1. The MAIN objective of Physical Education is to

(A) coach various sports to an elite level
(B) gain knowledge of a specific sport
(C) improve the physical fitness of an individual
(D) develop physical, mental and social wellbeing

2. The Modern Olympic Games have existed since

(A) 1894
(B) 1896
(C) 1898
(D) 1900

3. The international governing body for cricket is the

(A) IOC
(B) ICC
(C) CAC
(D) WICB

4. Which TWO English-speaking Caribbean countries qualified for a FIFA World Cup final in the last two decades?

(A) Barbados, Jamaica
(B) Grenada, Barbados
(C) Grenada, Trinidad and Tobago
(D) Jamaica, Trinidad and Tobago

5. Which sporting organization chooses the host city for the Olympic Games?

(A) IOC
(B) ICC
(C) FIFA
(D) IAAF

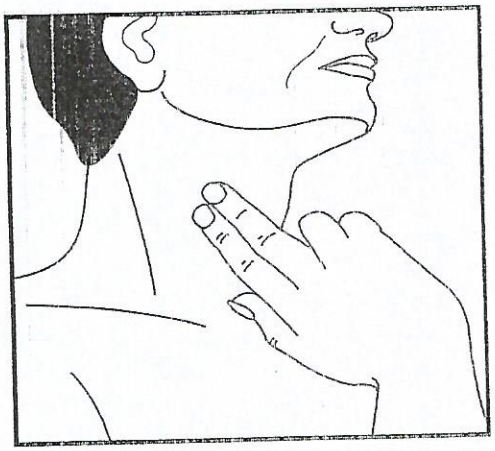
6. What is meant by the term 'Paralympics'?

(A) A set of games for retired professional athletes.
(B) Competitions for individuals with disabilities.
(C) Olympic games for children under the age of twelve.
(D) Team sports for all sportsmen and women.

7. The sheet of muscle lying below the lungs is the

(A) alveoli
(B) bronchus
(C) diaphragm
(D) intercostal muscle

Item 8 refers to the following diagram which shows a man feeling his pulse.



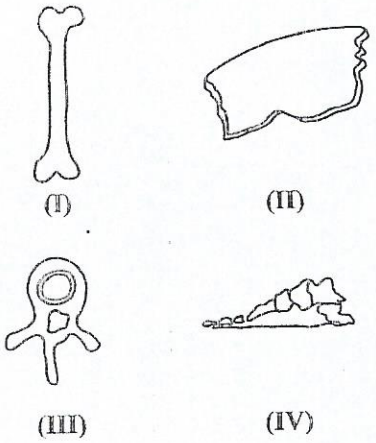
8. This pulse is known as

(A) radial
(B) carotid
(C) femoral
(D) temporal

9. The essential components of the circulatory system are the

(A) heart and bronchioles
(B) heart, blood and lungs
(C) heart, blood and blood vessels
(D) heart, lungs and blood vessels

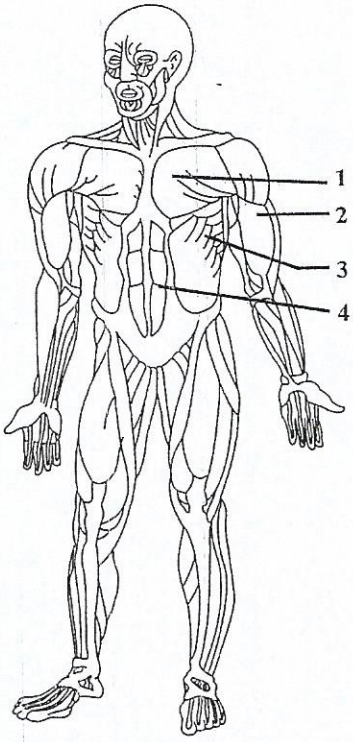
Item 10 refers to the following types of bones labelled I, II, III and IV.



10. Which of the bones is found in the vertebral column?

(A) I
(B) II
(C) III
(D) IV

Item 11 refers to the following diagram which shows the muscles of a human being.



11. Which of the labelled muscles are the abdominal muscles?

(A) 1
(B) 2
(C) 3
(D) 4

12. In humans, the biological name for the 'windpipe' is

(A) larynx
(B) trachea
(C) bronchi
(D) epiglottis

13. Which of the following are controlled by the autonomic nervous system?

I. Breathing
II. Heartbeat
III. Running

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

14. A sprint runner is asked to include weight training and plyometrics in his/her work out. Which fitness component will this improve?

(A) Power
(B) Balance
(C) Coordination
(D) Reaction time

15. Which of the following are methods of training in sport?

I. Interval
II. Circuit
III Skill
IV. Fartlek

(A) I and II only
(B) I, II and IV only
(C) I, III and IV only
(D) II, III and IV only

16. During which part of a training programme is emphasis placed on maintaining general fitness and flexibility through active rest?

(A) Pre-season
(B) Off season
(C) Peak season
(D) Pre-competition

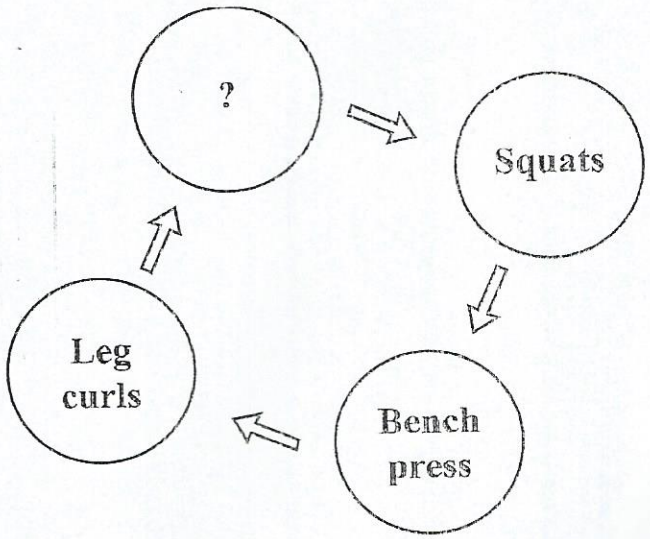
17. Aerobics as a physical activity contributes BEST to

(A) flexibility
(B) endurance
(C) balance
(D) agility

18. Which of the following sport-related fitness tests measures coordination?

(A) Alternate hand wall throw
(B) Standing broad jump
(C) 10 m shuttle runs
(D) Stork stand

Item 19 refers to the following diagram of a circuit for muscular strength.



19. Which of the following is the BEST exercise to complete the circuit?

(A) Pull-ups
(B) Step-ups
(C) Skipping rope
(D) Jogging on the spot

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20. Which of the following are reasons for doing warm-up exercises?

I. Removing lactic acid
II. Increasing joint flexibility
III. Psyching the individual

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

21. Which of the following skills is classified as open?

(A) Front crawl
(B) Forward roll
(C) Gymnastic vaulting
(D) Volleyball spike

22. Nicholas can perform badminton techniques almost effortlessly. This skill-learning phase is called

(A) cognitive
(B) beginners
(C) associative
(D) autonomous

23. The skin fold caliper is used to measure body

(A) fat
(B) size
(C) type
(D) mass

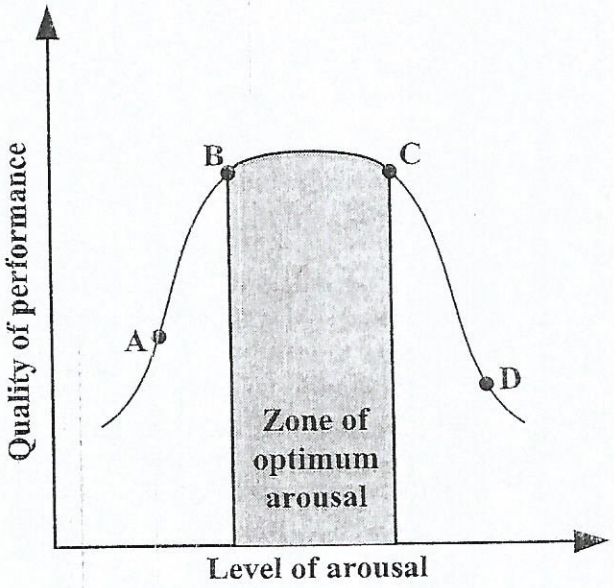
24. In Physical Education and Sport, good reaction time is MOST important when

(A) passing the baton
(B) starting the 100 m
(C) throwing the discus
(D) executing the high jump

25. When the biceps contracts, the forearm

(A) moves upwards
(B) moves sideways
(C) moves backwards
(D) remains in the same position

Item 26 refers to the following graph on how the level of arousal affects the quality of an athlete's performance.



26. Which region in the graph shows an athlete at his/her BEST performance?

(A) A–B
(B) A–C
(C) B–C
(D) C–D

27. Carla walks four miles every day. Which of the following will she improve the MOST?

(A) Anaerobic capacity
(B) Body composition
(C) Muscoloskeletal fitness
(D) Cardio-respiratory fitness

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28. 'Tennis elbows' and 'cricketers' shoulders' are examples of which type of injury?

(A) Overuse
(B) Violence
(C) Accidental
(D) Environmental

29. Which of the following techniques is used to treat a sprain of the ankle?

(A) ABC
(B) CPR
(C) MMV
(D) RICE

30. A warm-up exercise should include all of the following EXCEPT

(A) intense training at the start of the session
(B) gentle stretches to prepare the muscles
(C) gentle exercises for the whole body
(D) exercise techniques and skills

31. Which essential nutrient in the diet of humans makes up 60% of body weight?

(A) Fat
(B) Water
(C) Protein
(D) Carbohydrate

32. Which food nutrient is the BEST choice when attempting carbo-loading before an activity?

(A) Protein
(B) Starch
(C) Water
(D) Fats

33. A lack of iron in the diet can cause 3

(A) scurvy
(B) rickets
(C) anaemia
(D) fragile bones

34. Binging can impact an athlete's performance because it mainly affects 3

(A) metabolism
(B) muscle tone
(C) appetite
(D) posture

35. Which of the following should an athlete include in his/her diet to prevent constipation? 4

(A) Fibre
(B) Fats
(C) Minerals
(D) Carbohydrates

4

36. Which vitamin should be recommended for persons diagnosed with rickets?

(A) D
(B) K
(C) E
(D) A

37. When a company gives financial aid in return for having its name associated with an individual, team or sport this is known as

(A) franchise
(B) sponsorship
(C) direct selling
(D) customer service

38. Malnutrition is defined as

(A) excess weight loss
(B) vitamin deficiency
(C) any nutritional deficiency
(D) failure to absorb nutrients

39. Which of the following nutrients are responsible for repairing damaged tissue?

(A) Fats
(B) Proteins
(C) Vitamins
(D) Carbohydrates

40. The MAIN reason why fewer girls than boys take part in sport is

(A) racism
(B) stereotyping
(C) economic deprivation
(D) ethnic minority problem

41. A player is given a red card in a hockey match for a minor infringement. As the captain of the team you should

(A) do nothing and continue playing
(B) take the team and walk off the field
(C) encourage the rest of the team to play harder
(D) approach the referee and demand a change of decision

42. You are a cricket umpire and you hear the bowler taunting the batsman. The BEST action to take is to

(A) shout at the bowler to stop his behaviour
(B) ignore the bowler and continue the match
(C) pull the bowler aside and ask him to refrain from his discourse
(D) confer with the batsman about the bowler and tell him to ignore his discourse

43. Which of the following factors is NOT a consideration when organizing sport programmes for young people?

(A) Skill level of the sport
(B) Ethnic background
(C) Size and weight
(D) Age and gender

44. Which of the following are likely to discourage sport sponsorship agencies?

(A) Advertising the name of sponsors on products
(B) Improving performance of beneficiaries
(C) Providing exposure on television
(D) Continuing fall in profits of sponsors

45. Which of the following are indications of fair play and sportsmanship on the field of play?

I. Accepting defeat
II. Shaking the hands of opponents
III. Respecting the game's rules
IV. Winning at all cost

(A) I and II only
(B) I and III only
(C) I, II and III only
(D) II, III and IV only

END OF TEST

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