1. The Olympic games originated as a religious festival in
   (A) Greece
   (B) Egypt
   (C) Italy
   (D) China

2. In which city was the Olympic stadium dubbed the 'Bird's Nest'?
   (A) 1996- Atlanta
   (B) 2000- Sydney
   (C) 2004- Athens
   (D) 2008- Beijing

3. Which of the following events are held every two years?
   i. CARIFTA
   ii. CAC Championships
   iii. World Athletic Championships
   iv. Pan American Games
   (A) i and ii
   (B) i and iii only
   (C) ii and iii only
   (D) iii and iv only

4. When exposed to sunlight, our skin manufactures
   (A) vitamins A
   (B) vitamins B
   (C) vitamins C
   (D) vitamins D

5. Which of the following nutrients helps to repair muscle damage?
   (A) Fat
   (B) Protein
   (C) Mineral
   (D) Carbohydrate

6. Heat loss is associated with
   i. The movement of heat directly through the skin
   ii. Radiation from dilated blood vessels
   iii. The secretion of sweat
   (A) i and ii only
   (B) i and iii only
   (C) ii and iii only
   (D) i, ii and iii

7. Which of the following athletes is MOST likely to have more fast twitch muscle fibres?
   (A) 100m runner
   (B) 1500m runner
   (C) Marathon runner
   (D) Long distance swimmer

8. Which of the following is the correct sequence for the process of digestion?
   (A) Oesophagus, small intestines, stomach
   (B) Oesophagus, stomach, small intestines
   (C) Oesophagus, anus, small intestines
   (D) Stomach, oesophagus, anus

9. In humans, the purposes of cartilage is to
   (A) Keep bones cool
   (B) Attached bones to muscles
   (C) Stop bones from growing long
   (D) Protect the ends of the bones where they meet

10. Sugar is stored in glycogen in the
    (A) Gall bladder
    (B) Pancreas
    (C) Stomach
    (D) Liver

11. Which of the following process is NOT a function of the digestive system?
    (A) Ingestion
    (B) Absorption
    (C) Inspiration
    (D) Mastication

12. Which of the following are functions of the nervous system?
    i. Allows us to be aware of our surroundings
    ii. Provides us with the ability to think and act
    iii. Allows us to control and coordinate movement
    (A) i and ii only
    (B) i and iii only
    (C) ii and iii only
    (D) i, ii and iii

13. Which of the following is NOT associated with the excretory system?
    (A) Kidney
    (B) Homeostatasis
    (C) Tidal capacity
    (D) Osmoregulation

14. Which of the following is NOT a feature of the spinal cord?
    (A) Transmits messages to and from our brain
    (B) It is enclosed in vertebral column
    (C) It is flexible
    (D) It consists of bones

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15. Which of the following identifies a chamber of the heart?
(A) Front atrium
(B) Left ventricle
(C) Back atrium
(D) Front ventricle

16. Unconsciousness, disorientation and memory loss following a blow to the head are ALL symptoms of
(A) Cramps
(B) Contusion
(C) Concussion
(D) Compound fracture

17. Strained muscles may be caused by
(A) Over-stretching
(B) Wearing tight gear
(C) Exercising too soon after eating
(D) Drinking insufficient water during exercise

18. A sprain may be define as
(A) A bone pull from its normal position
(B) Ligament damage at a joint
(C) Damage to the tendon
(D) Bones rubbing at the joints

19. Specific fitness is the ability of the body to carry out set tasks effectively and efficiently. Which of the following is NOT an aspect of specific fitness?
(A) Agility
(B) Flexibility
(C) Coordination
(D) Speed and reaction

20. Which of the following activities BEST displays the fitness component of power?
(A) Throwing the javelin
(B) Tug of war
(C) Marathon
(D) Skipping

21. People are usually at their fittest at about
(A) 10-19 years
(B) 20-29 years
(C) 30-39 years
(D) 40-49 years

22. Which of the following are considered when assessing fitness?
i. Age
ii. Equipment
iii. Environment
(A) i and ii only
(B) i and iii only
(C) ii and iii only
(D) i, ii and iii

23. Which of the following factors must be considered when designing training programmes?
i. Weight
ii. The particular sport
iii. A specific level of ability
iv. An individual or group
(A) i, ii and iii only
(B) i, ii and iv only
(C) ii, iii and iv only
(D) i, ii, iii and iv

24. Which of the following procedures must be followed in conducting training sessions?
(A) Pre-competition, competition recovery
(B) Warm up, main activity, cool down
(C) Warm up, recovery, main activity
(D) Pre-competition, main activity, cool down

25. Which of the following will facilitate a stable posture?
i. Feet close together
ii. Feet shoulder width apart
iii. Body in upright position
iv. Body in half-squat position
(A) i and iii only
(B) ii and iii only
(C) ii and iv only
(D) iii and iv only

26. the falling of one's body temperature below $35^0$C is called
(A) hyperthermia
(B) hypotrophy
(C) heat exhaustion
(D) hypothermia

27. A sport injury can be any injury caused to a person whilst in action. These injuries can be classified as
i. overuse
ii. chronic
iii. acute
(A) i only
(B) ii only
(C) i and ii only
(D) ii and iii only

28. Sports persons need a balance diet to keep healthy. A balance diet is one which
(A) Matches your energy needs
(B) Uses equal portions of food
(C) Provides equal amounts of nutrients



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(D) Contains a lot of fruit and vegetables

29. We should include fibre in our daily diet because it
    i. Makes us feel full longer
    ii. Helps prevent constipation
    iii. Reabsorbs water
    iv. Removes poisonous waste
    (A) i and ii only
    (B) i and iii only
    (C) ii and iii only
    (D) ii and iv only

30. Jane is a netballer who does not eat meat. Which of the following combinations is a good replacement for meat?
    (A) Fish, peas, pasta and eggs
    (B) Beans, lentils, nuts and eggs
    (C) Nuts, bananas, beans and milk
    (D) Pasta, rice, nuts and bananas

31. Water is an essential agent for the many process that keep us alive. Which of these statements is NOT true of water? It helps to
    (A) Suppress appetite
    (B) Maintain muscle tone
    (C) Remove waste and toxins
    (D) Prevent dehydration

32. Which of the following is NOT and eating disorder?
    (A) Binging
    (B) Anorexia
    (C) Obesity
    (D) Bulimia

33. What is the role of most Caribbean governments in sport?
    (A) Hosting national leagues
    (B) Supporting national sport
    (C) Selecting national athletes
    (D) Organizing coaching courses

34. Which of the following is the MOST appropriate way to address violence in sports?
    (A) Ban competitions that give financial awards
    (B) Educate athletes, coaches and purpose of sport
    (C) Limit the number of spectators at sporting events
    (D) Increase the price of tickets for games

35. How does the mass media support the development of sport?
    i. Exposing the private lives of professional athletes
    ii. Covering games for the wider audience
    iii. Increasing financial support from media rights and advertising
    iv. Promoting positive values such as team spirit
    (A) i and ii only
    (B) ii and iii only
    (C) i, ii and iii only
    (D) ii, iii and iv only

36. Which of the following games cater for persons with physical disabilities?
    i. Paralympics
    ii. Winter Olympics
    iii. Special Olympics
    iv. Summer Olympics
    (A) i and ii only
    (B) i and iii only
    (C) i and iv only
    (D) i, ii, iii and iv

37. How might smoking affect the fitness of a runner?
    (A) Increase the risk of heart disease and damage
    (B) Infection with hepatitis or AIDS
    (C) Increase concentration and control
    (D) None of the above

38. Why do we need a warm up before exercise?
    (A) To gently increase your pulse rate
    (B) To help the body return to its natural state
    (C) To decrease the transport of more oxygen and other fuels to the muscles
    (D) All of the above

39. There are THREE phases that all warm ups should contain?
    (A) Pulse raiser, stretch and skills practice
    (B) Skills practice, stretch and cool down
    (C) Warm ups, cool down and stretches
    (D) None of the above

40. What does the RICE principle stands for?
    (A) Run, ice, compression, elevation
    (B) Rest, ice, compression, elevation
    (C) Rest, inform, compress, evaluate

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(D) Run, inform, compression, elevation

41. What are broken bones called?
    (A) Fractures
    (B) Concussion
    (C) Dislocation
    (D) Bleeding

42. Which of the following are factors that affect our opportunity to participate in sporting events?
    (A) Age, gender, race and religion, ability and social class
    (B) Esteem, self-awareness and speed
    (C) Speed, reaction time and power
    (D) Age, gender, race and religion and speed

43. In what year did the West Indies male and female cricket team won the T/20 test match?
    (A) 1999
    (B) 2015
    (C) 2005
    (D) 2016

44. How can Physical fitness be BEST described?
    (A) The ability of the body to meet demands place on it
    (B) The ability to perform a movement quickly
    (C) The ability to transfer energy swiftly into force
    (D) The ability to respond quickly to a stimuli

45. Dehydration occurs when
    (A) We lose a volume of fluid greater than 1% of our body weight
    (B) The amount of energy needed to increase $1cm^3$ of water by $1^{\circ}C$
    (C) Essential nutrients for the body's growth and healthy functioning
    (D) All of the above

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