CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

21 MAY 2019 (p.m.)

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FILL IN ALL THE INFORMATION REQUESTED CLEARLY IN CAPITAL LETTERS.

TEST CODE | 0 | 1 | 2 | 5 | 2 | 0 | 4 | 0 |

SUBJECT PHYSICAL EDUCATION AND SPORT – Paper 01B

PROFICIENCY GENERAL

REGISTRATION NUMBER | | | | | | | | | | |

SCHOOL/CENTRE NUMBER					

NAME OF SCHOOL/CENTRE

CANDIDATE'S FULL NAME (FIRST, MIDDLE, LAST)

DATE OF BIRTH | D | D | M | M | Y | Y | Y | Y |

SIGNATURE _____

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FORM TP 2019098

TEST CODE 01252040

MAY/JUNE 2019

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

SECTION B

1 hour 30 minutes

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This paper consists of FIVE questions. Answer ALL questions.
2. Do NOT write in the margins.
3. If you need to rewrite any answer and there is not enough space to do so on the original page, you must use the extra lined page(s) provided at the back of this booklet. **Remember to draw a line through your original answer**.
4. **If you use the extra page(s) you MUST write the question number clearly in the box provided at the top of the extra page(s) and, where relevant, include the question part beside the answer.**

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

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SECTION B

Answer ALL questions.

History and Development of Physical Education and Sport

1. (a) Anna is unable to make a choice about participating in sport. List THREE characteristics of sport that can help Anna make an informed decision.

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(3 marks)

(b) (i) Name TWO periods of civilization in which sport has played a major role.

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(2 marks)

(ii) For EACH period named in (b) (i), outline ONE role that sport played in the society during that period.

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(4 marks)

Total 9 marks

Anatomy and Physiology

2. (a) (i) List the THREE major types of muscles found in the human body.

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(3 marks)

(ii) For EACH type of muscle listed in (a) (i), state ONE location in the human body where this type of muscle is found.

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(3 marks)

(b) Explain what is meant by the term 'muscle tone'.

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(3 marks)

Total 9 marks

Fitness and Performance

3. Table 1 shows a range of physical activities.

TABLE 1: PHYSICAL ACTIVITIES

Physical Activity
60 m sprint
Marathon
Javelin
20 km walk
Shot putt

(a) List the THREE physical activities in which participation requires mainly anaerobic energy.

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(3 marks)

(b) After suffering from a severe injury to her leg, Jane was unable to work out in the gym and her muscles atrophied.

(i) Define the term 'muscular atrophy'.

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(2 marks)

(ii) Describe what happened to Jane's leg muscles when they atrophied.

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(2 marks)

(c) Before his weight training sessions, Samuel does warm-up exercises. Suggest TWO reasons why it is important for Samuel to do warm-up exercises before starting his training.

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(2 marks)

Total 9 marks

Health and Nutrition

4. (a) State the length of time, after exercising, that an athlete should wait before eating a meal.

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(1 mark)

(b) List THREE physiological effects that may occur if an elite swimmer swims in a race immediately after eating a main meal.

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(3 marks)

(c) Suggest a suitable complete pre-activity meal that a swimmer should consume. Your answer must include at least THREE food items.

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(3 marks)

(d) Explain the difference between 'anorexia' and 'bulimia'.

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(2 marks)

Total 9 marks

Trends and Social Issues

5. (a) Media coverage of sport is widespread. List THREE types of media used to bring sports to a wider audience.

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(3 marks)

(b) The 2022 FIFA World Cup will be broadcast on every major network that has reserved rights to the event. Explain TWO negative consequences of this type of media coverage.

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(4 marks)

(c) Large companies sponsor major sporting events for many reasons. Suggest TWO benefits of sponsorship to the sponsor.

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(2 marks)

Total 9 marks

END OF TEST

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

EXTRA SPACE

If you use this extra page, you MUST write the question number clearly in the box provided.

Question No. ☐

EXTRA SPACE

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Question No. ☐

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CANDIDATE'S RECEIPT

INSTRUCTIONS TO CANDIDATE:

1. **Fill in all the information requested clearly in capital letters.**

TEST CODE: | 0 | 1 | 2 | 5 | 2 | 0 | 4 | 0 |

SUBJECT: PHYSICAL EDUCATION AND SPORT – Paper 01B

PROFICIENCY: GENERAL

(659)

REGISTRATION NUMBER: | | | | | | | | | | |

FULL NAME: _____

(BLOCK LETTERS)

Signature: _____

Date: _____

2. **Ensure that this slip is detached by the Supervisor or Invigilator and given to you when you hand in this booklet.**

3. **Keep it in a safe place until you have received your results.**

INSTRUCTION TO SUPERVISOR/INVIGILATOR:

(0017)

Sign the declaration below, detach this slip and hand it to the candidate as his/her receipt for this booklet collected by you.

I hereby acknowledge receipt of the candidate's booklet for the examination stated above.

Signature: _____
Supervisor/Invigilator

Date: _____



