SACRED HEART COLLEGE
SENIOR SCHOOL, ST. JULIAN'S

MID YEARLYEXAMS JANUARY/FEBRUARY 2016

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

Physical Education (Option)

Name & Surname: _____ Form: _____

ANSWER ALL THE QUESTIONS IN EACH SECTION

For Examiner's Use		
Section	Marks	Marks
A	16	
B[1]	23	
B[2]	34	
C	7	
Theory Total	80	
Theory	40	
Practical Total	45	
Project Total	15	
Overall Mark		
Examiner's Signature		

Section A: Movement and Physical Activities

Answer EVERY question in this section

1. **Athletics:**

a) Nicole did a false start during the 100m sprint, what is the consequence for this? (0.5marks)

_____

b) Name one safety measure used in the shot put event. (1 mark)

_____

_____

c) What does a long jumper do before the event so as to prevent taking off beyond the board, and therefore doing a no jump? (1 mark)

_____

_____

d) What are the commands used in the 800m start? (1 mark)

_____

e) Name the 3 types of jumps that can be used in the high jump. (1.5marks)

i. _____
ii. _____
iii. _____

2. Swimming:

a) Define the term '**bilateral breathing**'. (1 mark)

_____

_____

b) Why is it important for a swimmer to push off the block really hard on the signal? (1 mark)

_____

_____

c) Describe the **arm action** during the backstroke. (1 mark)

_____

_____

Page Mark:

d) When is the tumble turn used in swimming? (1 mark)

_____

_____

3. Basketball:

a) Ian managed to intercept a pass and is running towards his basket to score. There is no defense in the zone. What kind of shot would you suggest Ian performs and why? (1 mark)

_____

_____

_____

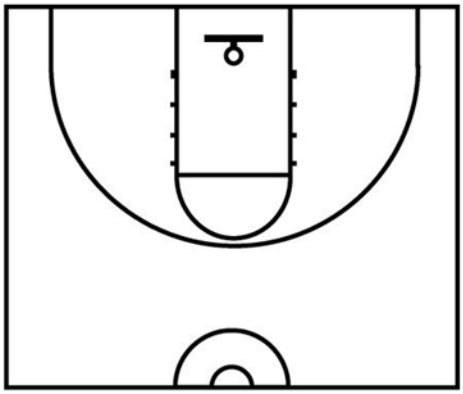
b) Player No. 5 was fouled whilst doing the lay-up. Although he was fouled he still managed to score. How many free throws is he awarded? (1mark)

_____

c) Player No. 4 is given his fifth foul. What is the consequence? (1mark)

_____

d) On the diagram provided draw a 2-1-2 zone defence, using 'X's' (1mark)



4. Educational Dance:

a) Explain the following terms: (2marks)

Gesturing:

_____

_____

Travelling:

_____

_____

b) What is the difference between the general space and the person mark)

Page Mark:

_____

_____

Section B[1]: Health Related Fitness

Answer EVERY question in this section.

1. The WHO defines health as a 'state of complete physical, mental and social well-being. Explain the term social well-being. (1mark)

_____

_____

2. Carbohydrates are an important nutrient in an athlete's diet because it is used for energy. (1mark)

Name **one** other nutrient and explain why it is important.

Nutrient: _____

It is important because _____

_____

3. Give one reason why personal hygiene is very important (0.5mark)

_____

_____

4. Mention **one precaution** that athletes must do in order to avoid being infected with the **athlete's foot**. (0.5mark)

_____

_____

5. Define the term BMR and state what it is. (1 mark)

_____

_____

Page Mark:

6. Maria has a handball game at 11am. What would you suggest her to eat for breakfast? Give a reason for your answer (1mark)

Food: _____

Reason:

_____

_____

7. Fill in the following table: (2marks)

Term	Definition
Anorexia	
	Extremely fat and greatly overweight.
Dehydration	
	This nutrient is made up of amino acids.

8. Apart from losing weight, mention 2 other benefits of exercise. (2marks)

_____

_____

_____

9. Mention and define 2 factors of fitness (2marks)

a)

_____

_____

b)

_____

_____

10. Fill in the table below. (2.5marks)

	TYPE OF STRENGTH	**DEFINITION**	**EXAMPLE OF PHYSICAL ACTIVITY**
i	Explosive		
ii			Maintaining a

			handstand
iii	Dynamic		Running a marathon

Page Mark:

11. Define the following terms: (5marks)

Term	Definition
Muscular endurance	
Cardiovascular endurance	
Fatigue	
Slow twitch muscle fibres	
Reaction time	

12. Give one reason why a 12 year old does not compete against a 20year old in basketball. (1 mark)

_____

_____

13. What kind of somatotype would a swimmer have? (0.5mark)

_____

14. Give one example where agility is used in soccer. (1mark)

_____

15. State how the following factors can affect sport performance: (2marks)

Anxiety:

_____

_____

Asthma:

_____

_____

Page Mark:

Section B²: Body Systems and Performance

Answer EVERY question in this section.

1. Write down the names of any 3 bones found in the leg. (1.5marks)

_____

2. What is the main function of the ribs and the cranium? (1mark)

_____

3. Complete the following table: (2 marks)

Type of bone	Example of bone
Long bones	
	Pelvis
	Carpals
Irregular bones	

4. What is the main function of the cartilage? (1 mark)

_____

_____

5. Mention 2 functions of the vertebrae column. (2 marks)

i. _____

ii. _____

6. What is the difference between a tendon and a ligament? (1 mark)

_____

_____

7. Give an example of where the following freely movable joints can be found in our body. (2marks)

a) ball and socket: _____

b) Hinge: _____

8. What is osteoporosis? (1.5marks)

_____

_____

Page Mark:

9. Define the following terms: (6 marks)

Term	Definition
Smooth muscle	
Isometric contraction	
Slow twitch muscle fibres	
Muscle tone	
Muscle fatigue	
Muscle Atrophy	

10. What is the main function of the following: (3marks)

a) Arteries:

_____

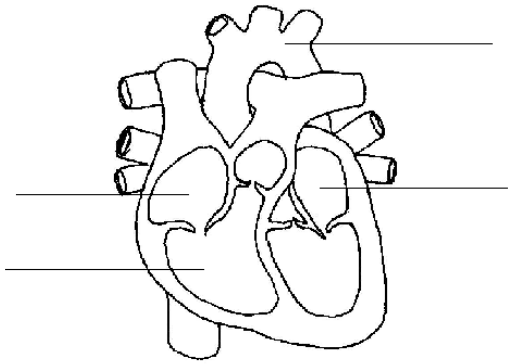
b) Veins:

_____

c) Platelets:

_____

11. Label the heart below (2marks)



12. Martina has a resting heart rate of 60 beats per minute, whilst [illegible] resting heart rate of 72beats per minute. Who is the fittest from th[illegible] your answer (3marks)

Page Mark:

_____

_____

_____

13. Where in the lungs does gaseous exchange take place? (1 mark)

_____

14. What is the difference between inspiration and expiration? (2marks)

_____

_____

15. Give 2 advantages of circuit training (2marks)

i. _____

ii. _____

16. Jane would like to improve her muscle tone in her upper body. Give 2 exercises that she can do and suggest how much she has to do of each exercise. (2marks)

_____

_____

17. Andrew is a marathon runner, but he has not improved a lot with the continuous training he has been doing such as jogging, running and gym training. What kind of other training would you suggest Andrew to try out? (1mark)

_____

Section C: Sport in Society

Answer EVERY question in this section.

1. Mention 2 benefits that Television brings to sport. (2marks)

a)_____

b) _____

Page Mark:

2. Mention 1 drawback of following sport news using a radio. (1mark)

_____

_____

3. Sport facilities can be either outdoor or indoor. Give one example for each facility where it can be found in Malta (2 marks)

a) Indoor facility: _____

b) Outdoor facility:_____

4. Different facilities can have a dual use. For example some school gyms and tracks are only used during school hours. What suggestion would you give in order to maximize their use? (2 marks)

_____

_____

_____

* * * * * * * * * *