

# KULLEĠĠ SAN BENEDITTU

## Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2013/2014

Track 2



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. The discus in athletics is known as a \_\_\_\_\_ event. 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. After the first 100m in the 800m race, what should the athletes do?  
\_\_\_\_\_ 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 the coach should include in his training session to teach the high jump.  
\_\_\_\_\_ 1

**2. Badminton**

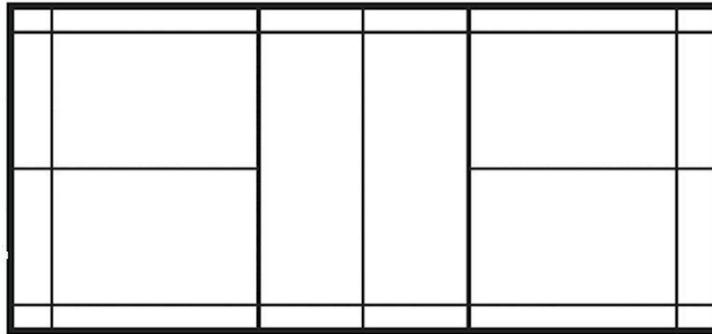
i. Mention one rule related to the service in badminton.

\_\_\_\_\_ 1

ii. Mention a stroke used to attack in badminton.

\_\_\_\_\_ 1

iii. Shade the boundaries in a doubles game.



1

iv. Explain what is:

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

b. singles game - \_\_\_\_\_

2

**3. Swimming**

i. Swimmers need to work on their arm movement, leg kicks and \_\_\_\_\_.

1

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

\_\_\_\_\_ 1

iii. Give the name of the stroke in which:

a. swimmers start in the pool \_\_\_\_\_

b. swimmers breathe every one stroke \_\_\_\_\_

2

iv. In athletics four runners form a relay team. 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. Give an example of a nutrient.

\_\_\_\_\_ 1

2. Vitamins can be fat-soluble or \_\_\_\_\_-soluble. 1

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

NUTRIENT	WHY ARE THEY NEEDED BY THE BODY	WRITE DOWN TWO SOURCES
Fibre	i.	Brown bread, _____
Proteins	ii.	iii.
iv.	Protect body organs	
Carbohydrates	v.	Potatoes, _____

4

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

\_\_\_\_\_ 1

4ii. Carboloading is ideal for sprinters. True or False? \_\_\_\_\_ 1

5i. Why is iron important?

\_\_\_\_\_

5ii. Mention a source of iron.

\_\_\_\_\_ 2

6. Near each statement write: *weight gain, weight loss, same weight*

i. you consume food as much as you use energy - \_\_\_\_\_

ii. you consume food less than the energy you use - \_\_\_\_\_

iii. you consume food more than the energy you need - \_\_\_\_\_ 3

7. What is the BMR (basal metabolic rate)?

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

8. You are a footballer preparing for a match. What would you eat?

i. 4 hours before the match - \_\_\_\_\_

ii. during half-time - \_\_\_\_\_

iii. 2 hours after the match - \_\_\_\_\_ 3

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

\_\_\_\_\_ 1

10. Write muscular endurance or cardiovascular endurance near the following statements.

i. the ability of the heart and lungs to keep supplying oxygen \_\_\_\_\_

ii. the ability of the muscles to keep on working \_\_\_\_\_

1

11. Underline the correct answer:

i. Anaerobic energy is an energy system which (uses, does not use) oxygen.

ii. This type of energy is ideal for (long distance runners, sprinters). 2

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

\_\_\_\_\_ 1

12ii. Write down two locations where the pulse can be felt on the body.

\_\_\_\_\_ 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: (choose from *reversibility, specificity, progression*)

i. when you start slowly and increase your training gradually \_\_\_\_\_

ii. when you plan your session according to your sport \_\_\_\_\_

2

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 increase it slowly. Why?

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

2

4. Fill in the missing words choosing from the following:

*decrease, plateauing, reversibility, atrophy*

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. (frequency, intensity, time) principles in her training. Write down the principle involved in each of the following statements below:

i. Susan is using heavier weights 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. Choose from: warm-up, fitness phase, skill phase, cool-down.

i. 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 'fartlek' training?

\_\_\_\_\_

1

9. This is an example of a weight training exercise: (20kg x 5) x 3.

i. Which number shows the repetitions? \_\_\_\_\_

ii. Which number indicates the sets? \_\_\_\_\_

2

10. Mention an activity used as continuous training. \_\_\_\_\_

1

11. Write True or False.

i. Isometric training is linked to dynamic strength. \_\_\_\_\_

ii. Heavy weights and low reps develop muscular endurance. \_\_\_\_\_

iii. Altitude training means training at very high altitudes. \_\_\_\_\_

3

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

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

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

2

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. The heart is a (skeletal, cardiac, smooth) muscle.

1

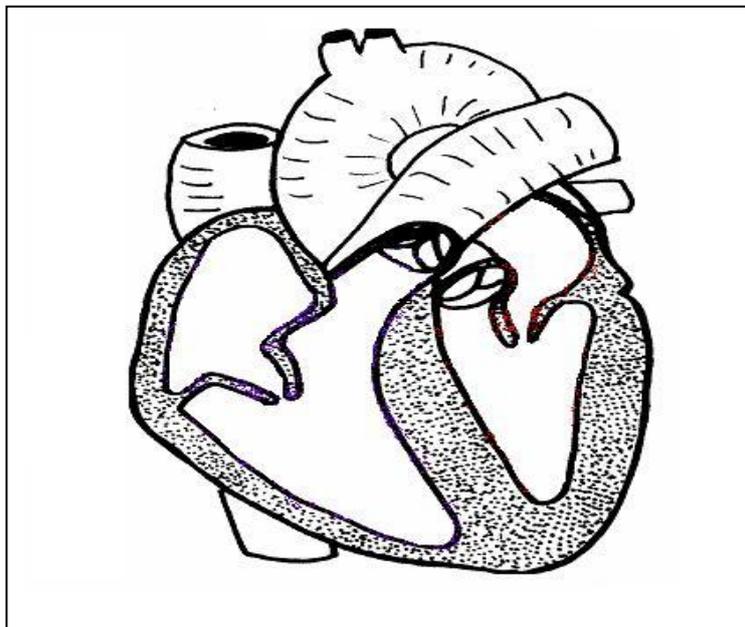
15. On the diagram below:

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. Use the words below.

*vena cava, deoxygenated, oxygen*

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 type of blood is carried by the pulmonary veins? Oxygenated or deoxygenated?

\_\_\_\_\_

1

18. During exercise what happens to the:

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

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

2

19. 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

20. Underline the correct answer:

i. The (red, white) blood cells fight infections.

ii. The (red, white) blood cells carry oxygen.

1

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**END OF EXAM**