FORM TP 2010096

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MAY/JUNE 2010

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 hours and 40 minutes

21 MAY 2010 (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.

History and Development of Physical Education and Sport

1. (a) Name the sport committee whose acronym is IOC. **(2 marks)**

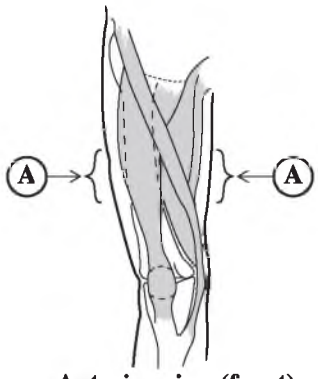
(b) State TWO **main** differences between the Olympic Games and the Commonwealth Games. **(2 marks)**

2. Suggest TWO main objectives of a school's Physical Education programme. **(2 marks)**

Anatomy and Physiology

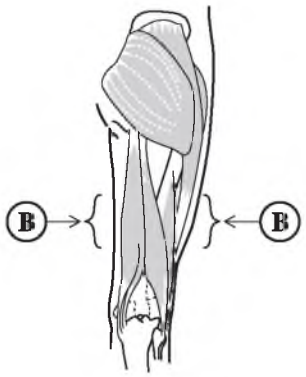
3. Give TWO reasons why a healthy digestive system is important for competing athletes. **(2 marks)**

4. Figures 1 and 2 show the FRONT and BACK views of the major muscle groups found in the area of the thigh.



Anterior view (front)

Figure 1



Posterior view (back)

Figure 2

Write the letters A and B in your answer booklet and beside each identify the MUSCLES to which arrows A point in Figure 1 and arrows B point in Figure 2. **(2 marks)**

5. State TWO effects of exercise on the respiratory system. **(2 marks)**

Fitness and Performance

6. During netball training Jane scored 10 goals from 30 attempts. The coach gave her feedback on her performance. State TWO clear reasons why feedback is an important part of a training programme. **(2 marks)**

7. Every training session is divided into parts. From Table 1 below, choose any TWO parts and write them on separate lines in your answer booklet. For EACH part selected, write the correct description next to the part.

Table 1

Parts of training session	Description
Warm-up	sharpens skills, improves conditioning, interval training
Fitness training	prevents soreness, clears lactic acid, prepares for next performance
Game activity	helps prepare mentally, loosens joints
Cool-down	simulates competition

(2 marks)

8. (a) Balance is a component of skill-related fitness. Define the term 'balance'. **(2 marks)**

(b) Give an example of an activity that involves

(i) static balance

(ii) dynamic balance. **(2 marks)**

Health and Nutrition

9. Renaldo, a former athlete, observed that his 'basal metabolic rate' (BMR) had changed.

State THREE factors that influence a person's 'basal metabolic rate' (BMR). **(3 marks)**

10. State TWO **functions** of vitamins for 'the active person'. **(2 marks)**

Social Issues

11. State THREE ways in which our peer group influences our participation in sport. **(3 marks)**

12. Give TWO ways in which the environment in the Caribbean influences our participation in specific sports and recreational activities. **(2 marks)**

Total 30 marks

SECTION B

Answer ALL questions.

History and Development of Physical Education and Sport

13. (a) State SIX benefits that international sporting events like the Olympics have contributed to the Caribbean region over the years. **(6 marks)**

(b) For EACH of the following categories give ONE example:

(i) Team sport

(ii) Individual and dual sport

(iii) Leisure time activity **(3 marks)**

(c) The match fixture is one of the points to consider when hosting an international sporting event.

Outline THREE other points that should be made to a gathering of Caribbean persons on the subject of hosting an international sporting event. **(3 marks)**

Total 12 marks

Anatomy and Physiology

14. (a) Various systems of the body work together to produce explosive movement in a 100 m sprint.

State THREE body systems. **(3 marks)**

(b) Describe how the THREE body systems identified in 14 (a) work together to produce the movement. **(6 marks)**

(c) Name THREE factors that can influence blood pressure. **(3 marks)**

Total 12 marks

Fitness and Performance

15. (a) You wish to teach your classmate a new skill in **passing**. Describe TWO methods that may be used to achieve this, in a sport or activity of your choice. **(4 marks)**

(b) Make a copy of Table 2 in your answer booklet. Complete the table by inserting information about the types of movement you make during the following exercises.

Table 2

EXERCISE	JOINT	MOVEMENT
1. Curling up to sit-up position	Hip	
2. Stretching arms to the sky	Elbow	
3. Raising arms in star-jumps	Shoulders	
4. Swinging thigh across the body	Hip	
5. Swinging arms in a big circle	Shoulders	
6. Moving the head around	Neck	

(6 marks)

(c) Your classmate has been struck on the head during training. Although there is no cut or bruise he has been taken to the doctor.

(i) Name ONE **type of injury** that is possible.

(ii) Give an example of a **contact** sport in which this type of injury is common.

(2 marks)

Total 12 marks

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Health and Nutrition

16. (a) Non-communicable diseases are prevalent in the Caribbean.

(i) Name TWO non-communicable diseases. **(2 marks)**

(ii) Explain to a group of 14-year-old athletes TWO healthy lifestyle habits that they should adopt to prevent these diseases. **(4 marks)**

(b) Copy the column headings into your answer booklet.
Match EACH Caribbean food group from Column A with the correct foods from Column B. **(6 marks)**

Column A	**Column B**
Fats and oils	Peanuts, liver
Staples	Pumpkin, cabbage, pak choi (Chinese cabbage)
Legumes	Magarine, avocado pear, shortening
Food from animals	Split peas, pigeon peas, red beans
Fruits	Breadfruit, potato, yam, rice
Green and yellow vegetables	Guava, mango, soursop, pawpaw
	Meat, eggs, milk, chicken, fish

Total 12 marks

Social Issues

17. (a) Society often perceives some sports as being exclusive to one gender; for example, netball is played mainly by women, and rugby is played mainly by men. Explain THREE ways in which Physical Education can change that perception. **(6 marks)**

(b) Some people tend to be less physically active as they get older. Describe THREE ways of encouraging older persons (seniors) to participate in physical activity. **(6 marks)**

Total 12 marks

END OF TEST