SACRED HEART COLLEGE
SENIOR SCHOOL, ST. JULIAN'S

MID YEARLY EXAMS JANUARY/FEBRUARY 2016

FORM 3 **TIME: 1hr 30mins**

PHYSICAL EDUCATION (OPTION)

Name& Surname: _____ Form: _____

For Examiner' Use		
Section	Marks	
A	20	
B1	25	
B2	30	
C	5	
THEORY total	80	
THEORY	40	
PRACTICAL	50	
INTERVIEW	10	
Overall Mark	100	
Examiner's Signature		

ANSWER ALL THE QUESTIONS IN EACH SECTION.

Section A – Movement and Physical Activities (20 marks)

RULES AND OFFICIALS

1. Name two (2) qualities an official should have. (2 marks)
   i. _____
   ii. _____

2. List two (2) sports according to the senior official found in sports. (3 marks)

Senior official	Sport 1	Sport 2
Referee		
Umpire		
Judge		

3. Choose from the words below. (1 mark)

Safety rule, rules enforcement, etiquette

A	Volleyball court floors are swiped before and regularly during the game.	Safety Rules
B	A player is given a two year suspension and a fine for testing positive to drug test.	
C	A player admitted performing a foul on his opponent.	

ATHLETICS

4. Athletes are in a crouch position ready to race. The athlete in lane 2 leaves before the gun. Explain what action the official will take. (1 mark)

_____

_____

5. What is the purpose of distance running? (1 mark)

_____

_____

6. What is the important factor which is common to all throwing events at the moment of release? (1 mark)

_____

7. Mention one (1) foul which an athlete may do when discus throwing. (1 mark)

_____

8. The athlete in the diagram is doing the long jump. Name the two phases of the jump shown in the diagram. (2 marks)

a) _____

b) _____

9. a) Mention one (1) style used in long jump.(1 mark)_____

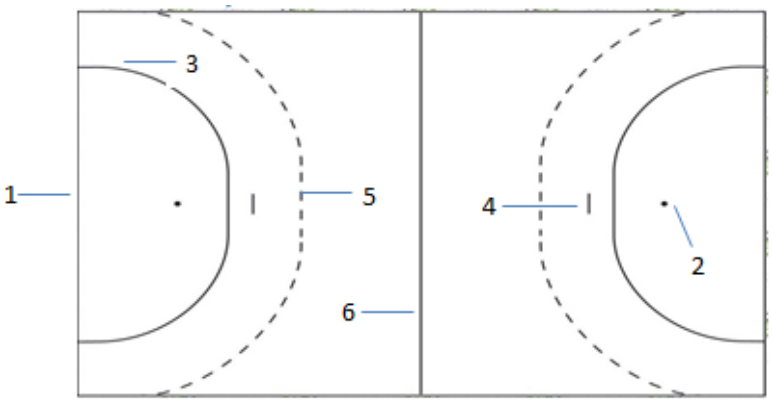
b) What does this technique try to overcome? (1 mark)

_____

_____

HANDBALL

10. Write down the name of the court lines in the lines provided from 1 to 6. (3 marks)



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

11. Tick the correct box. (3 marks)

	True	False
When in possession of the ball, I can do 3 steps, dribble and do another 3 steps before passing.		
The goalkeeper is allowed to leave the goal area and participate in the game.		
Jump shot is a jump in the act of shooting to avoid the defense.		
Players on court can enter the D zone.		
If a player commits a foul, besides loosing possession of the ball, he/she can be awarded a warning, 2 minute suspension or a disqualification.		
A coin is tossed to decide whether to choose side or possession of the ball.		

Section B1 – Health Related Fitness (25 marks)

1. The WHO defines health as: ''*a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*.'' Give an example to explain the following:

a) Physical well- being: _____

b) Mental well- being: _____

c) Social well- being: _____

(1 ½ marks)

2. Safety is very important during physical activity. Mention two (2) basic safety rules which apply to most physical activity. (2 marks)

a) _____

b) _____

3. Besides safety, mention two (2) components which affect health. (2 marks)

   a) _____

   b) _____

4. Explain what a balanced diet means. (1 mark)

   _____

5. Fill in the table. (7 marks)

Nutrient	Function	Food source
Protein		
		Pasta
Vitamin C		
	Helps in the production of the hormone thyroxin	
		Red meat

6. Name the fitness component required to perform these exercises. (3 marks)

7. What is the difference between general and specific fitness? (1 mark)

_____

_____

8. Divide these components of fitness under skill or health related components.

agility, balance, coordination, speed, body composition, flexibility, strength, cardiovascular endurance.

Health related components	Skill related components

(4 marks)

9. Choose two (2) components of fitness from above (question 8) and name the fitness test used to measure it. (2 marks)

	Chosen fitness component	Test used
A.		
B.		

10. a) An adult should perform at least _____ of physical activity daily. (½ mark)

b) What can you do to increase fitness during school hours? (1 mark)

_____

_____

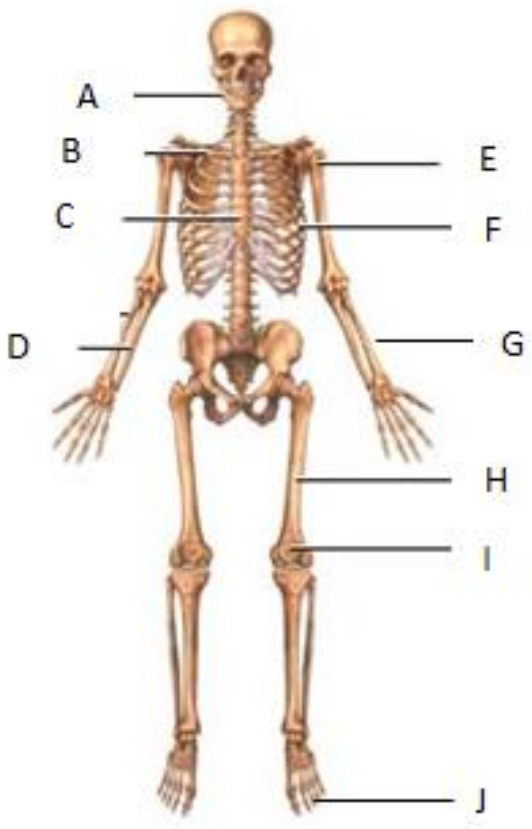
Section B2 –Body systems and Performance (30 marks)

1. Mention two (2) functions of the skeleton. (2 marks)

   a) _____

   b) _____

2. Write down the anatomical names of the marked bones. (10 marks)



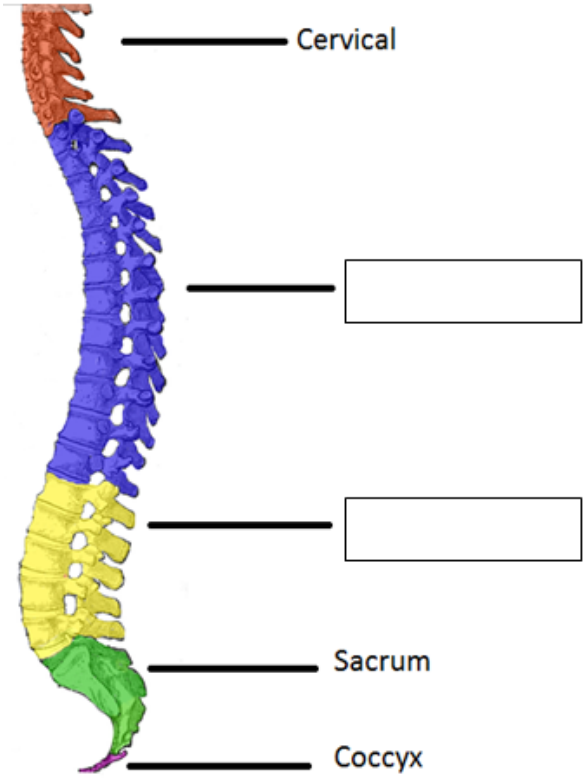
	Anatomical name of bone
A	
B	
C	
D	
E	
F	
G	
H	
I	
J	

3. Fill in the blanks. (2 marks)

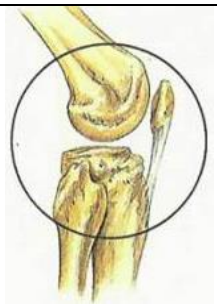
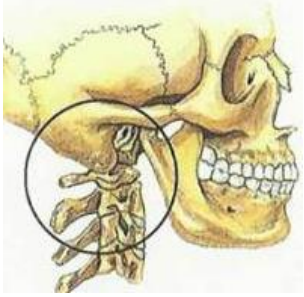
   a) Ligaments join _____ to _____.

   b) Tendons join _____ to _____.

4. Fill in the names of the two (2) regions of the vertebral column in the box provided. (2 marks)



5. Name the type of joint and the bones which create this joint. (9 marks)

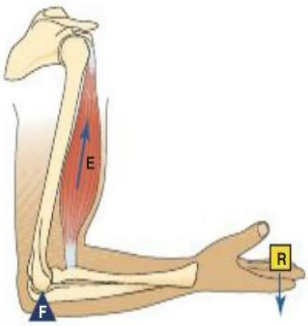
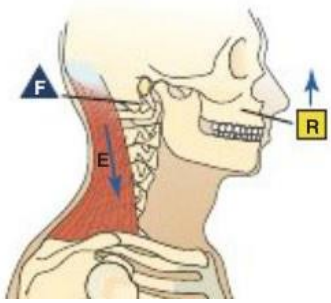
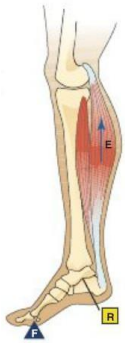
A. 	B.	C. 

	Type of joint	Name of Bone 1	Name of Bone 2
A			
B			
C			

6. Bones are classified into four categories. Name two (2) categories and give an example of a bone which falls under that category. (2 marks)

Type of bone	Example of bone
Ex: long bones	Femur

7. Name the class of each lever in the box below. (3 marks)

A. 	B. 	C. 

Section C – Sport and Society (5 marks)

1. a) The abbreviation IOC stands for: _____(1mark)

   b) Name two (2) functions of this governing body. (2 marks)

i) _____

ii) _____

2. Kunsill Malti ghall-isport has changed its name to: _____

(1 mark)

3. Mention another national sport organising body:_____

(1 mark)