

# KULLEĠĠ SAN BENEDITTU

## Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2013/2014

Track 3



FORM 4

PHYSICAL EDUCATION

TIME: 1h 30min

**Instructions to students:**  
*Answer ALL questions.*  
*Read carefully each question*

Section A (16)	Section B (24)	Section C (40)	Theory (40)	Practical (60)	Total (100)

DO NOT WRITE ABOVE THIS LINE

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**Section A – Movement and Physical Activities (16 marks).**  
**Answer all questions in this section.**

### 1. Athletics

ai. Why does a discus thrower rotate just before the throw?

\_\_\_\_\_ 1

iii. Write True or False near the following statement.

In the discus event, the throw is measured from where the discus stops. \_\_\_\_\_ 1

bi. Explain the 'breaking rule' in the 800m race.

\_\_\_\_\_ 1

bii. Mention an instance when a runner can be disqualified from an 800m race.

\_\_\_\_\_ 1

ci. Name a style of jumping in the high jump. \_\_\_\_\_ 1

cii. Suggest an exercise which helps you gain confidence landing on the mat for the high jump.

\_\_\_\_\_ 1

**2. Badminton**

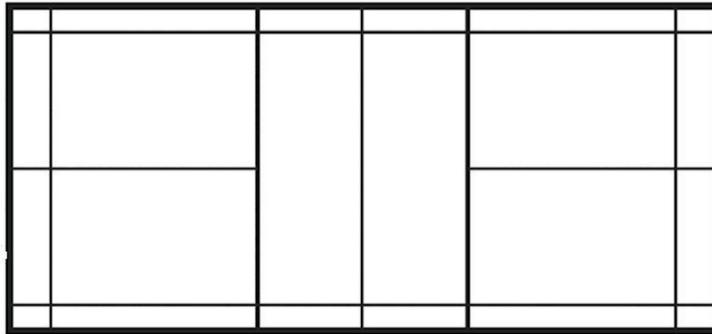
i. Mention one rule related to the service in badminton.

\_\_\_\_\_ 1

ii. Name one element needed for an effective smash in badminton.

\_\_\_\_\_ 1

iii. Shade the boundaries in a doubles game.



1

iv. What do these terms mean in badminton?

a. match point - \_\_\_\_\_

b. clear - \_\_\_\_\_

2

**3. Swimming**

i. Arm movement and leg movement are two actions which need to be suitably timed in swimming strokes. Name another action which must also be taken care of.

\_\_\_\_\_ 1

ii. What happens to the legs if the head is held too high when doing the free style?

\_\_\_\_\_ 1

iii. Mention two important points when doing the breaststroke kick.

a. \_\_\_\_\_

b. \_\_\_\_\_

2

iv. In athletics, when four runners form a team, the event is called the 'relay'. In swimming, this is known as m\_\_\_\_\_.

1

**Section B - Health Related Fitness (24 marks).**

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

1. Explain the word 'nutrients'.

\_\_\_\_\_ 1

2. What is the difference between essential amino acids and non-essential amino acids?

\_\_\_\_\_  
\_\_\_\_\_ 2

3. Fill in the following table. Follow the examples given.

NUTRIENT	WHY ARE THEY NEEDED BY THE BODY	WRITE DOWN ONE SOURCE
Proteins		
	Protect body organs	
Carbohydrates		

3

4. What do you understand by the term 'carboloading'?

\_\_\_\_\_  
\_\_\_\_\_ 1

5. Give one function of:

i. iron = \_\_\_\_\_

ii. fibre = \_\_\_\_\_

iii. vitamins = \_\_\_\_\_

3

6. Explain in term of energy balance what causes:

i. weight gain = \_\_\_\_\_

ii. weight loss = \_\_\_\_\_

2

7. Explain what we mean by BMR (basal metabolic rate).

\_\_\_\_\_ 1

8. You are a swimming coach preparing your players for a coming competition next week. Write down 3 points regarding nutrition advice which you will give to your swimmers.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3

9. Jenny suffers from bulimia. Mention one negative effect which this will have on Jenny's health.

\_\_\_\_\_ 1

10. What do muscular endurance and cardiovascular endurance have in common?

\_\_\_\_\_ 1

11. Explain what we mean by:

i. anaerobic energy = \_\_\_\_\_

ii.  $VO_2$  max= \_\_\_\_\_

2

12i. Calculate the maximum pulse for an athlete aged 35 years.

\_\_\_\_\_ 1

12ii. Calculate this athlete's aerobic training zone.



2

13. Write True or False near these statements:

- i. The quicker the pulse returns to normal, the fitter you are. \_\_\_\_\_
- ii. Oxygen debt means that your body has enough oxygen \_\_\_\_\_

1

**Section C - Body Systems and Performance (40 marks).**

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

1. Give one word for:

- i. start slowly and increase your training gradually \_\_\_\_\_
- ii. plan your session according to your sport \_\_\_\_\_

1

2. Robert is a badminton player. The following is his weekly training schedule:

**Monday = Rest**  
**Tuesday = Skill practice**  
**Wednesday = 45 minutes run**  
**Thursday = Treadmill, Bike, Light weights**  
**Friday = Skill practice**  
**Saturday = Rest**  
**Sunday = Match**

a. Suggest one way how Robert can overload his training programme.

b. Why is overloading important?

2

3i. When we increase our training, we need to do this gradually. Why?

\_\_\_\_\_

3ii. How can an athletics coach increase his athletes' training gradually?

\_\_\_\_\_ 2

4. Fill in the missing words:

When we stop training, we lose fitness. This is known as the principle of \_\_\_\_\_ . When this happens, our muscles \_\_\_\_\_ in size. This is known as muscle \_\_\_\_\_. When an athlete feels that he is not improving, this means that he is passing through the \_\_\_\_\_ phase.

2

5. Susan is a gymnast. She is applying the F.I.T. principles in his training. Write down the principle involved in each of the following statements below:

- i. Susan is doing more rebound work during her sessions. \_\_\_\_\_
- ii. Susan is training 3 times a week, instead of 2 times a week. \_\_\_\_\_
- iii. Susan is now training for 2 hours every afternoon. \_\_\_\_\_

3

6. Write down in which phase of the training session will a basketball coach include:

- i. zone defence practice \_\_\_\_\_
- ii. leg strength exercises \_\_\_\_\_

2

7. During the warm-up, what happens to the:

- i. muscles = \_\_\_\_\_
- ii. pulse = \_\_\_\_\_

2

8. What is the difference between 'fartlek' and 'continuous' training?

\_\_\_\_\_

1

9. In weight training, what is meant by?

- i. repetitions = \_\_\_\_\_
- ii. sets = \_\_\_\_\_

2

10. Give one reason why jogging is suitable for aerobic training.

\_\_\_\_\_

1

11. The following statements are wrong. Correct them by changing the underlined word.

- i. Isometric training is linked to dynamic strength. \_\_\_\_\_
- ii. Heavy weights and low reps develop muscular endurance. \_\_\_\_\_
- iii. Altitude training means training at very low altitudes. \_\_\_\_\_

3

12i. What are the two important factors in interval training?

\_\_\_\_\_

2

12ii. Which type of interval training (short or long) is suitable for:

a. team games - \_\_\_\_\_

b. sprints - \_\_\_\_\_

1

13. You are a basketball coach. You decide to do a skill circuit training for your players. Write down 2 activities which you would include in your circuit.

i. \_\_\_\_\_

ii. \_\_\_\_\_

2

14. What type of muscle is the heart?

\_\_\_\_\_

1

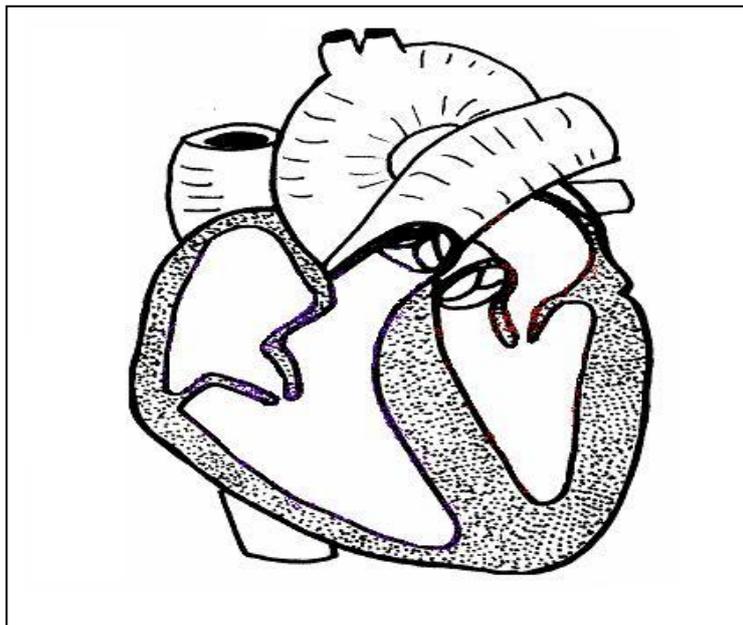
15. On the diagram below:

i. Draw arrows to show the path the oxygenated blood takes when it enters the heart to go into the aorta.

2

ii. Colour the pulmonary artery blue.

1



16. Fill in the missing words

Blood goes round the body carrying \_\_\_\_\_. It returns to the heart from the \_\_\_\_\_. Then it goes through the pulmonary artery which carries \_\_\_\_\_ blood.

3

17. What is the difference between an artery and a vein?

\_\_\_\_\_

1

18. Name two places where the pulse is located on the body.

\_\_\_\_\_

1

19. What is the effect of exercise on

i. blood pressure = \_\_\_\_\_

ii. skin colour = \_\_\_\_\_

2

20. Write True or False

i. Platelets help the blood to clot. \_\_\_\_\_

ii. A stroke happens when the brain is starved from oxygen. \_\_\_\_\_

iii. Smoking causes an increase in blood pressure \_\_\_\_\_

3

---

**END OF EXAM**