TEST CODE **01252010**

FORM TP 2009102

MAY/JUNE 2009

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 hours and 40 minutes

22 MAY 2009 (p.m.)

INSTRUCTIONS TO CANDIDATES

1. This paper consists of SEVENTEEN compulsory questions arranged in Section A and Section B.
2. Section A consists of TWELVE questions for a total of 30 marks. Answer ALL questions.
3. Section B consists of FIVE questions with 12 marks for EACH. Answer ALL questions.
4. Write ALL responses in the answer booklet provided.

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SECTION A

Answer ALL questions.

This section is worth 30 marks.

History and Development of Physical Education and Sport

1. Name TWO activities in which a student would have participated during Physical Education classes in Ancient Greece. **(2 marks)**

2. (a) Define the term 'Sport'. **(2 marks)**

(b) Throughout history, sport has been important to society. List TWO functions that sport has served. **(2 marks)**

Anatomy and Physiology

3. An athlete has just completed a football game. Discuss ONE change that would have taken place in the circulatory system of this athlete **during** the game. **(2 marks)**

4. Explain the term 'vital capacity'. **(2 marks)**

5. Bones are of different shapes and sizes. Using the list of bones given in Table 1 below, identify TWO **long** bones and TWO **short** bones.

Table 1

Radius
Carpals
Femur
Scapula
Humerus
Tarsals

(4 marks)

Fitness and Performance

6. There are two types of motion, linear and rotary. Give TWO examples of sports or activities in which rotary motion is used. **(2 marks)**

7. In treating a sprain to a footballer's ankle the R.I.C.E. procedure was used. Describe the R.I.C.E. procedure as it relates to treating a sprained ankle. **(4 marks)**

8. In a fitness test Mary has been asked to complete the 5-metre Shuttle Run. State ONE component of fitness that is being measured in this test. **(1 mark)**

Health and Nutrition

9. Water is the single most important nutrient. Give THREE reasons why this is so. **(3 marks)**

10. Fibre is essential in the digestive system. Name TWO foods containing fibre. **(2 marks)**

Social Issues

11. National teams usually benefit from sponsorship by large companies. State TWO ways in which a sponsor could assist a national team. **(2 marks)**

12. Give TWO reasons why the Government of a country should promote Physical Education and Sport. **(2 marks)**

Total 30 marks

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SECTION B

Answer ALL questions.

Each question is worth 12 marks.

History and Development of Physical Education and Sport

13. (a) During the years 1914 to 1918 and 1940 to 1944, no Olympic Games were held. Give ONE main reason for this action. **(1 mark)**

(b) Name TWO events contested in the Winter Olympic Games. **(2 marks)**

(c) The Olympic Games try to promote the "Olympic Ideals". State THREE of these ideals. **(3 marks)**

(d) The skills and knowledge acquired through the study of Physical Education may be further developed and used in a variety of professions.

Identify THREE such professions and in EACH case explain how the knowledge gained through the **study** of Physical Education can improve that profession. **(6 marks)**

Total 12 marks

Anatomy and Physiology

14. (a) Isotonic muscle contractions can be divided into TWO types.

(i) Name the TWO types of contraction. **(2 marks)**

(ii) Describe the action of the muscles in any ONE type of contraction in 14 (a) (i) above. **(2 marks)**

(iii) Pretend you are lifting a heavy weight with your hand. Name the muscle group which is shortened and the muscle group which is lengthened. **(2 marks)**

(b) Some parts of the respiratory and circulatory systems that help oxygen reach the muscles are listed below in the incorrect order.

Bronchi, Alveoli, Blood, Trachea, Capillary walls, Nose, Bronchioles

WRITE the parts in the correct order to show the pathway of oxygen from air inhaled through the nostrils and going to the muscles. **(6 marks)**

Total 12 marks

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Fitness and Performance

15. (a) Describe TWO effects of high altitude on the fitness of a distance runner. **(4 marks)**

(b) The graph in Figure 1 shows how Paula's heart rate changed during a run on a flat track.

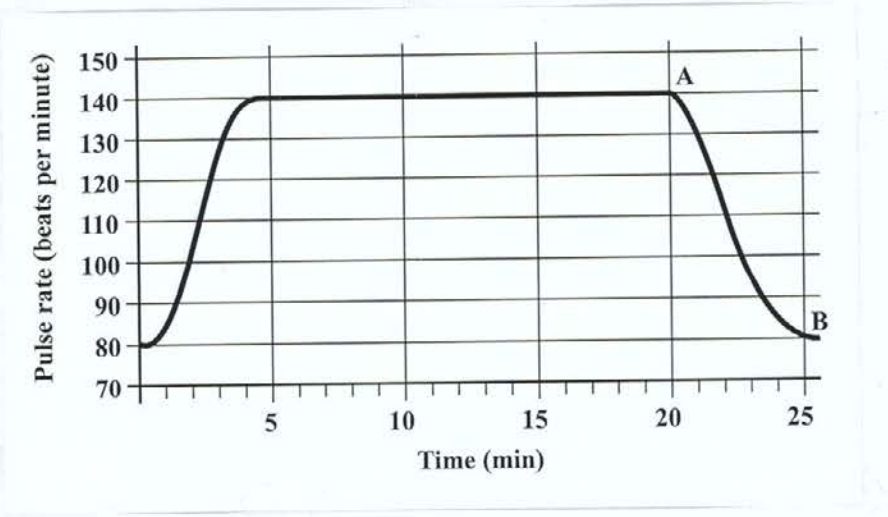


Figure 1. Paula's Heart Rate

(i) What was the maximum heart rate reached? **(1 mark)**

(ii) What was happening between A and B? **(1 mark)**

(iii) How would the graph change if Paula were fitter? **(2 marks)**

(c) Males tend to be bigger and stronger than females. Briefly discuss this statement, giving TWO reasons for these differences. **(4 marks)**

Total 12 marks

Health and Nutrition

16. (a) Name any TWO of the Caribbean food groups. **(2 marks)**

(b) Give ONE example of a food for EACH of the TWO food groups selected in 16 (a) above. **(2 marks)**

(c) Carbohydrate loading is often used by distance runners before their events.

(i) State ONE feature of this practice. **(1 mark)**

(ii) Explain TWO expected effects of carbohydrate loading. **(4 marks)**

(d) Eating immediately before an event is not recommended. State THREE reasons for this. **(3 marks)**

Total 12 marks

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Social Issues

17. (a) State THREE ways in which the media can have a positive effect on sports. **(3 marks)**

(b) Suggest TWO reasons why stimulants, if misused by athletes, may be dangerous to their health. **(2 marks)**

(c) All alcoholic drinks contain the chemical ethanol which makes people drunk. Explain TWO negative effects that drunkenness from ethanol can have on the body. **(4 marks)**

(d) As president of a sports club, you are asked to address a group of students on the benefits gained from participation in sports.

State ONE of the benefits you would include in your address under EACH of the following headings:

(i) Physical benefits

(ii) Social benefits

(iii) Mental and moral benefits **(3 marks)**

Total 12 marks

END OF TEST