



HALF-YEARLY EXAMINATIONS FEBRUARY 2013

NAME : _____

CLASS : _____

FOR TEACHER'S USE ONLY

DISTRIBUTION OF MARKS

Section A	Section B	Section C	Section D	TOTAL MARK THEORY PAPER (80%)
16	16	36	12	

40% THEORY PAPER	60% PRACTICAL	100% FINAL SCORE

SECTION A – Movement and Physical Activities (16 marks)

Answer question 1 (Skill Acquisition) and choose THREE questions from 2 to 5 in Section A. Answer ALL parts of each question.

1. Skill Acquisition

a) Give **ONE** reason why rules are important in sports.
_____ [1]

b) What are secondary rules?
_____ [1]

c) Mention **ONE** way how an athlete can obtain feedback about his performance.
_____ [1]

d) Give **ONE** example of a closed skill.
_____ [1]

2. Athletics

a) When does a *foul throw* occur during a discus throw?
_____ [1]

b) Mention **ONE** skill needed to run an 800m race accurately?
_____ [1]

c) Look at the picture below and then answer the questions:



i. Which type of technique is the athlete using to clear the bar?
_____ [1]

ii. What has the athlete got to do next to clear the bar completely?
_____ [1]

3. **Basketball**

a) After how many personal fouls is a player fouled out in basketball?

_____ [1]

b) An opponent has arms up whilst defending. What type of pass should the offensive player use?

_____ [1]

c) When is it best to use a *fast break*?

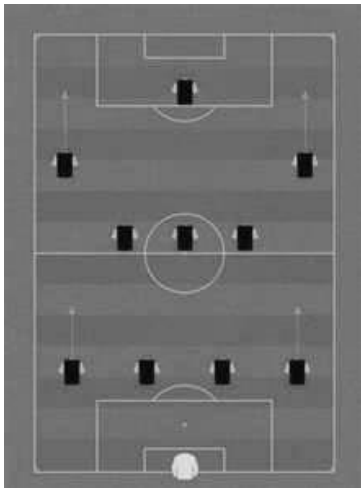
_____ [1]

d) Mention **ONE** important point to remember whilst dribbling.

_____ [1]

4. **Football**

a) i. Which tactical formation is shown in the picture below?



_____ [1]

ii. Why would a football coach use this formation?

_____ [1]

b) Paul dribbles with his head down. Mention **ONE** reason why this is not recommended.

_____ [1]

c) Football is mostly a passing game. Which part of the foot is used for a *short pass*?

_____ [1]

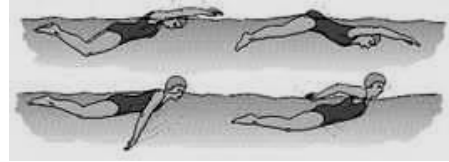
5. **Swimming**

a) i. Which swimming stroke is shown in the picture below?

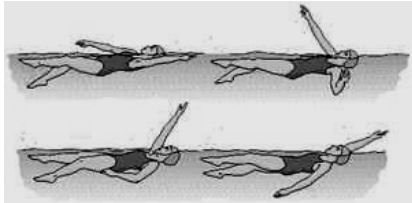


_____ [1]

ii. Which type of *kick* is used in this stroke?



_____ [1]



b) What happens to the *hips* and *legs* if the kick is weak in the back stroke?

_____ [1]

c) How should the *hand* go in the water during the backstroke?

_____ [1]

SECTION B – Health Related Fitness (16 marks)

Answer ALL questions in this section. Answer ALL parts of each question.

1. State whether these statements are a type of *physical*, *social* or *mental* well-being? The first one is done for you:

- i. Increased fitness - **PHYSICAL WELL-BEING**
- ii. Making new friends - _____ [1]
- iii. Improved performance - _____ [1]
- iv. Increased self-esteem - _____ [1]

2. Besides washing your clothes, mention **TWO** other factors which help improve personal hygiene.

_____ [2]

3. Mention **TWO** things you would do to prevent athlete's foot. [2]
- i. _____
- ii. _____

4. State **TWO** ways how a football pitch can be dangerous to your health. [2]
- i. _____
- ii. _____

5. Match the nutrients with their function listed in the table below: [3]

Carbohydrates, Protein, Fat

	Nutrient	Function
i.		To protect internal organs
ii.		For energy
iii.		For growth and repair

6. The **TWO** types of carbohydrates are: [1]
- i. _____ [1]
- ii. _____ [1]

7. Why is it important to drink water *during* exercise? [1]
- _____ [1]

8. Peter is obese. Besides following a *healthy diet*, suggest **ONE** other thing he can do to overcome his problem.



- _____ [1]

SECTION C – Body Systems and Performance (36 marks)

Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Write down the correct *Principle of Training* next to each statement in the space [4] provided:

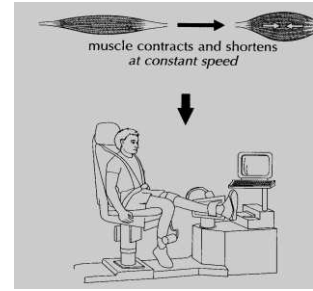
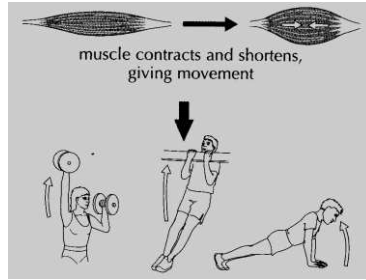
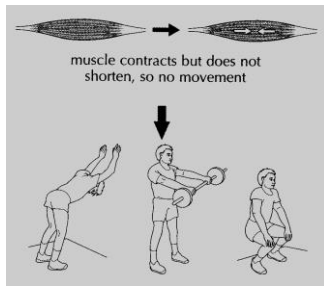
Specificity, Progression, Overload, Reversibility.

Statement	Principle of Training
Pierre is injured and his leg muscles become smaller.	
Jean is a swimmer who is training to improve his shoulder flexibility.	
Hannah was training two days a week, now she is training three times a week	
George is a football player who is doing weight training in graded stages.	

2. State which aspect of the F.I.T. (**F**requency, **I**ntensity, **T**ime) principle relates to each of the following:
- i. An hour each session _____ [1]
 - ii. Four times a week _____ [1]
 - iii. Working with heavier loads _____ [1]
3. Training with:
- i. _____ weights and low repetitions results in *muscle bulk*. [1]
 - ii. _____ weights and high repetitions results in *muscle tone*. [1]

4. Write the correct type of weight training under each picture below: [3]

Isokinetic, Isotonic, Isometric



- i. _____ ii. _____ iii. _____

5. Match the training method listed below with the statements in the table: [5]

Plyometrics, Fartlek, Continuous, Interval, Circuit,

Training Method	Statement
	The training method which means 'speed training'.
	Training with short periods of rest between heavy workouts.
	Training which involves exercise at a constant rate for a long period of time
	Training including a series of stations.
	A form of exercise that uses rapid movements to develop muscular power.

6. Mention ONE advantage and ONE disadvantage of *circuit* training.

Advantage _____ [1]

Disadvantage _____ [1]

7. Push-ups can be included in a *fitness circuit*. Mention another TWO activities which may be included in a fitness circuit.

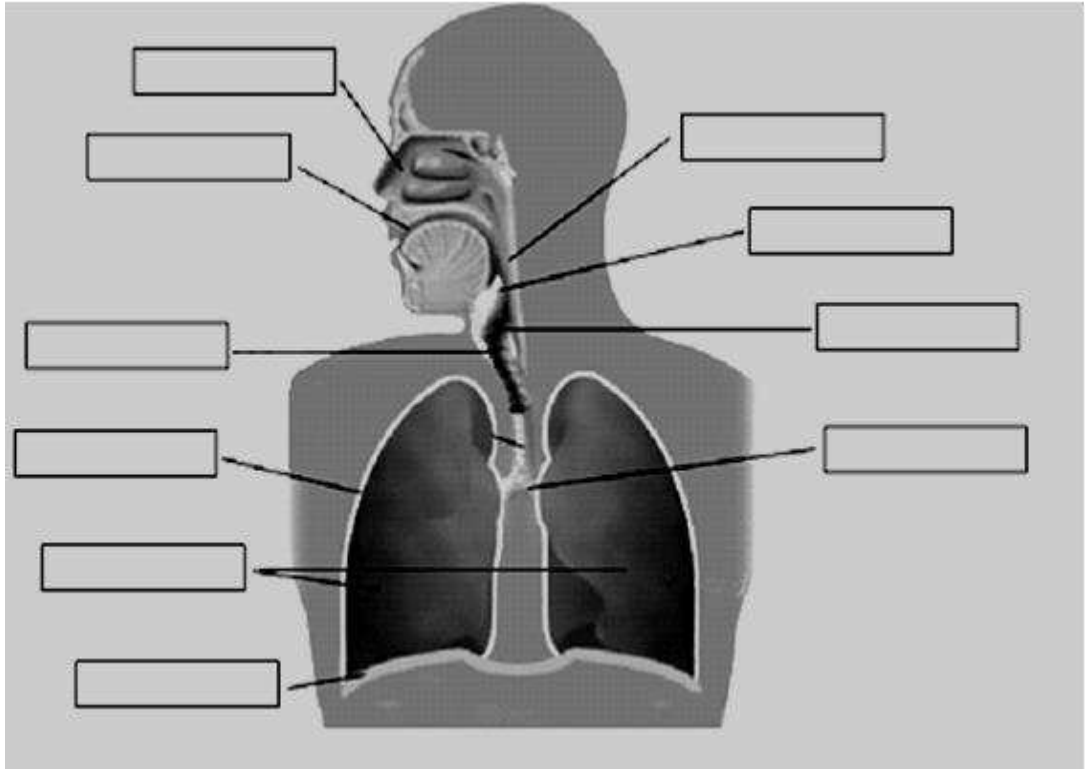
i. _____ [1]

ii. _____ [1]

8. a) Which is the *main organ* of the respiratory system? [1]

- b) The common name for *alveoli* is _____. [1]
9. Fill in the boxes with the correct word found below: [5]

***Lungs, Pharynx, Epiglottis, Bronchus, Nasal Cavity,
 Larynx, Mouth, Trachea, Diaphragm, Pleura,***



10. What is the main difference between *aerobic* and *anaerobic* respiration? [2]

11. Draw a simple diagram to show an *alveola* and how gas exchange takes place. [2]



12. What happens when the *diaphragm* contracts? (Explain shape and result). [1]
- i. *shape* _____ [1]
- ii. *result* _____ [1]
13. Mention **TWO** *immediate* effects of exercise on the respiratory system. [2]
- i. _____
- ii. _____

SECTION D – Sports in Society (12 marks)

Answer ALL questions in this section. Answer ALL parts of EACH question.

1. Give **TWO** reasons why the *internet* is the most popular form of media with regards to sports. [2]
- i. _____
- ii. _____
2. a) Mention **ONE** advantage of listening to sport on the *radio*. [1]
- _____ [1]
- b) Why do most people prefer to follow sports on television than on the radio? [1]
- _____ [1]
- c) T.V. can have an influence on the *participation in sports*. Mention **ONE** advantage and **ONE** disadvantage of T.V.:
- Advantage* - _____ [1]
- Disadvantage* - _____ [1]
3. What do these letters stand for? [3]
- i. K.M.S. _____
- ii. I.O.C. _____
- iii. M.O.C. _____
4. Mention **ONE** way how the K.M.S. supports sports in Malta. [1]
- _____

5. Which sports organisation is responsible for:
- i. The participation of Malta in the Olympic Games _____ [1]
 - ii. Choosing the host city for the Olympic Games _____ [1]

END OF PAPER