**SACRED HEART COLLEGE**
**SENIOR SCHOOL, ST. JULIAN'S**

**ANNUAL EXAMS JUNE 2017**

**FORM 4** **TIME: 1hr 30mins**

**PHYSICAL EDUCATION (OPTION)**

Name& Surname: _____ Form: _____

| **For Examiner' Use** | | |
|---|---|---|
| Section | Marks | |
| A | 16 | |
| B1 | 16 | |
| B2 | 36 | |
| C | 12 | |
| THEORY total | 80 | |
| DANCE/GYMNASTICS | 20 | |
| FOOTBALL | 25 | |
| PRACTICAL total | 45 | |
| | | |
| THEORY total | 40 | |
| PRACTICAL | 45 | |
| SCOUTING REPORT | 15 | |
| Overall Mark | 100 | |
| Examiner's Signature | | |

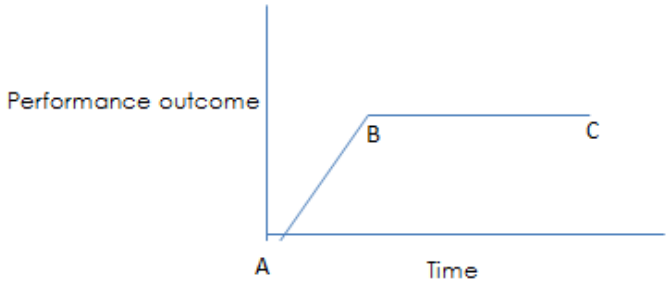
---

## Section A – Movement and Physical Activities (16 marks)

In Section A, answer **Question 1** (Skill Acquisition) and choose any **THREE** (3) questions from Questions 2 to 8. Answer **ALL** parts of **EACH** question.

1. SKILL ACQUISITION

a. An athlete's performance of skill can be affected and varied. Explain the athlete's performance shown in the graph below.




_____

_____(1)

b. What is the difference between the role of a coach and a physical educator? Give one (1) example.

_____

_____(1)

c. Choose the following terms to describe the skill.

*basic skill, complex skill, open skill, closed skill*

i. performing a spike in volleyball: _____(0.5)

ii. performing a floor routine in gymnastics:_____(0.5)

d. Explain the term rules reinforcement. Give one (1) example.

_____

_____(1)

2. ATHLETICS

a. Suggest two (2) important points a sprinter should consider during the drive phase.

i) _____(0.5)

ii) _____(0.5)

b. Mention one (1) critical element at take- off when performing a hang technique in long jump.

_____

_____ (1)

c. State two (2) common rules in the throwing events.

i) _____(1)

ii) _____(1)

3. EDUCATIONAL DANCE:

a. What is the difference between travelling and pathways in dance?

_____

_____ (1)

b. Suggest dance movements to show:

i) anger: _____(0.5)

ii) happiness: _____(0.5)

c. 'Contrasting' and 'unison' are two different movement techniques that are used in choreography by two or more dancers. Explain these techniques.

i) Contrasting: _____(1)

ii) Unison: _____(1)

4. FOOTBALL:

a. Mention another strategy used for defence instead of man – to- man marking.

_____ (1)

b. What is an offside in football?

_____

_____ (1)

c. Tick the correct box. (2 marks)

| | True | False |
|---|---|---|
| A corner kick is awarded to the opposing team when a player kicks the ball over their goal line. | | |
| A goal may not be scored directly from a kick-off. goal kick or throw in. | | |
| A football game is controlled by one referee and two assistant referees. | | |
| Free kicks are awarded to the opposing team when the ball goes out of the field. | | |

5. HANDBALL:

a. What does the 7-metre line represent?

_____

_____(1)

b. Mention two (2) critical elements that are important while shooting in a game.

i) _____(1)

ii) _____(1)

c. Give one (1) instance when a wrist pass is used.

_____

_____ (1)

6. GYMNASTICS:

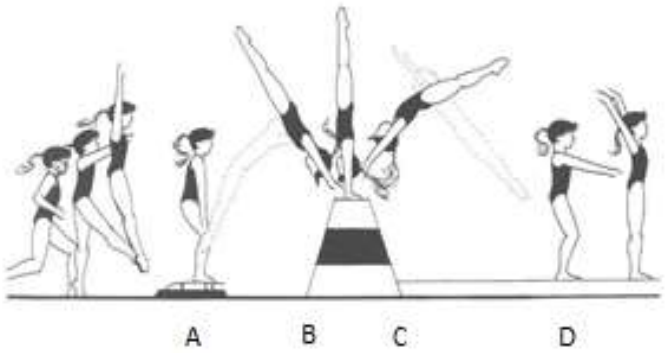
a. Mention the phases of the vault. (2 marks)

A- _____

B- _____

C- _____

D- _____




b. Tick the correct box. (2 marks)

| | True | False |
|---|---|---|
| Floor and High bars are performed by both men and women. | | |
| Both the difficulty judges and the execution judges rate the performance. | | |
| Each gymnast is allowed only one attempt on each apparatus. | | |
| In Rhythmic gymnastics any type of equipment can be used during the routine. | | |

7. NETBALL:

a. What happens if the attempt to shoot at goal is unsuccessful and:

i) the ball rebounds into court? _____(1)

ii) the ball goes out of court? _____(1)

b. What happens when a player is offside?

_____

_____(1)

c. Mention one (1) main point to remember when marking an opponent.

_____

_____(1)

8. SWIMMING:

a. Mention one (1) critical element in backstroke to keep aligned in the middle of the lane.

_____

_____(1)

b. During which stroke/s does:

i) the swimmer touches the wall with both hands? _____(0.5)

ii) the swimmer performs bilateral breathing? _____(0.5)

c. What is the difference between the freestyle turn and the turn in the butterfly.

_____

_____(2)

## Section $B_1$ – Health Related Fitness (16 marks)

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

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.''

a. Define this statement.

_____

_____(1)

b. Mention two (2) components which have an influence on one's health.

i) _____(1)

ii) _____(1)

2. Martin, a marathon runner is preparing to compete within a week's time and has decided to carbohydrate load.

a. Define carbohydrate loading.

_____(1)

b. State the name given to the excess carbohydrate stored in the body for later use. _____(1)

c. Where is this stored?_____(1)

3. Vitamins and minerals are essential for life as they help to maintain good health and growth. Write down the appropriate micro nutrient next to its function. (2 marks)

| | Micro Nutrient | Function |
|---|---|---|
| ii) | | It maintains body connective tissues and helps in the absorption of iron. |
| iv) | | Is an essential part of the thyroid hormone which help to regulate growth and metabolic rate |

4. What is Basal Metabolic Rate?

_____

_____(1)

5. What is the difference between active and passive stretching?

_____

_____(1)

6. Muscular strength is divided into three types of strength. Each type of strength has a different effect on the efficiency of the body.

   Complete the table below. (3 marks)

| Component of fitness | Definition | Sport or activity |
|---|---|---|
| Explosive strength | | Sprinter leaving the blocks |
| | It is the greatest amount of force which can be applied to an immovable object | |

7. Sheldon used a scale from 1 to 7 for each of the three somatotypes to categories a particular body physique. Which somatotype would these persons have?

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

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

8. Describe how males and females differ in terms of body fat and muscle.

   _____(1)

## Section $B_2$ –Body systems and Performance (36 marks)

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

1. Mention two (2) functions of the muscular system.

   i) _____(1)

   ii) _____(1)

2. Describe the main function of each of the body parts in the table below. (4 marks)

| | Body part | Function |
|---|---|---|
| i) | Tendon | |
| ii) | Smooth muscle | |
| iii) | Saddle joint | |
| iv) | Voluntary muscles | |

3. Describe the difference between adduction and abduction.

   i) adduction: _____

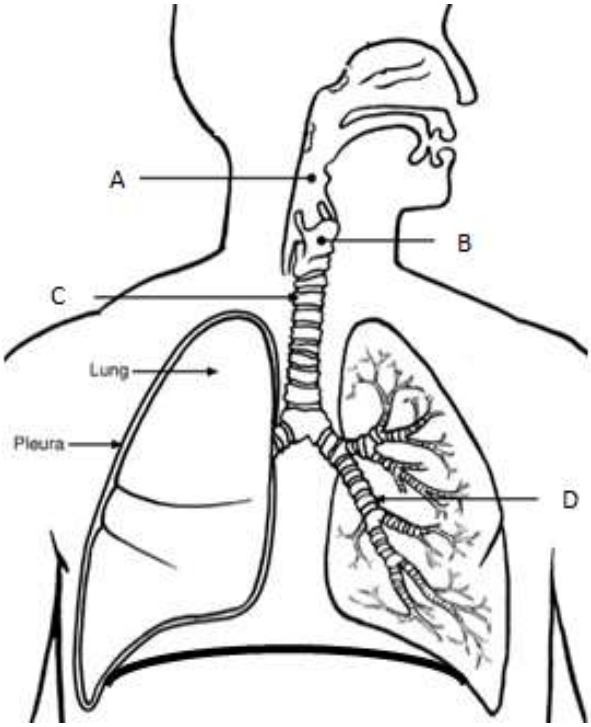
   _____(1)

   ii) abduction: _____

   _____(1)

4. The following question is about the respiratory system.

   a. Write down the anatomical name of the air passages marked A to D. (4 marks)




A-_____

B- _____

C-_____

D-_____

b. Where does gaseous exchange occur? _____(1)

c. Explain what happens during gaseous change.

_____

_____(2)

d. What is the name of the muscle sheet which seals off the chest cavity from the abdominal cavity? _____(1)

e. Explain what happens when we breathe in. (3 marks)

_____

_____

_____

f. What is tidal volume? _____

_____(1)

5. The percentage amount (%) of gases in the lungs changes during inspiration and expiration. Complete the following table. (3 marks)

| | **Gas** | **% amount during inspiration** | **% amount during expiration** |
|---|---|---|---|
| i) | **Oxygen** | | |
| ii) | **Carbon dioxide** | 0.004% | |

6. Various training methods can be used to improve different components of fitness. Write the main component of fitness improved using the following training methods. (2 marks)

| | **Training method** | **Components of fitness** |
|---|---|---|
| i | Plyometrics | |
| ii | Continuous training | |

7. Circuit training consists of exercises performed with or without apparatus.

   a. Draw a diagram showing 5 stations of fitness circuit training along with the exercises to be performed in each station. (5 marks)

   b. List two (2) main characteristics of the circuit training.

   _____

   _____(2)

8. While Ben and James are playing badminton, James sprained his ankle.

   a. Explain how this could have occurred. _____

   _____(1)

   b. State the symptoms. _____

   _____(1)

   c. Mention how one should treat this injury.

   _____

   _____(2)

## Section C – Sport and Society (12 marks)

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

1. Sports clubs have different functions. Mention two (2) functions.

   i) _____(1)

   ii) _____(1)

2. a. The abbreviation IOC stands for _____(0.5)

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

   i)_____(1)

   ii) _____(1)

3. a. Mention two (2) affects the media has on sports.

   i) _____(1)

   ii) _____(1)

   b. Which type of media is the most influential in promoting a sport? (0.5)

   Give one (1) reason. (1 mark)

   _____

   _____

4. Evaluate the advantages and disadvantages when using a league as a form of competition. (2, 2)

| | **Advantage** | **Disadvantage** |
|---|---|---|
| 1. | | |
| 2. | | |

---------- END OF EXAM ----------