FORM TP 2012101

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CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 hours 40 minutes

28 MAY 2012 (p.m.)

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This paper consists of 17 questions in TWO sections. Answer ALL questions.
2. Write your answers in the answer booklet provided.
3. You are advised to take some time to read through the paper and plan your answers.

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SECTION A

Answer ALL questions. This section is worth 30 marks.

History and Development of Physical Education and Sport

1. (a) The most widely recognised symbol of the Olympic Games, the IOC logo, has five interlocking rings. Name the colours of any TWO of the rings in the logo. **(2 marks)**

(b) The Olympic motto is made up of three Latin words: 'Citius, Altius, Fortius'. Write the English meaning of Altius. **(1 mark)**

2. The West Indies Cricket Board (WICB) hosted two International Cricket Council (ICC) tournaments within a three-year period. The first was the 50/50 World Cup 2007.

(a) Name the SECOND tournament hosted by the WICB. **(1 mark)**

(b) Which country emerged the winner of this second tournament? **(1 mark)**

Anatomy and Physiology

3. Muscles play a major role in movement in human beings.

(a) Figure 1 shows Max doing a sit-up. State the major muscle and muscle action involved when he sits up. **(2 marks)**



Figure 1. Max doing a sit-up

(b) A sprinter and speed skater are thought to have a large percentage of a specific type of muscle fibre.

(i) Name this muscle fibre type. **(1 mark)**

(ii) State a muscle group in which this type of muscle fibre will mostly be found. **(1 mark)**

4. State TWO functions of the cardiovascular system. **(2 marks)**

5. An athlete sometimes vomits after rigorous training. Identify the part of the digestive system that is responsible for this. **(1 mark)**

Fitness and Performance

6. Copy Table 1 in your answer booklet. From the list below, identify TWO components of health-related fitness and TWO components of skill or performance-related fitness. Write your answer in Table 1 in your answer booklet.

Reaction time, Agility, Strength, Cardio-respiratory endurance, Balance, Body composition, Speed, Muscular endurance, Explosive strength (power), Flexibility

TABLE 1: COMPONENTS OF HEALTH-RELATED AND SKILL OR PERFORMANCE-RELATED FITNESS

Health-related Fitness	Skill or Performance-related Fitness

(4 marks)

7. During a football practice match a player sustained a sprain to his ankle.

(a) Name ONE symptom or sign of this type of injury. **(1 mark)**

(b) State the recommended method of treating this type of injury. **(2 marks)**

Health and Nutrition

8. Name TWO foods which are high in carbohydrates that a 17-year-old athlete should eat in preparation for competition. **(2 marks)**

9. Suggest TWO foods that athletes should include in their diet to develop hypertrophy. **(2 marks)**

Social Issues

10. State THREE characteristics of sportmanship that a model athlete is expected to display. **(3 marks)**

11. List TWO NEGATIVE effects of the use of anabolic steroids. **(2 marks)**

12. Suggest TWO reasons for increased security measures at major international sporting events. **(2 marks)**

Total 30 marks

GO ON TO THE NEXT PAGE

SECTION B

Answer ALL questions. Each question is worth 12 marks.

History and Development of Physical Education and Sport

13. Major international sporting events have become part of the Caribbean sports activities.

Discuss TWO roles that EACH of the following organisations played in the hosting of the ICC 50/50 Limited Overs World Cup 2007 in the Caribbean.

(i) National governing body

(ii) Regional governing body (WICB)

(iii) International governing body (ICC) **Total 12 marks**

Anatomy and Physiology

14. Figure 2a shows an athlete in set position, about to respond to the starter's pistol and Figure 2b shows another athlete powering out of the starting blocks. Describe ONE function of EACH of the following systems in the actions shown in Figure 2a and in Figure 2b.

(i) Skeletal system

(ii) Muscular system

(iii) Nervous system



Figure 2a. An athlete about to respond to the starter's pistol

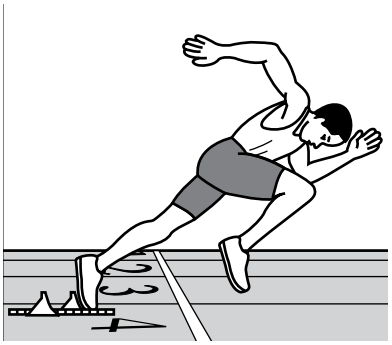


Figure 2b. Athlete powering out

Total 12 marks

Fitness and Performance

15. Radha is participating in a competitive sport. The coach recommends weight training for her.

(a) Give THREE benefits of weight training. **(3 marks)**

(b) Recommend TWO weight-training exercises. **(2 marks)**

(c) In preparation for a match, Radha needs to warm-up.

(i) State TWO advantages of the warm-up.

(ii) Suggest TWO appropriate activities for warm-up. **(4 marks)**

(d) Other than warm-up and cool-down, identify THREE measures to ensure safety, in a **named** sport. **(3 marks)**

Total 12 marks

Health and Nutrition

16. (a) Figure 3 shows the Caribbean Food Groups. Name THREE of the food groups shown in Figure 3. **(3 marks)**



Figure 3. Caribbean Food Groups

(b) A young athlete wants to eliminate excessive amounts of fat from his diet. Name THREE foods that he should consume in moderation. **(3 marks)**

(c) Some athletes do not drink enough water.

(i) Suggest TWO NEGATIVE effects of not drinking enough water.

(ii) State TWO ways by which athletes lose water.

(iii) Identify TWO foods with high water content. **(6 marks)**

Total 12 marks

Social Issues

17. (a) Suggest TWO social factors OTHER THAN culture that influence participation in sport. **(4 marks)**

(b) State TWO aspects of culture that affect participation in sport. **(4 marks)**

(c) (i) Name a sporting event designed for persons with disabilities.

(ii) Identify THREE adjustments that must be made to sporting activities to encourage participation of persons with disabilities in sport. **(4 marks)**

Total 12 marks

END OF TEST

IF YOU FINISH BEFORE TIME IS CALLED, CHECK YOUR WORK ON THIS TEST.