TEST CODE **01252010**

FORM TP 2007115

MAY/JUNE 2007

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 hours and 30 minutes

08 JUNE 2007 (p.m.)

READ THE FOLLOWING DIRECTIONS CAREFULLY

1. In addition to the $2\frac{1}{2}$ hours, you are allowed 10 minutes to read the paper. Writing may begin during this time.
2. This paper consists of 17 questions in TWO sections. Answer **ALL** questions.
3. Write your answers in the answer booklet provided.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO

Copyright © 2005 Caribbean Examinations Council ®.
All rights reserved.

SECTION A

Answer ALL questions. This section is worth 30 marks.

History and Development of Physical Education and Sport

1. (a) State the name of the city that won the bid to host the 2012 Summer Olympic Games. **(1 mark)**

(b) State TWO reasons why Baron Pierre de Coubertin revived the modern Olympic Games. **(2 marks)**

2. Identify THREE benefits of studying Physical Education as a subject in schools. **(3 marks)**

Anatomy and Physiology

3. List TWO functions of the circulatory system in physical activity. **(2 marks)**

4. Describe TWO effects of the build-up of lactic acid in muscles. **(2 marks)**

5. Describe TWO functions of the skeletal system of an athlete. **(2 marks)**

Fitness and Performance

6. Name TWO components of skill-related fitness. **(2 marks)**

7. State ONE component of fitness being tested in EACH of the Figures 1.1 and 1.2. **(2 marks)**



Figure 1.1. Sit-ups



Figure 1.2. 10 m shuttle

8. (a) Define the term 'open skills and the environment'. **(2 marks)**

(b) Give ONE example of an open skill. **(1 mark)**

(c) When you are learning a skill, your brain functions as an information processing system. Name ONE part of the system. **(1 mark)**

Health and Nutrition

9. Give THREE reasons why a banana is a better choice than sweets as a snack for an athlete . **(3 marks)**

10. State TWO nutritional guidelines an athlete should follow to remain healthy. **(2 marks)**

Social Issues

11. Identify THREE benefits a sponsor can receive from sponsoring sports. **(3 marks)**

12. List TWO ways in which the media can have a positive effect on sports. **(2 marks)**

Total 30 marks

SECTION B

Answer ALL questions. Each question is worth 12 marks.

History and Development of Physical Education and Sport

13. (a) Select THREE of the following Summer Olympic Games. For EACH game selected, state ONE outstanding incident that occurred.

(i) 1936 – Berlin
(ii) 1968 – Mexico
(iii) 1972 – Munich
(iv) 1980 – Moscow **(3 marks)**

(b) Briefly explain the growth of the discipline of Physical Education and Sport during ONE of the following periods:

(i) Ancient Greece
(ii) Dark Ages
(iii) Renaissance
(iv) American Civil War Period – 1900
(v) 1900 to the present **(6 marks)**

(c) Name THREE responsibilities of the local governing body of a sport. **(3 marks)**

Total 12 marks

GO ON TO THE NEXT PAGE

Anatomy and Physiology

14. (a) Explain THREE functions of the nervous system in the production of skilled movement. **(6 marks)**

(b) Table 1 below is an incomplete table of some terms relating to the function of the heart, and the definitions of these terms.

Copy Table 1 in your answer booklet. From the list below, choose the correct definition for EACH term in Column A, and write your answers in Column B in your answer booklet. Each definition may be used once, more than once or not at all.

(i) Number of heart beats per minute
(ii) Blood ejected from the heart
(iii) Blood from the heart in one contraction
(iv) Venous blood returns to the heart
(v) Force of blood against blood vessels

TABLE 1

Column A **Terms**	**Column B** **Definitions**
Cardiac output	
Stroke volume	
Heart rate	
Blood pressure	

(4 marks)

(c) The skin is made up of very soft tissue, and active people need to avoid damage to the skin. Recommend TWO ways of taking care of a cut to the skin. **(2 marks)**

Total 12 marks

Fitness and Performance

15. (a) State TWO immediate effects of exercise. **(2 marks)**

(b) Identify FOUR long-term benefits of exercise. **(4 marks)**

(c) What does the acronym R.I.C.E. represent in the treatment of athletic injuries? **(4 marks)**

(d) Suggest TWO differences between the muscle fibres of a world-class sprinter and those of a marathon runner. **(2 marks)**

Total 12 marks

GO ON TO THE NEXT PAGE

Health and Nutrition

16. (a) Explain THREE factors that affect the energy or caloric needs of an individual. **(6 marks)**

(b) Give THREE reasons for including fibre in your daily diet. **(3 marks)**

(c) Name THREE foods that are rich in fibre. **(3 marks)**

Total 12 marks

Social Issues

17. (a) Explain THREE ways in which the governments in the Caribbean assist in the development of Physical Education and Sport. **(6 marks)**

(b) You have been invited to give a 10-minute speech on the subject, "Keeping sport free from prohibited drugs and doping". Explain THREE points which you would include in your speech. **(6 marks)**

Total 12 marks

END OF TEST