Line judge <p>Table tennis</p> <ul style="list-style-type: none"> • referee <p>Tennis</p> <ul style="list-style-type: none"> • Umpire • Line judge 		1
4c	<p>i. Movement planes:</p> <ul style="list-style-type: none"> • Sagittal • Transverse • frontal <p>ii. Levels:</p> <ul style="list-style-type: none"> • High • Medium • low 	1 mark x 2	2
5a	<p>Basketball</p> <ul style="list-style-type: none"> • Double dribble; • Travelling rule; • Foot violation; • Back court; • Out of bounds (foot on line) Back court; • 24 second shooting rule <p>Football</p> <ul style="list-style-type: none"> • Players cannot touch the ball with hands. • Kick, trip, jump at, charge, strike, push, or hold an opponent. <p>Rugby</p>	<p>1 mark x 2</p> <p>Accept other possible answers</p>	2

	<ul style="list-style-type: none"> • Use equipment or wear anything that is dangerous to himself or another player (e.g. Jewellery); • Kick a ball; • Run out of bounds (area outside the field of play); • Block the path of the defenders who are defending the ball. 		
5b	<ul style="list-style-type: none"> i. Thermal blanket ii. Triangular bandage 	1 mark x 2	2
			Total: 20 marks

SECTION B – HEALTH AND WELLBEING			
6a	Heart, lungs and other systems work well, no illness or injuries. Exercise regularly, eat healthily	Accept one from the list	1
6b	Making friends, enough to eat, clothes and shelter Joining clubs, having self-confidence, striving to be better.	Accept one from the list	1
6c	Maintaining a healthy lifestyle is important to have a better quality of life, be able to take on life’s challenges more effectively, socialise more appropriately and live a longer life free from health issues and disease.	Accept similar answers	2
6d	Physical health benefits: <ul style="list-style-type: none"> • healthy lifestyle • longer life • stronger body • manage life challenges better • support yourself and others • better well being • feel good factor Social Health Benefits: <ul style="list-style-type: none"> • circle of friends • interacting and socialising • enjoying outdoors in company • serving the community • contributing to the community • feeling appreciated 	Accept two from physical and two from social or other appropriate answers 1 mark x 4	4
7a	Bulemia	Accept other appropriate answers	1
7b	Anorexia	Accept other appropriate answers	1

8	Basal Metabolic Rate		1
9	A balance in carbohydrates, fats, protein and minerals	Accept similar responses	1
10a	<ul style="list-style-type: none"> • Eating the right portions • Eating the balanced food nutrients • Eating at the right time • Hydrating regularly • Involving yourself in regular exercise • Avoid snacking on unhealthy foods • Avoiding too much sugars in foods and drinks • Monitor weight regularly 	Accept other appropriate answers	2
10bi/ii	Fainting, disorientation, low blood pressure, dry mouth	Accept two. 2 marks x 2	4
11a/b	Foot care, nail care, wash and change clothes, wash teeth	Accept two 1 mark x 2	2
			Total: 20 marks

	Section C		
12 a/b/c/d	Cranium, Mandible, Clavicle, Sternum, Ribs, Vertebrae, Pelvis, Femur, Patella, Tibia, Fibula, Sacrum, Ulna, Radius, Humerus, Scapula, Talus, Tarsals, Metatarsals, Metacarpals, Carpals, Phalanges	0.5 marks x 4	2
13a/b	Abduction, adduction, extension, flexion	Accept two. 1 mark x 2	2
14	A process through which oxygen is supplied by the body through inhaled air in exchange of carbon dioxide that is exhaled out of the body.		2
15a/b	Temple/forehead (temporal), groin (femoral), wrist (radial), neck (carotid)	1 mark x 2	2
16a/b	<p>Support – the skeleton keeps the body upright and provides a framework for muscle and tissue attachment.</p> <p>Posture – the skeleton gives the correct shape to our body.</p> <p>Protection – the bones of the skeleton protect the internal organs and reduce the risk of injury on impact. For example, the cranium protects the brain, the ribs offer protection to the heart and lungs, the vertebrae protect the spinal cord and the pelvis offers protection to the sensitive reproductive organs.</p> <p>Movement – the skeleton allows movement of the body as a whole and its individual parts. The bones form joints</p>	Accept two from or other appropriate answers 2 marks x 2	2,2

	<p>and act as levers, allowing muscles to pull on them to produce movement. The bones of the skeleton provide surfaces for the attachment of muscles.</p> <p>Blood cell production – certain bones in the skeleton contain bone marrow which produces red blood cells, white blood cells and platelets. Examples of bones that contain marrow are the pelvis, sternum, humerus and femur.</p> <p>Storage of minerals - the bones store minerals such as calcium, iron, potassium and phosphorous and release them into the blood when the body needs to use them.</p>		
17	<p>An agonist muscle is a muscle that contracts to provide the main force to move or rotate a bone through its joint. An antagonist muscle is a muscle that produces the opposite action of an agonist.</p>		2
18	<p>Respiration by the respiratory system actually involves two subsidiary processes. One process is ventilation or breathing. This is the physical process of conducting air to and from the lungs. The other process is gas exchange. This is the biochemical process in which oxygen diffuses out of the air and into the blood while carbon dioxide and other waste gases diffuse out of the blood and into the air. All of the organs of the respiratory system are involved in breathing, but only the lungs are involved in gas exchange.</p>		3
19a	<p>Blood pressure is the pressure of circulating blood against the walls of blood vessels. Most of this pressure results from the heart pumping blood through the circulatory system.</p>	Accept other appropriate answers	1
19b	<ul style="list-style-type: none"> • Heart rate is measured by finding your pulse by putting the tips of your index and middle fingers on your skin and pressing lightly until you feel the blood pulsing beneath your fingers. Count the beats you feel for 10 seconds. • Multiply this number by six to get your heart rate (or pulse) per minute. Alternatively, you can measure your heart rate by counting the number of beats in 15 seconds and multiplying by four. The pulse can be measured using the radial artery in the wrist or the carotid artery in the neck. Heart rates vary from person to person. 	Accept other appropriate answers	1

19c	During exercise the heart rate increases so that more blood is pumped around the body and the muscles in use.		1
			Total: 20 marks

SECTION D – THEORY OF TRAINING AND FITNESS TESTING			
20 a/b/c/d	Agility, balance, cardiovascular endurance, coordination, flexibility, muscular endurance, power, reaction time, strength and speed.		4
21a	True		0.5
21b	False – cardiovascular endurance is for how long an athlete can keep going, e.g. long distance running		0.5
21c	False – agility is the speed used by an athlete when changing direction		0.5
21d	True		0.5
22 a/b	<p>Specificity – ensuring that training is specific to the type of event that an athlete will be participating in.</p> <p>Overload – increasing the intensity of training.</p> <p>Progression – ensuring that the training demands are increased over a period of time and not promptly.</p> <p>Reversibility – keeping in mind that lack of training will result in loss of what has been previously gained</p>	<p>Accept any sport example which includes power</p> <p>2 marks x 2</p>	2, 2
23a	Any example suffices that clearly demonstrates use of power, e.g. 100m. sprint, throws,jumps.	Accept any sport example which includes strength	3
23b	Any example suffices that clearly demonstrates use of muscular strength, e.g. weightlifting		3
24a/b	<p>Altitude training – takes place high up in the mountains in order for an athlete to improve oxygen levels.</p> <p>Interval training – periods of work followed by periods of rest.</p> <p>Fartlek training – walk, jog, run, sprint and repeat.</p> <p>Weight training – including a number of sets and repetitions.</p> <p>Circuit training – hvaing different stations of work that may be organised as timed or fixed load. May cater for generic fitness or skill specific.</p> <p>Continuous training – when an athlete keeps training over a perios of time, e,g, swimming or long distance running.</p>	2 marks x 2	2, 2
			Total: 20 marks

SECTION E – SPORT IN SOCIETY			
25a/b	<p>Financial support to purchase attire, equipment, participate in competitions, popularising, media coverage. Financial, accomodation, gear/kit, transport.</p> <p>Advertising and popularising the brand name, media coverage, brand reaching out to more people, brand associated to sport and health More revenue, publicity, decrease in tax, good name to company.</p>	Accept one from and other appropriate recreational sports	2, 2
26	Cycling, walking, jogging and running, swimming, sailing, surfing, 5 a side football, or other team sport practiced in informal settings.	Accept any two	1
27a/b	President, Vice president, Secretary, Treasurer, Committee members e.g. secretary – keeping of minutes, phone calls, sending out notices, treasurer keeping records of finances, president oversees committee functions and club’s direction.	2 marks x 2	2, 2
28	Active week, fund raising 5 a side football event, other similar events.	Accept one from or other recreational activities	1
			Total: 10 marks

SECTION F – SPORT PSYCHOLOGY AND SKILLS AQUISION			
29a/b	<p>Skill A learned action with the intention of bringing about results e.g. Something that is taught like a tennis serve, passing or kicking a football</p> <p>Ability A stable trait that determines an individual’s potential to learn or acquire a skill. E.g. components of fitness, speed, balance coordination etc.</p>	<p>Correct definition (1)</p> <p>Correct example (1) x2</p>	4
30	<p>Gross motor skill Using large muscle groups to perform big, strong, powerful movements. e.g. kicking, throwing, running etc.</p> <p>Fine motor skill Small and precise movement, showing high levels of accuracy and coordination. It involves the use of a small group of muscles. E.g. dart throw, archery, table tennis block shot.</p>	<p>A limited description (1)</p> <p>A more detailed description (2)</p>	2

31a	<ul style="list-style-type: none"> Positive (used to inform the athlete what was correct about the movement (essential for motivating athletes)/ often used with beginners/novices.) 	Any other appropriate answers	2
31b	<ul style="list-style-type: none"> Negative (used to inform the athlete what was incorrect about the movement. Negative comments must include information for the performer to achieve the correct movement (verbal guidance) 	Any other appropriate answers	2

Paper II 2-3

Section A- Sport and Activities			
1a	Both legs on the edge of the block (grab start) or one leg in front and another in the back (track start)	Accept similar answers	3
1b	Grip and release, stance and balance, execution and follow through, shot placed touching neck, shot supported by fingers, elbows outwards.	Accept any from and other appropriate answers	1
2a	<p>Handball</p> <ul style="list-style-type: none"> No They cannot enter the D. <p>Netball</p> <ul style="list-style-type: none"> No They are allowed in their section only e.g WA only allowed in two sections. <p>Volleyball</p> <ul style="list-style-type: none"> NO They are set in a formation and can move after the serve is taken and after winning a rally they rotate. 	<p>1 mark answer 1 mark reason -</p> <p>Accept similar answers</p>	2
2b	<p>Handball</p> <ul style="list-style-type: none"> Man to man or zone defence, marking a player each or guarding the D (zone) <p>Netball</p> <ul style="list-style-type: none"> Zonal defence, deny spaces, pressure, shadowing <p>Volleyball</p> <ul style="list-style-type: none"> Using single, double or triple blockers at the net 	<p>Naming the tactic (1)</p> <p>Description (1)</p> <p>Accept any other appropriate answers</p>	2
3a i/ii/iii/iv	triangular bandages, elastic bandages of varying widths, non-stick dressings of varying widths, disposable gloves, thermal blanket	0.5 marks x 4 Accept any four	2
3b	<p>Basketball</p> <ul style="list-style-type: none"> Attack the spaces – a strategy to maximise the gaps 	Naming the tactic (1)	2

	<ul style="list-style-type: none"> • Passing the ball – a strategy involving moving the ball quickly and accurately a to break down the defender • Give and go • Attack the defender making him commit so that you can pass the ball to the free player <p>Football</p> <ul style="list-style-type: none"> • Attack the spaces - a strategy to maximise the gaps • Passing the ball - a strategy involving moving the ball quickly and accurately • Pass and go • Attack the defender to make him commit so that you can open an easy pass to your teammate. <p>Rugby</p> <ul style="list-style-type: none"> • Passing the ball - a strategy involving moving the ball quickly and accurately • Run forwards with ball to get defender on you and open an easy pass to teammate. 	Explanation (1)	
4	<p>Badminton Clear return (thrown far back court to take attacking advantage and get defender off the centre court)</p> <p>Tennis Back court long return to get opponent outside centre base</p>	Accept the name of the return and the explanation	4
5a	<p>Basketball Example: introduce 3 point shot to have less games ending in a draw, introduce the unsportsmanlike foul to keep game safe and fairer.</p> <p>Football Example: red card on fouling the player with a chance of scoring, yellow card when using excessive force, to maintain control of the game and limit aggression and violence on the field.</p> <p>Rugby Example: Illegal tackles punished by penalties, to avoid injuries and aggression.</p>	Accept any example and other appropriate answers	2
5b	<ul style="list-style-type: none"> • Support teammates • Encourage teammates • High-five teammates • Verbally encourages teammates • Players with enthusiasm and passion • Gives 100% on the field 	Accept two from and other appropriate answers	2
			Total: 20 marks

SECTION B - HEALTH AND WELLBEING			
6	A diet which has a balance of carbohydrates, proteins, fats, fibre, water and minerals.		4
7	Organs stop working properly, oxygen and running speed decrease, fatigue, lack of protein as fuel, slower recovery time.		2
8 a/b/c	Mesomorph: gymnast, muscular, lean, powerful Ectomorph: swimming, taller frame, long limbs Endomorph: Shot put, wide frame, muscular, heavy	2 marks x3	6
9a	Divide weight by height squared.		1
9b	Balanced diet, regular exercise, eating in right portions and amount, hydrating regularly, eating in the right times of the day, avoid snacking on unhealthy products and food.	Accept any and other appropriate answers	3
10	Clean regularly, dry out well the infected area, apply athletes foot powder and or cream, air well	Accept other appropriate answers	3
11	Putting on weight, getting tired when doing normal routine exercises, stiffening of joints, lack of flexibility and suppleness	Accept one and other appropriate answers	1
			Total: 20 marks

SECTION C – ANATOMY AND PHYSIOLOGY			
12	<p>Support – the skeleton keeps the body upright and provides a framework for muscle and tissue attachment.</p> <p>Posture – the skeleton gives the correct shape to our body.</p> <p>Protection – the bones of the skeleton protect the internal organs and reduce the risk of injury on impact. For example, the cranium protects the brain, the ribs offer protection to the heart and lungs, the vertebrae protect the spinal cord and the pelvis offers protection to the sensitive reproductive organs.</p> <p>Movement – the skeleton allows movement of the body as a whole and its individual parts. The bones form joints and act as levers, allowing muscles to pull on them to produce movement. The bones of the skeleton provide surfaces for the attachment of muscles.</p> <p>Blood cell production – certain bones in the skeleton contain bone marrow which produces red blood cells, white blood</p>		2

	<p>cells and platelets. Examples of bones that contain marrow are the pelvis, sternum, humerus and femur.</p> <p>Storage of minerals - the bones store minerals such as calcium, iron, potassium and phosphorous and release them into the blood when the body needs to use them.</p>		
13	<ul style="list-style-type: none"> • Triceps contraction on the shot put, basketball shot release • Calf contraction on the jump of a basketball player, or high jumper • Quadricep contraction on the kick of the footballer 	Accept one or other appropriate examples.	2
14	<p>Gas Exchange: The primary function is to exchange oxygen and carbon dioxide between the body and the environment.</p> <p>Breathing: It facilitates inhalation and exhalation, allowing oxygen to enter the lungs and carbon dioxide to be expelled.</p> <p>Speech and Phonation: The respiratory system plays a role in producing sound and speech.</p>	Accept one function and other appropriate answers	2
15	The cardiovascular system consists of the heart, blood vessels, and blood. Its primary function is to transport nutrients and oxygen-rich blood to all parts of the body and to carry deoxygenated blood back to the lungs.	Accept any one	2
16	<p>The diaphragm is a dome-shaped, muscular and membranous structure that separates the thoracic (chest) and abdominal cavities in mammals; it is the principal muscle of respiration.</p> <p>The muscles of the diaphragm arise from the lower part of the sternum (breastbone), the lower six ribs, and the lumbar (loin) vertebrae of the spine and are attached to a central membranous tendon. Contraction of the diaphragm increases the internal height of the thoracic cavity, thus lowering its internal pressure and causing inspiration of air. Relaxation of the diaphragm and the natural elasticity of lung tissue and the thoracic cage produce expiration.</p>		3
17	<p>Transportation: Carries oxygen, nutrients, and hormones to cells, and removes waste products, such as carbon dioxide and metabolic by products.</p> <p>Regulation: Helps to regulate body temperature, pH, and fluid balance.</p> <p>Protection: Contains cells and antibodies that fight infection and other disease agents.</p>	Accept all three	3
18	During exercise the heart rate increases due to higher demands being exerted on the body. This is also results in higher blood pressure.		3

19	Systemic circulation in physiology is the circuit of vessels supplying oxygenated blood to and returning deoxygenated blood from the tissues of the body. Blood is pumped from the left ventricle of the heart through the aorta and arterial branches to the arterioles and through capillaries, where it reaches an equilibrium with the tissue fluid, and then drains through the venules into the veins and returns, via the venae cavae, to the right atrium of the heart. Pressure in the arterial system, resulting from heart action and distension by the blood, maintains systemic blood flow. The systemic pathway, however, consists of many circuits in parallel, each of which has its own arteriolar resistance that determines blood flow independently of the overall flow and pressure and without necessarily disrupting these.		3
			Total: 20 marks

Section D – THEORY OF TRAINING AND FITNESS TESTING			
20	Any example suffices that clearly demonstrates use of agility, e.g. changing direction using speed whilst maintaining balance	Accept examples	2
21	Safe environment, good coaching quality, positive coaching climate, safe environment, upgraded facilities, Crowd control, clear exit points, medical staff, use of correct equipment.	Accept any from and other appropriate examples	2
22	Specificity – practising free shots in basketball Overload – increasing sets and repetitions in weightlifting Progression – increasing runs by 10km over a period of one month. Reversibility – loss of muscle following an achilles injury in football		4
23	A good warm up, dynamic stretching, starting off with body weight exercises, combined with resistance training using equipment such as elastic bands, introduce some light weights, focus on the main muscle groups, overload specific muscle groups using repetitions and increasing weight and reducing repetitions, good cool down and static stretching after.	Accept similar and other appropriate answers	5
24	Treat: <ul style="list-style-type: none"> • R – Rest the injured body part • I – Apply ice to the injured body • C – Compress the affected body part 	Accept any one and other appropriate answers	3

	<ul style="list-style-type: none"> E – Elevate the affected body to ensure correct blood flow <p>Prevent:</p> <ul style="list-style-type: none"> Good warm up Stretching Good recovery 		
25	<ul style="list-style-type: none"> Continuous training Fartlek training Circuit training Interval training Plyometric training Flexibility training Weight training <p>Adaptability to specific sport by providing examples. Example: Plyometric training in a basketball session to help athletes increase their vertical jump.</p>	Accept any ONE and examples of contextualising this in the selected sport	4
			Total: 20 marks

SECTION E – SPORT IN SOCIETY			
26a/b	<p>The athlete: financial support to purchase attire, equipment, participate in competitions, popularising, media coverage. Financial, accomodation, gear/kit, transport</p> <p>The sponsor: advertising and popularising the brand name, media coverage, brand reaching out to more people, brand associated to sport and health More revenue, publicity, decrease in tax, good name to company</p>	Accept other appropriate answers	2, 2
27	Cycling, walking, jogging and running, swimming, sailing, surfing, 5 a side football, or other team sport practiced in informal settings.	Accept other appropriate answer	1
28a/b	President, Vice president, Secretary, Treasurer, Committee members e.g. secretary – keeping of minutes, phone calls, sending out notices, treasurer keeping records of finances, president oversees committee functions and club’s direction.	Accept any two 2 marks x 2	2, 2
29	Active week, fund raising, 5 a side football event, other similar events.	Accept other appropriate answer	1
			Total: 10 marks

SECTION F – SPORT PSYCHOLOGY AND SKILLS ACQUISITION			
30a/b	<p>Skill A learned action with the intention of bringing about results e.g. Something that is taught like a tennis serve, passing or kicking a football.</p> <p>Ability A stable trait that determines an individual’s potential to learn or acquire a skill. E.g. components of fitness, speed, balance coordination etc.</p>	<p>Correct definition (1) Correct example (1) x2 2 marks x2</p>	<p>2, 2</p>
31	<p>Gross motor skill Using large muscle groups to perform big, strong, powerful movements. e.g. kicking, throwing, running etc</p> <p>Fine motor skill Small and precise movement, showing high levels of accuracy and coordination. It involves the use of a small group of muscles. E.g. dart throw, archery, table tennis block shot.</p>	<p>A limited description (1) A more detailed description (2)</p>	<p>2</p>
32a	<ul style="list-style-type: none"> • Positive (used to inform the athlete what was correct about the movement (essential for motivating athletes)/ often used with beginners/novices.) 	<p>Any other appropriate answers</p>	<p>2</p>
32b	<ul style="list-style-type: none"> • Negative (used to inform the athlete what was incorrect about the movement. Negative comments must include information for the performer to achieve the correct movement (verbal guidance) 	<p>Any other appropriate answers</p>	<p>2</p>
			<p>Total: 10 marks</p>