FORM TP 2013101

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MAY/JUNE 2013

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 hours 40 minutes

30 MAY 2013 (p.m.)

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This paper consists of 17 questions in TWO sections. Answer ALL questions.
2. Write your answers in the answer booklet provided.
3. You are advised to take some time to read through the paper and plan your answers.

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SECTION A

Answer ALL questions. This section is worth 30 marks.

History and Development of Physical Education and Sport

1. The following events took place during four distinct periods of history, namely **medieval, modern, ancient** and **renaissance** times. For EACH event below, state the period of history in which the event occurred.

(a) The start of Olympic Games in 776 BC.

(b) Physical Education begins to be taught in schools.

(c) Technology is used in sport.

(d) Sports education, the Spartan programme, is introduced for young men. **(4 marks)**

2. The five rings of the International Olympic symbol represent the five continents of the world involved in the Olympic Games.

Name any THREE of these continents. **(3 marks)**

Anatomy and Physiology

3. Identify the main action of any THREE of the following muscles by matching each muscle in Column A with the correct action in Column B. Copy the column headings into your answer booklet to complete the matching.

Column A	Column B
Deltoids	Extend lower arm at the elbow joint
Pectorals	Plantar flexion of the foot
Gastrocnemius	Extend the leg at the knee
Triceps	Flex arm at the elbow
Quadriceps	Abduct upper arm at the shoulder
Biceps	Adduction of upper arm at the shoulder **(3 marks)**

4. Since retiring from sport, a 56-year-old retired athlete has been living a lonely life and consuming whole milk as his main diet. He has not undertaken any form of regular physical activity since his retirement. He is now suffering from hypertension.

From the information given, identify TWO possible causes that may have led to the retired athlete's present state of health. **(2 marks)**

Fitness and Performance

5. Define the term 'agility'. **(2 marks)**

6. Zina is learning a new skill. State THREE ways in which feedback will benefit her. **(3 marks)**

7. You are responsible for fitness testing for your sports team. Identify ONE appropriate fitness test for EACH of the following fitness components:

- Endurance
- Abdominal strength
- Flexibility **(3 marks)**

Health and Nutrition

8. Name TWO foods an athlete should avoid consuming immediately BEFORE a competition. **(2 marks)**

9. State TWO consequences of eating immediately BEFORE a sporting event. **(2 marks)**

10. Name ONE vitamin and state its importance to movement in sport. **(2 marks)**

Social Issues

11. Name TWO body substances that the World Anti-Doping Agency (WADA) uses to carry out testing for banned substances. **(2 marks)**

12. CARICOM encourages the movement of coaches and teachers within the region. Explain ONE benefit of this movement to those involved. **(2 marks)**

Total 30 marks

SECTION B

Answer ALL questions. Each question is worth 12 marks.

History and Development of Physical Education and Sport

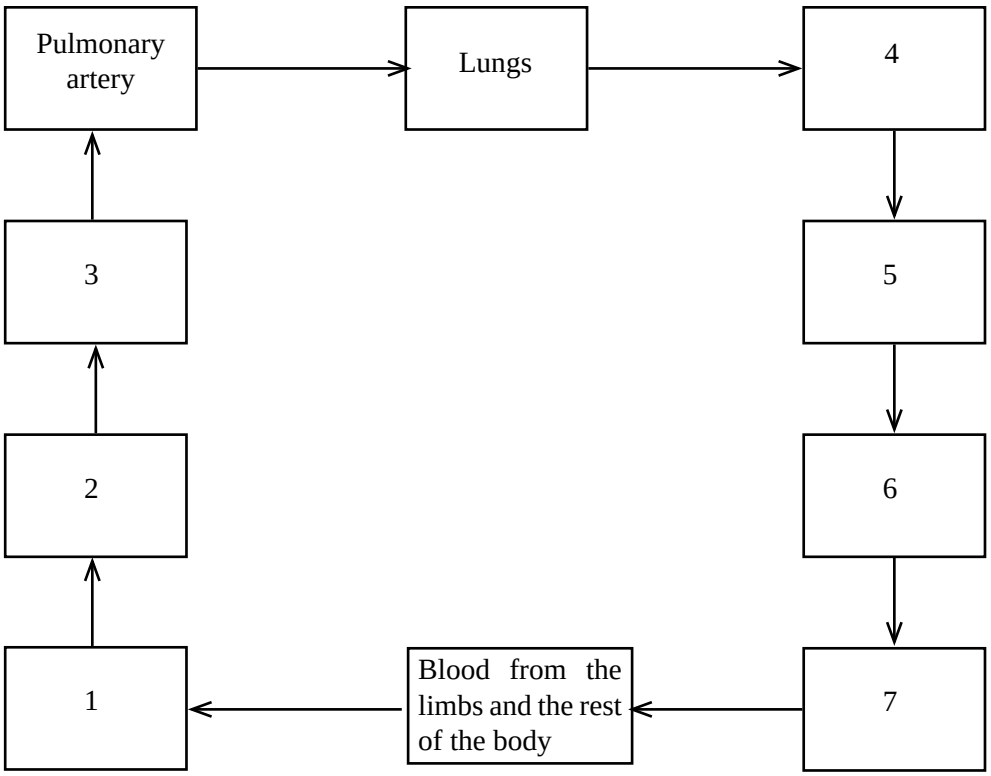
13. (a) As the representative of the final year Physical Education and Sport class in your school, you have been asked to speak to all new students. Outline in your presentation, SIX benefits that students will derive from participating in Physical Education. **(6 marks)**

(b) Choose a sport in which you have participated. For this named sport, outline THREE features that characterize it as a sport. **(6 marks)**

Total 12 marks

Anatomy and Physiology

14. (a) The diagram below shows the direction of blood flow from the limbs and the rest of the body of an athlete through the heart and lungs and its return to the limbs and body. Write down the numbers 1 to 7 in your answer booklet. For each number, name the part of the cardiovascular system through which the blood flows.



(7 marks)

(b) Five major bones are labelled 1–5 in the diagram of the human skeleton as shown in Figure 1 below.

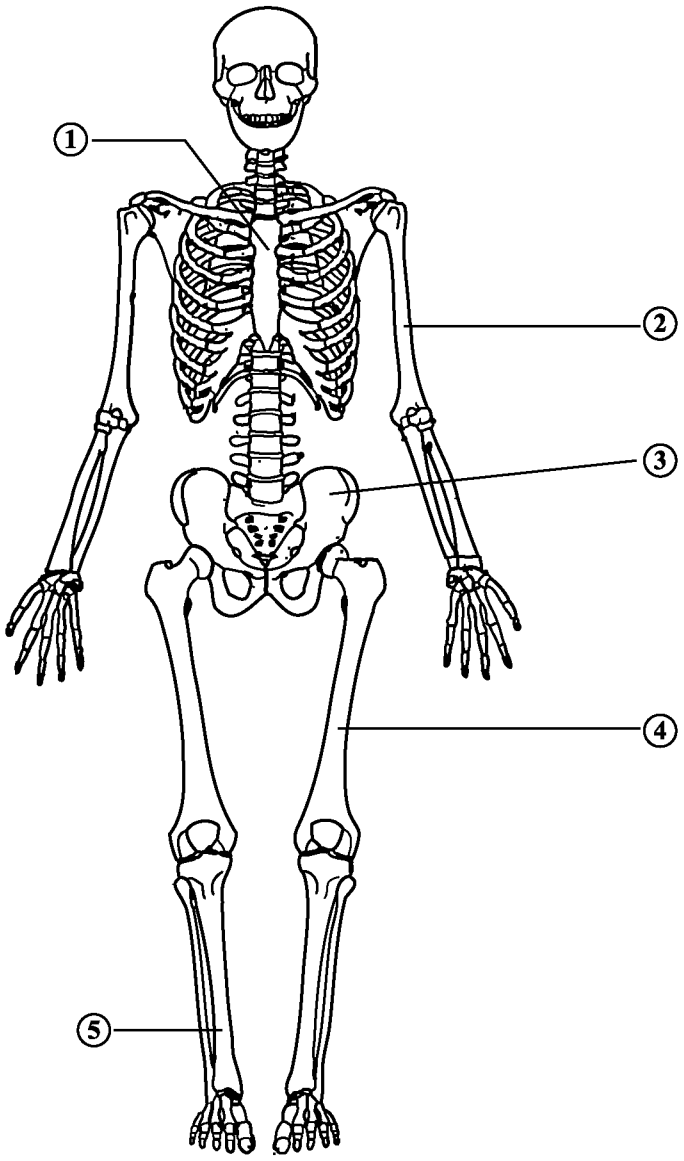


Figure 1. The human skeleton

Write the correct names of the bones numbered 1 to 5 in your answer booklet. [Choose from the following list of bones: **femur, humerus, tibia, sternum, pelvis, clavicle, fibula.]** **(5 marks)**

Total 12 marks

Fitness and Performance

15. (a) Describe the physical routine of the following methods of energy training:

(i) Circuit training

(ii) Fartlek training or speed play

(iii) Interval training **(9 marks)**

(b) Give ONE advantage of using EACH of the methods stated in (a). **(3 marks)**

Total 12 marks

Health and Nutrition

16. (a) Consuming a balanced diet has several benefits. List any FOUR of these benefits. **(4 marks)**

(b) Dawn is 14 years old and is obese, which means that she has an excessive amount of fat in her body. Give FOUR consequences of being an obese teenager. **(4 marks)**

(c) Health is a state of complete physical, mental and social well-being and not just being free from disease. State any FOUR benefits of being in a state of good **mental** health. **(4 marks)**

Total 12 marks

Social Issues

17. (a) Jodi Ann does not participate in active leisure-time activities because of certain social and community challenges she faces. Outline THREE challenges that she may be experiencing. **(6 marks)**

(b) Imagine that the Caribbean region is to host a major international sports event and you have been appointed a member of the organizing committee. For your planning, outline THREE major responsibilities your committee will address. **(6 marks)**

Total 12 marks

END OF TEST

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