

- 4 Why is spotting important in weightlifting? [U] [1]
- a) To prevent the barbell from falling on the athlete b) To help the athlete lift heavier weights
- c) To improve the athlete's form d) To increase the athlete's confidence
- 5 During a back squat, the spotter should be positioned: [A] [4]
- a) Behind the athlete b) In front of the athlete
- c) On either side of the athlete d) At a distance from the athlete
- 6 If an athlete experiences pain during a lift, they should: [A] [3]
- a) Ignore the pain and continue b) Signal to the spotter immediately
- c) Try to finish the set d) Both A and C
- 7 Which is the most effective spotting technique for the barbell bench press? [U] [2]
- a) Placing hands underneath the wrists b) Placing hands on the lower back
- c) Placing hands on the elbows d) Placing hands on the shoulders
- 8 Which exercise is recommended for athletes who struggle to stabilize weight overhead? [U] [1]
- a) Barbell Standing Behind the Neck Shoulder Press b) Barbell Push Press
- c) Barbell Push Jerk d) Dumbbell Shoulder Raises
- 9 Which of these is a compound exercise that works the abdominals? [U] [1]
- a) Bicep curls b) Bench press
- c) Deadlifts d) Overhead press
- 10 The correct landing technique involves: [U] [2]
- a) Landing on your heels b) Landing on your toes
- c) Landing with your knees locked d) Landing with your knees bent and feet shoulder-width apart

(10 × 1 = 10)

Part B

Short Answer Type Questions

Answer any 10 questions.

Each question carries 2 marks.

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| 11 | Define the hook grip and explain why it's favored by experienced weightlifters. | [K] | [4] |
| 12 | Define the terms "stable body positioning" and "proper body alignment." | [K] | [1] |
| 13 | Analyze the impact of improper breathing on athletic performance. | [An] | [5] |
| 14 | Name three types of exercises that typically require spotting | [K] | [4] |
| 15 | List three essential verbal cues an athlete should use to communicate their readiness to a spotter | [K] | [3] |
| 16 | Name two safety precautions to consider when spotting a bench press | [K] | [2] |
| 17 | Discuss the factors that should be considered when deciding whether to use three spotters for a back squat. | [An] | [2] |
| 18 | Explain the difference between a clean shrug and a clean jump in the context of a barbell power clean | [U] | [4] |
| 19 | Describe the potential risks and precautions associated with performing barbell standing behind-the-neck shoulder presses. | [U] | [1] |
| 20 | Explain the importance of a proper warm-up before physical activity. | [U] | [2] |
| 21 | Explain the difference between a flat and incline bench press. | [U] | [4] |
| 22 | Define the term "core strength." | [K] | [1] |

(10 × 2 = 20)

Part C

Short Essay Type Questions

Answer any 4 questions.

Each question carries 5 marks

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|----|---|-----|-----|
| 23 | Explain how changing your grip width can modify the focus of a bench press exercise | [U] | [4] |
| 24 | Describe the correct form for performing dumbbell shoulder raises, including the starting position, movement path, and breathing technique. | [U] | [1] |
| 25 | Evaluate the argument that proper breathing is more important than strength or flexibility for athletic performance. | [E] | [5] |
| 26 | Assess the effectiveness of pull-ups for developing strength and muscle mass in the upper body. | [E] | [5] |

27 Assess the effectiveness of incorporating all three types of bench presses into a workout routine for building upper body strength. [E] [2]

28 Examine the relationship between flexibility and injury prevention, and explain why it is important to include stretching in a warm-up routine. [U] [2]

(4 × 5 = 20)

END OF THE QUESTION PAPER
