TEST CODE **01252010**

FORM TP 2005117

MAY/JUNE 2005

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 hours and 30 minutes

08 JUNE 2005 (p.m.)

INSTRUCTIONS TO CANDIDATES

1. Answer **ALL** questions.
2. Write your answers in the answer booklet provided.
3. In addition to the $2\frac{1}{2}$ hours, you are allowed 10 minutes to read the paper.

   Writing **MAY** begin during this time.

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SECTION A

This section contains TWELVE questions based on the topics in the Core. Answer ALL questions. This section is worth 30 marks.

History and Development of Physical Education and Sport

1. Identify THREE **main** problems associated with the 2004 Olympic Games held in Athens. **(3 marks)**

2. Define the term 'Physical Education'. **(2 marks)**

Anatomy and Physiology

3. State what the term 'muscular hypertrophy' means. **(2 marks)**

4. (a) Name ONE system of the body. **(1 mark)**

(b) Name TWO types of synovial joints. **(2 marks)**

5. Identify THREE **major** muscles used in extending the arm when attempting a shot at goal in netball or basketball. **(3 marks)**

Fitness and Performance

6. (a) List TWO reasons why a person should exercise. **(2 marks)**

(b) State ONE way to prevent dehydration while exercising. **(1 mark)**

7. Identify TWO benefits of the cool-down activity at the end of a physical training session. **(2 marks)**

8. (a) Define the term 'flexibility' as used in Physical Education and Sport. **(1 mark)**

(b) Name TWO types of stretching. **(2 marks)**

Health and Nutrition

9. State ONE role of EACH of the following minerals in the body of the athlete:

(a) Sodium

(b) Calcium

(c) Iron. **(3 marks)**

10. Name TWO eating disorders. **(2 marks)**

Social Issues

11. Give TWO reasons why the use of prohibited performance-enhancing drugs in sport is morally wrong.

(2 marks)

12. State what the term 'Sportsmanship' means. **(2 marks)**

Total 30 marks

SECTION B

This section contains FIVE questions based on the modules in the Core. Answer ALL questions. Each question is worth 12 marks.

History and Development of Physical Education and Sport

13. (a) State TWO differences between sport and recreation. **(2 marks)**

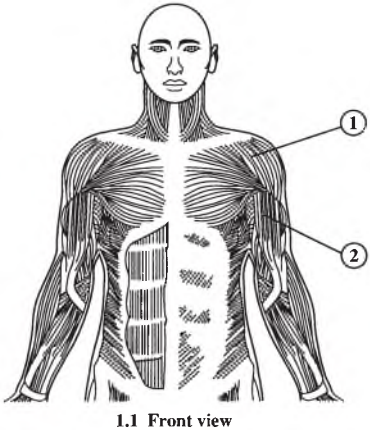
(b) Some factors affecting participation in sport are:
Family
Tradition and culture
Education
Gender, and
Age
Explain any THREE of these factors. **(6 marks)**

(c) State FOUR benefits of participating in international sporting activities to athletes / sportspersons. **(4 marks)**

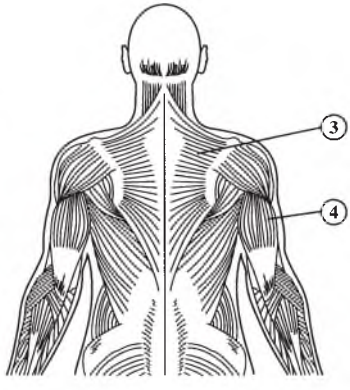
Total 12 marks

Anatomy and Physiology

14. Figures 1.1 and 1.2 show the front and back views of the muscular system.



1.1 Front view



1.2 Back view

Figures 1.1 and 1.2

(a) Identify the muscles indicated by the arrows (1) and (2) in Figure 1.1 and (3) and (4) in Figure 1.2. **(4 marks)**

(b) Match the muscles which work in pairs with those identified in Figures 1.1 and 1.2. **(2 marks)**

(c) Figure 2 shows the diagram of a walking skeleton.

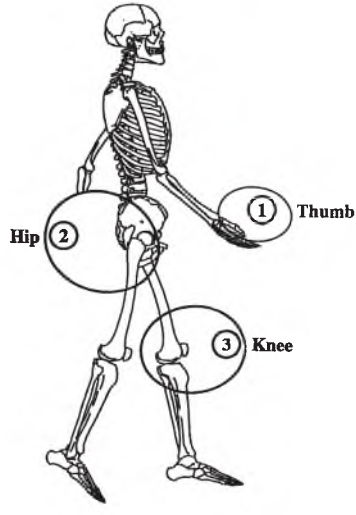


Figure 2

(i) Name the type of synovial joint found in the areas of the body indicated at ①, ② and ③ in Figure 2. **(3 marks)**

(ii) Name the bones that form the hip girdle. **(3 marks)**

Total 12 marks

Fitness and Performance

15. (a) (i) Define 'anaerobic respiration'. **(2 marks)**

(ii) Identify TWO products which the muscles use during **aerobic** respiration. **(2 marks)**

(iii) Name TWO products given off as waste. **(2 marks)**

(b) You are a fitness instructor and a new client has registered at your fitness centre. Briefly explain ONE testing method you would use before allowing this client to start his/her programme. **(6 marks)**

Total 12 marks

GO ON TO THE NEXT PAGE

Health and Nutrition

16. (a) State briefly, THREE reasons why the pre-event meal is important to a competing athlete. **(3 marks)**

(b) List THREE possible effects that energy balance can have on body weight. **(3 marks)**

(c) Figure 3 shows the Caribbean food groups.



Figure 3

(i) In your answer booklet, name any THREE of the food groups in the Caribbean food groups shown in Figure 3. **(3 marks)**

(ii) Explain the role of any ONE of the Caribbean food groups you have chosen at (i). **(3 marks)**

Total 12 marks

Social Issues

17. (a) Identify TWO aspects of culture that can influence the popularity of a sport in a country. **(2 marks)**

(b) Outline THREE points you would use in a discussion on the reasons for outbreaks of violent behaviour among players or spectators / fans at sport competitions. **(6 marks)**

(c) Suggest FOUR reasons for the increased participation of women in sport. **(4 marks)**

Total 12 marks

END OF TEST