SECTION A: Skill Acquisition, Movement and Physical Activities (16 marks)

1. Write down TWO qualities of a good official.
   i.  
   ii.  (2)

2. Fill in the table with the following words: plateauing, negative acceleration, positive acceleration, linear progress

<table>
<thead>
<tr>
<th>Statement</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>When you improve at a constant rate</td>
<td></td>
</tr>
<tr>
<td>When you quickly learn a skill, but then progress slows down</td>
<td></td>
</tr>
<tr>
<td>When you learn a skill slowly, but then you progress quickly</td>
<td></td>
</tr>
<tr>
<td>When you stop improving for a period of time</td>
<td></td>
</tr>
</tbody>
</table>
3. Athletics

a. 800m run

i. State one tactic regarding the running lanes in the 800m race.

_____________________________________________________________________

(1)

ii. State one way of starting the 800m race.

_____________________________________________________________________

(1)

iii. Describe the running technique for an 800m race in relation to:

* foot placement on the ground = ____________________________ (1)

* use of arms = ____________________________ (2)

b. Discus Throw

i. Mention one rule related to the exit of the thrower after throwing the discus.

_____________________________________________________________________

(1)

ii. Write True or False near the following statements

a. Discus throwing requires balance and speed __________

b. If you are a right-handed thrower, your weight should initially be on your left side. __________

c. Height, angle and speed of release all effect the throwing distance __________ (3)

4. Handball

i. A handball match starts with a throw-off. Where should both teams be on the court?

_____________________________________________________________________

(1)

ii. Write down TWO critical elements of the jump shot.

a. ____________________________ (2)

b. ____________________________ (2)

iii. Mention ONE rule related to the goal-keeper in handball.

_____________________________________________________________________

(1)
Section B – Health-Related Fitness (36 marks)

1. Food provides us with energy. Mention ONE other benefit of food. 

_______________________________ (1)

2. Nutrients are needed for good health. Fill in the following nutrient table. (6)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Source (give one source)</th>
<th>Needed for…. (give one reason)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td></td>
<td>Energy</td>
</tr>
<tr>
<td></td>
<td>Meat</td>
<td>Growth</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Protects organs</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Label the following statements with: stable weight, increase in weight, decrease in weight.

i. ENERGY IN > ENERGY OUT ________________________________ (3)

ii. ENERGY IN < ENERGY OUT ________________________________

iii. ENERGY IN = ENERGY OUT ________________________________

4i. What do the letters B.M.R. stand for? ________________________________ (2)

4ii. Explain what B.M.R. means. 

__________________________________________________________

5. Write down ONE nutritional suggestion you would give to the following athletes.

i. A weightlifter ______________________________________ (2)

ii. A triathlete ______________________________________
6i. Explain what is carbo-loading.


(2)

6ii. Mention one event for which carbo-loading is important.


(1)

7. Give one example of how water is lost from the body.


(1)

8. Martina thinks she is fat and so decided to stop eating. She is 15 years old and weighs only 35kg.
   i. What condition is Martina suffering from? __________________________
   ii. Mention one health problem which Martina is risking.


(2)

9i. What is muscular endurance?


9ii. How can one improve his / her muscular endurance?


(2)

10. Write down an exercise suitable to develop muscular endurance in the:
   i. arms - ______________________________________________________
   ii. core muscles - _______________________________________________


(2)

11. Fill in the missing words:
When your muscles work harder during exercise, they need more ____________.
During exercise, your breathing and your heart rate ____________. This helps to move oxygen faster towards your working ____________. We call this ______________________________ endurance.


(2)

12. Mention one way of measuring and testing endurance.


(1)
13. Explain what is meant by maximum heart rate.

______________________________________________________________ (1)

14. James is 16 years old. Work out his:
   i. maximum heart rate = ________________________________
   ii. aerobic zone =

15. Write True or False near the following statements
   i. The quicker the recovery rate, the fitter the person is. ________
   ii. The temporal pulse is located on either side of the neck. ________
   iii. Oxygen uptake is the volume of oxygen used in an hour. ________
   iv. Oxygen uptake decreases during exercise. ________ (2)

16. Underline the correct word
   i. Energy in our body can be used only when it is in the form of (ATP, ADP, CO₂).
   ii. We get tired when our body uses up energy (slower, faster, constant) than it is being made. (2)

17i. Which energy system provides immediate energy which lasts around 20 seconds?
    ____________________________

17ii. Glucose + Oxygen = Energy + Water + Carbon Dioxide. Which energy system is this formula representing?
    ____________________________ (2)

Section C – Body Systems and Performance (20 marks)

1. The circulatory system helps in circulating blood around the body. Mention another function of the circulatory system.
    ___________________________________________________________ (1)
2. Label the following heart diagram

3. Fill in the following description related to blood circulation. The first point is related to the return of deoxygenated blood into the body.

Deoxygenated blood returns to the heart from the body via the ____________. From here blood enters the ____________ and then passes into the _________________. The blood is then forced through the ________________ into the lungs. The oxygenated blood returns to the heart via the ________________ and enters the ________________ and goes into the _________________. The blood is then forced through the __________, which is the main artery.

4. Mention TWO characteristics of arteries.
   i. ____________________________________________________________________
   ii. ____________________________________________________________________

5i. What are platelets?
    ____________________________________________________________________

5ii. What is their main function in the body?
    ____________________________________________________________________ (2)

6. Plasma is the ________________ part of the blood.
7i. With each heart beat, blood is pumped into the body. This can be measured by the cardiac output and the stroke volume. What is the difference between the two?

_______________________________________________________________________
_______________________________________________________________________

(2)

7ii. What happens to both the cardiac output and the stroke volume during exercise?

_______________________________________________________________________

(1)

8. Mention TWO bad habits that can lead to an increased risk of heart disease.
   i.  
   ii.  

(2)

9. During exercise, the body temperature rises. Mention ONE visible effect of this.

_______________________________________________________________________

(1)

Section D – Sports in Society (8 marks)

1i. Mention ONE sports programme organised by Sport Malta (previously known as Kunsill Malti għall-Isport).

_______________________________________________________________________

1ii. Mention ONE sport facility run by Sport Malta.

_______________________________________________________________________

(2)

2. Apart from helping athletes, mention another role of the Malta Olympic Committee.

_______________________________________________________________________

(1)

3i. What do the letters I.O.C. stand for?

_______________________________________________________________________

3ii. Who is the actual president of the I.O.C.?

_______________________________________________________________________

(2)

4. In a club, who is responsible of:
   i. keeping minutes of meetings held
   ii. keeping record of money collected and money spent
   iii. representing the club during official occasions

_______________________________________________________________________

(3)