

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

aii. 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

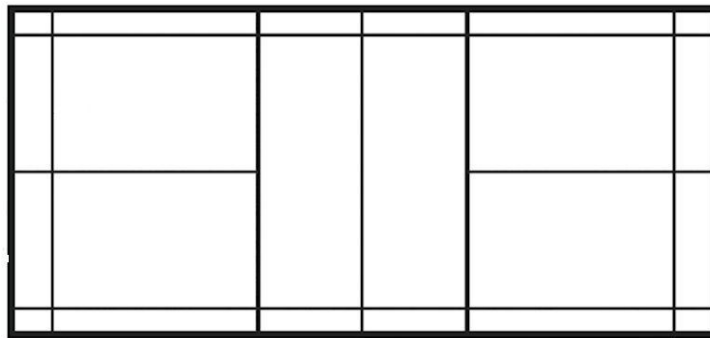
i. Mention one rule related to the service in badminton.

_____ 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. $\text{VO}_2 \text{ max}$ = _____

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

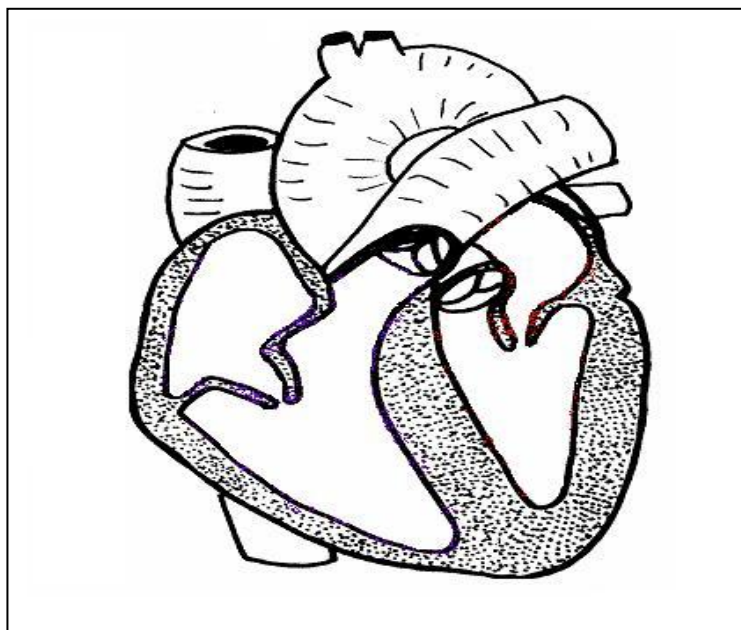
15. On the diagram below:

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