SACRED HEART COLLEGE
SENIOR SCHOOL, ST. JULIAN'S

ANNUAL EXAMS JUNE 2015

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

PHYSICAL EDUCATION (OPTION)

Name & Surname: _____ Form: _____

For Examiner's Use		
Section	**Marks**	
A	20	
B^1	24	
B_2	25	
C	11	
Theory Total	80	
Practical Total	15	
Project Total	5	
Overall Mark	100	
Examiner's Signature		

Read carefully the instructions below:

Answer **ALL** the questions of each Section

ANSWER ALL THE QUESTIONS IN EACH SECTION.

Section A – Movement and Physical Activities 20 marks

1. Athletics:
   a. When should the 800m runner move to lane 1? (0.5 mark)

   _____

   _____

   b. Which part of the athlete's body will be considered in a photo finish situation? (0.5 mark)

   _____

   _____

   c. Which card should the official use in case of a technical fault? (0.5 mark)

   _____

   d. Describe the sprint technique in the first few strides (2 marks)

   _____

   _____

   _____

   _____

   e. Identify the fault in the image below. (use the space provided to explain your answer) (0.5 mark)

   _____

   _____

   _____

   _____

   _____

   _____

   _____

   _____

   _____

   f. Mention two (2) critical elements in the take-off phase used in long jump. (1 mark)
      i. _____
      ii. _____

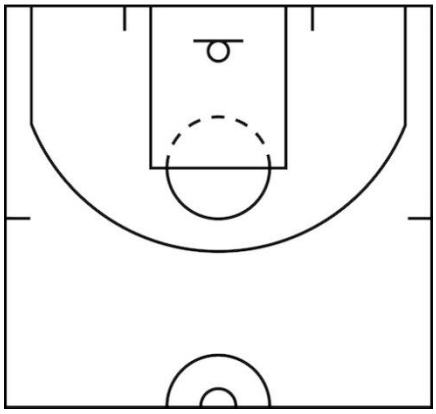
2. Basketball:
   a. During the women's final, team A was finding it very easy to penetrate the zone of team B. What should be team B coach's decision in order to protect his zone and basket better? (1 mark)

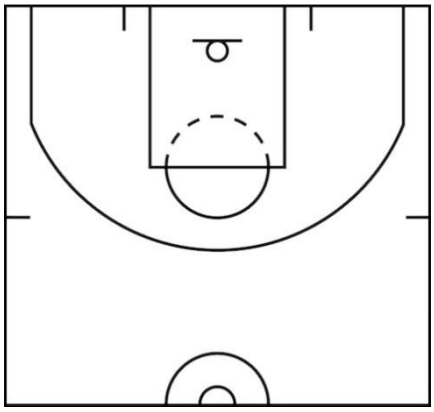
      _____

      _____

      _____

   b. Use the diagram below to draw the following: (1 mark)
      i. 3-2 defence
      ii. 2-1-2 defence





   c. How long is a timeout? (0.5 mark)

      _____

      _____

   d. Describe the following: (1 mark)
      i. Fast break:

         _____

         _____

      ii. Back court:

         _____

         _____

   e. Mention two (2) critical elements of the set shot. (1 mark)
      i. _____

         _____

      ii. _____

         _____

   f. What is a technical foul? (0.5 mark)

      _____

      _____

3. Swimming:
    a. What should a swimmer do in order to reduce drag in the backstroke start? (0.5 mark)

    _____

    _____

    b. Mention two (2) critical elements of the arm movement used in backstroke. (1 mark)
        i. _____

        _____

        ii. _____

        _____

    c. Why is swimming considered to be a closed skill? (0.5 mark)

    _____

    _____

    d. You are a swimming coach. During practice you noticed that one of your swimmers needs to arrange her kicking action as there is a lot of splashing. Mention two (2) exercises you would give her in order to improve her kicking action. (1 mark)
        i. _____

        _____

        _____

        ii. _____

        _____

        _____

    e. What is the skill used in order to go to the other end of the pool? (0.5 mark)

    _____

    f. How should a swimmer finish the backstroke race? (0.5 mark)

    _____

    g. Mention two (2) implements used in swimming to improve leg and arm action. (1 mark)
        i. _____
        ii. _____

4. Dance:
    a. Explain how the use of dynamics helps to make choreography effective. (1 mark)

    _____

    _____

    _____

b. Explain how the following props can be used to express emotions in a choreography? State the emotions you will be portraying. (1 mark)
   i. Scarf:
   _____
   _____
   ii. Photography:
   _____
   _____

c. Explain the following terms used in dance. (1.5 mark)
   i. Canon:
   _____
   _____
   ii. Contrasting:
   _____
   _____
   iii. Unison:
   _____
   _____

d. Mention three (3) types of travelling steps. (1.5 marks)
   i. _____
   ii. _____
   iii. _____

Section B_1 – Health Related Fitness 24 marks

5. Which is the organisation responsible for all health related issues? (0.5 mark)

   _____

6. State what is meant by social well-being. (1 mark)

   _____

   _____

7. Rita is feeling really weak lately as she is not resting properly as she just fought with one of her closest friend. What type of health aspect is Rita suffering from? (0.5 mark)

   _____

8. You are a physical education teacher explaining the importance of personal hygiene? State three (3) ways how one can keep him/herself clean. (1.5 mark)
   a. _____
   b. _____
   c. _____
9. Mention three (3) risk factors of heavy smoking in relation to sports performance. (1.5 mark)
   d. _____
   e. _____
   f. _____
10. Rebecca is getting ready for the London Marathon. What advice does her nutritionist give her in relation to her food intake prior to her competition? (1 Mark)

    _____

    _____

11. Referring to the answer given in number 10, state the reason why her nutritionist gave her that advice. (1 mark)

    _____

    _____

12. State why a weight lifter's diet should consist mainly of protein? (1 mark)

    _____

    _____

13. What does BMR stands for? (0.5 mark)

    _____

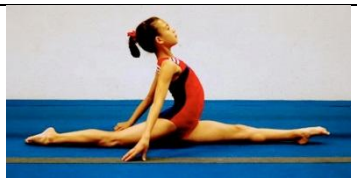
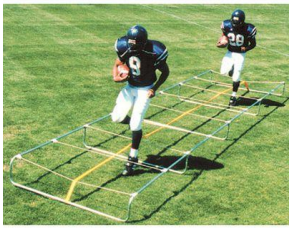
14. Ruth tends to eat more calories than she burns. What could be the results of this way of living? (0.5 mark)

    _____

15. State why Iron is important in our diet? (0.5 mark)

    _____

16. State three (3) reasons why age division (age categories) is important in Sports. (1.5 marks)
    a. _____
    b. _____
    c. _____
17. Martina is a football goalkeeper training hard in order to make the national team. Her coach points out that she needs to improve her diving saves. Which two (2) fitness component should Martina focus on? (1 mark)
    a. _____
    b. _____
18. State the fitness components required by the athletes illustrated below. (1.5 marks)

	Sport 1	**Sport 2**	**Sport 3**
			
Fitness Component			

19. State whether the fitness components mentioned in number 18 are HRF or Skill-Related Fitness. (1.5 marks)
    a. Image 1: _____
    b. Image 2: _____
    c. Image 3: _____
20. State two (2) benefits of flexibility. (1 mark)
    a. _____
    _____
    b. _____
    _____

21. Rebecca is running the 100m hurdles during the national championships. State the different types of strength used throughout the race and when the respective strength is being used. (3 marks)

Type of Strength	**When during race**

22. State whether the following statement is **true** or **false**. (0.5 mark)
Aerobic energy uses oxygen to maintain prolonged activity. _____

23. State one (1) reason why a sprinter should have a quick reaction off the blocks. (0.5 mark)

_____

_____

24. Elena is a professional swimmer. What should be her somatotype and mention one (1) characteristic of the respective somatotype. (1 mark)
    a. Somatotype: _____
    b. One (1) Characteristic:

    _____

    _____

25. You are a handball coach trying to find ways and means to motivate your athletes after 2 consecutive defeats. State two (2) motivational aspects you would use with your athletes. (1 marks)
    a. _____
    b. _____

26. Using music before an important game is one of the techniques used by professional athletes to psych up. Mention another two (2) techniques/strategies utilised by athletes to psych up. (1 mark)
    a. _____

    _____

    b. _____

    _____

27. Mention two (2) physiological factors which could affect performance. (1 mark)

a. _____

b. _____

Section B_2 –Body systems and Performance 25 marks

28. Fill in the table below. (4 marks)

Bone	Type of Bone	Location
Tibia		
Spinal Column		
Sternum		
Metacarpals		

29. State two (2) functions of the skeletal system. (1 mark)

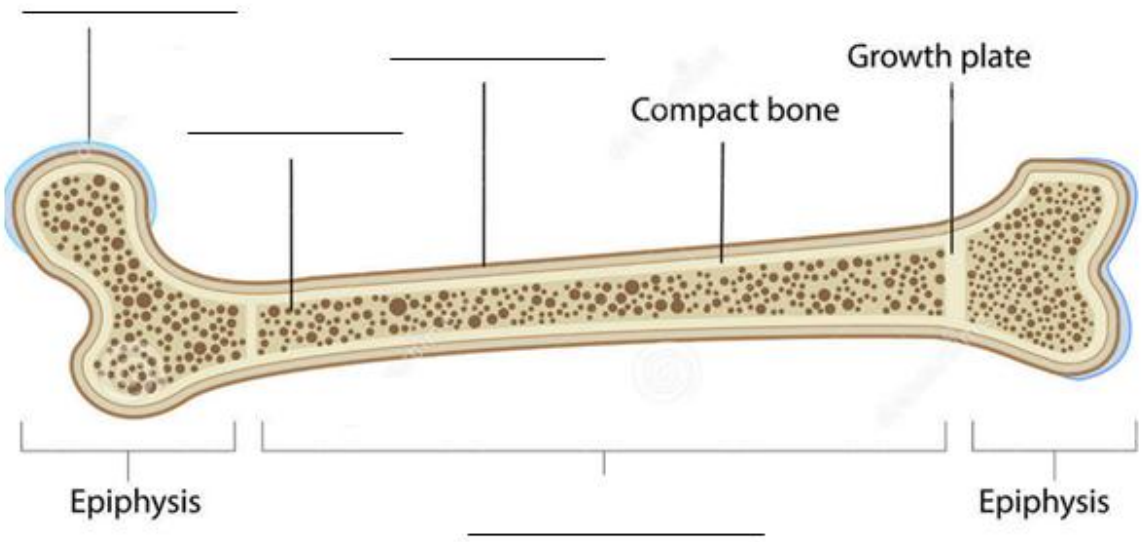
a. _____

_____

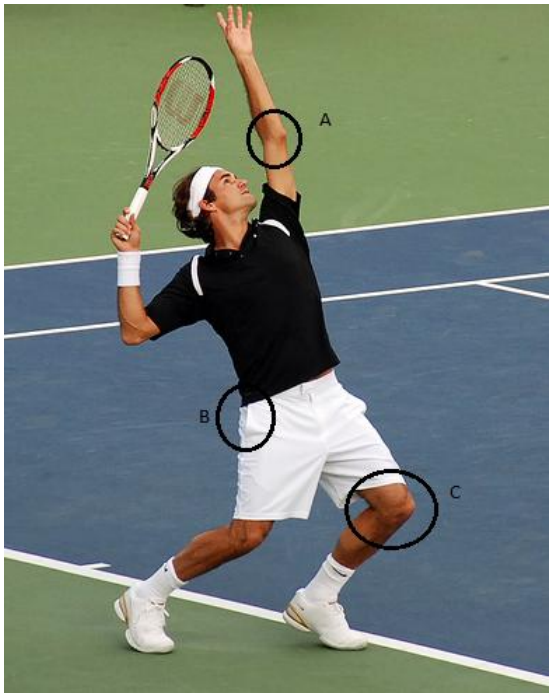
b. _____

_____

30. Label the diagram below. (2 marks)



31. State the joints indicated in the image below and identify the bones making up these joints. (3 marks)



Types of joint	**Bones making up the joints**
A.	
B.	
C.	

32. What type of joint is the spinal column? (1 mark)

_____

33. State whether the following statements are **true** or **false**. (2 marks)
    a. Ligaments are very important as they attach the muscles to bones. _____
    b. You can only find cartilage at the end of long bones. _____
    c. When performing a bicep curl one will be abducting and adducting. _____
    d. Flexion is the decreasing of an angle between two (2) bones, such as bending the leg at the knee. _____

34. State any four (4) muscles and state their location. (4 marks)

Muscles	**Location**

35. Describe the muscle movement done whilst performing a bicep curl. (***Important to state both downward movement and upward movement***) (2 marks)

_____

_____

_____

_____

_____

36. What type of contraction is the image below illustrating? (0.5 mark)

_____

37. What type of posture does a long jumper use whilst performing his/her jump? (0.5 mark)

_____

38. Sue was training really hard for the long distance run organised at school. During one of her training sessions she over did it so much that she couldn't even walk back to class. What is she suffering from? (0.5 mark)

_____

39. How can one suffer from muscle atrophy? (0.5 mark)

_____

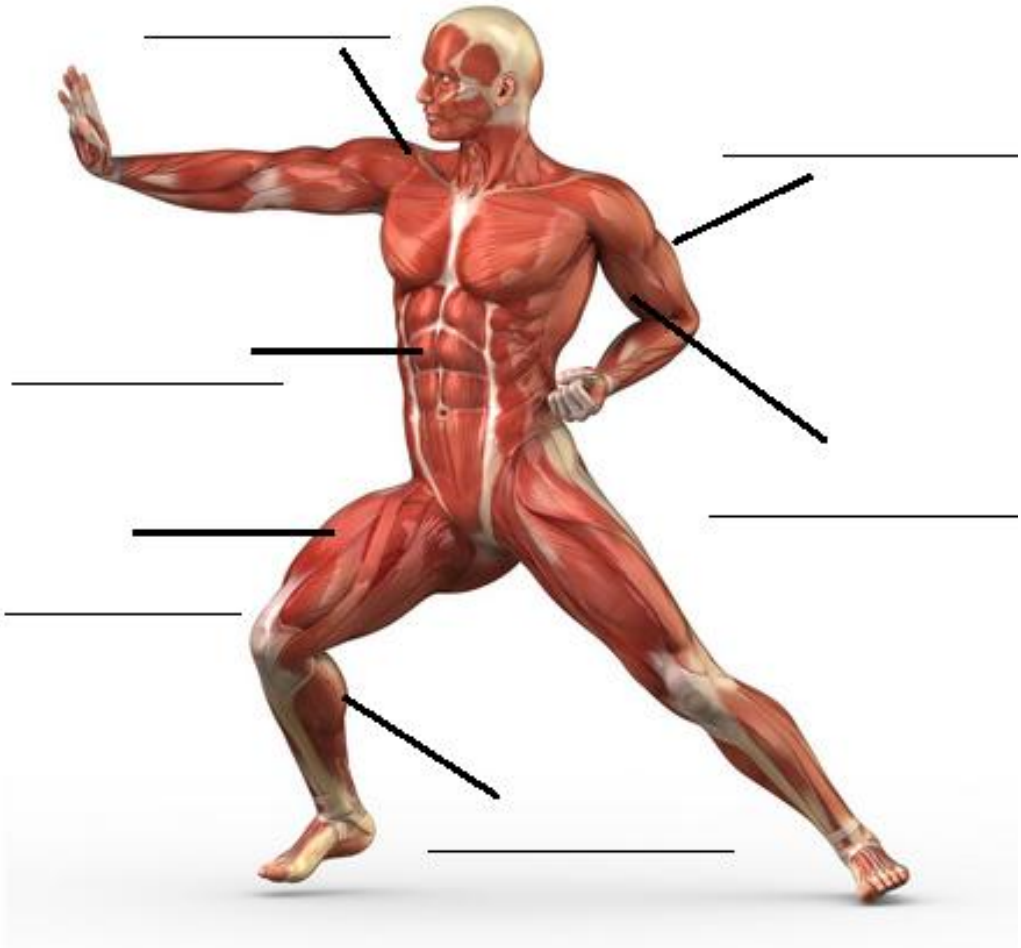
_____

40. State why slow-twitch muscle fibres are mostly used in endurance events. (1 mark)

_____

_____

41. Label the diagram below. (3 marks)



Section C –Sport in Society	**11 marks**

42. State four (4) factors one should keep in mind when choosing a location to build an indoor sport facility. (2 marks)
    a. _____
    b. _____
    c. _____
    d. _____

43. Define duel provision. (1 mark)

_____

_____

_____

44. State three (3) public sector facilities and three (3) private sector facilities found in Malta. (3 marks)

Public Sector Facility	**Private Sector Facility**

45. How could a school gym generate money? (1 mark)

_____

_____

46. State two (2) reasons why the internet is getting more importance than any other medium when referring to media and sports. (1 mark)
    a. _____
    b. _____
47. State two (2) reasons why some people might prefer to stay at the comfort of their home to watch an important match. (1 mark)
    a. _____
    b. _____
48. Mention four (4) conflicts that might arise between the media and sports. (2 marks)
    a. _____
    b. _____
    c. _____
    d. _____