FORM TP 2018094

CANDIDATE – PLEASE NOTE!
PRINT your name on the line below and return this booklet with your answer sheet. Failure to do so may result in disqualification.

TEST CODE 01252010

MAY/JUNE 2018

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

SECTION A

1 hour

22 MAY 2018 (p.m.)

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

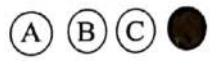
1. This test consists of 45 items. You will have 1 hour to answer them.
2. In addition to this test booklet, you should have an answer sheet.
3. Each item in this test has four suggested answers lettered (A), (B), (C), (D). Read each item you are about to answer and decide which choice is best.
4. On your answer sheet, find the number which corresponds to your item and shade the space having the same letter as the answer you have chosen. Look at the sample item below.

Sample Item

As an athlete it is important to increase one's vital capacity because there will be

(A) less oxygen intake
(B) more oxygen intake
(C) less carbon dioxide released
(D) more carbon dioxide released

Sample Answer



The best answer to this item is "more carbon dioxide released", so (D) has been shaded.

5. If you want to change your answer, erase it completely before you fill in your new choice.
6. When you are told to begin, turn the page and work as quickly and as carefully as you can. If you cannot answer an item, go on to the next one. You may return to that item later.

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

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1. The MAIN objective of Physical Education is to

(A) coach various sports to the elite level
(B) provide knowledge of a specific sport
(C) develop physical, mental and social well-being
(D) improve the physical fitness of an individual

2. The modern Olympic Games have existed since

(A) 1894
(B) 1896
(C) 1898
(D) 1900

3. The MAIN reason for reviving the Olympic Games is to

(A) allow competition
(B) promote world peace
(C) develop spectator sports
(D) highlight cultures in other countries

4. Which TWO English-speaking Caribbean countries qualified for a FIFA World Cup final in the last two decades?

(A) Barbados, Jamaica
(B) Grenada, Barbados
(C) Grenada, Trinidad and Tobago
(D) Jamaica, Trinidad and Tobago

5. In which of the following years was the Olympic Games affected by the First World War?

(A) 1900
(B) 1904
(C) 1916
(D) 1920

6. Which of the following organizations coordinates and conducts World Cup cricket?

(A) FIFA
(B) IAAF
(C) ICC
(D) IOC

7. Which of the following body systems manufactures blood cells?

(A) Skeletal
(B) Muscular
(C) Circulatory
(D) Integumentary

8. Which of the following organs excretes sweat and sebum?

(A) Skin
(B) Liver
(C) Lung
(D) Intestine

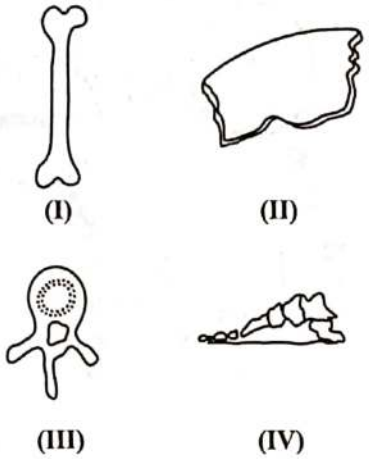
9. Which of the following set of blood vessels is in the correct sequence of blood flow from the heart, through the body and back to the heart?

(A) Veins, capillaries, arteries
(B) Capillaries, arteries, veins
(C) Arteries, capillaries, veins
(D) Veins, arteries, capillaries

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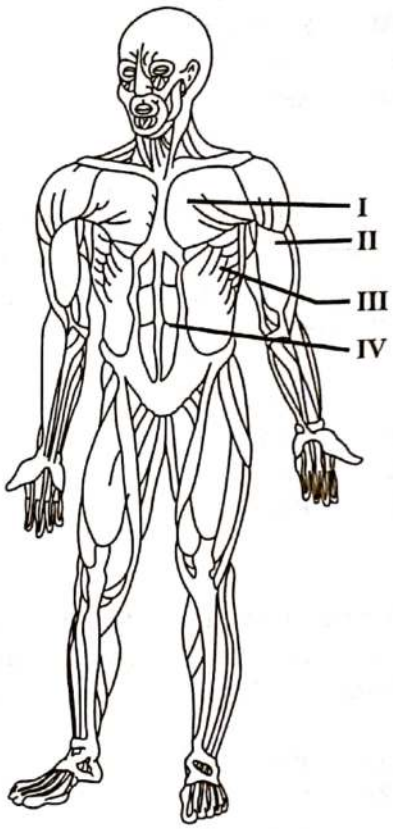
Item **10** refers to the following types of bones labelled I, II, III and IV.



10. Which of the bones is found in the vertebral column?

(A) I
(B) II
(C) III
(D) IV

Item **11** refers to the following diagram which shows some muscles of a human being labelled I, II, III and IV.



11. Which of the labelled muscles are the abdominal muscles?

(A) I
(B) II
(C) III
(D) IV

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12. In humans, the biological name for the 'windpipe' is

(A) larynx
(B) trachea
(C) bronchi
(D) epiglottis

13. Which of the following are controlled by the autonomic nervous system?

I. Breathing
II. Heartbeat
III. Running

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

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14. Bones can be classified into groups as short, long, flat or irregular. To which group do the vertebrae belong?

(A) Flat
(B) Short
(C) Long
(D) Irregular

15. A sprint runner is asked to include weight training and plyometrics in his/her workout. Which fitness component will this improve?

(A) Power
(B) Balance
(C) Coordination
(D) Reaction time

16. During which part of a training programme is emphasis placed on maintaining general fitness and flexibility through active rest?

(A) Pre-season
(B) Off season
(C) Peak season
(D) Pre-competition

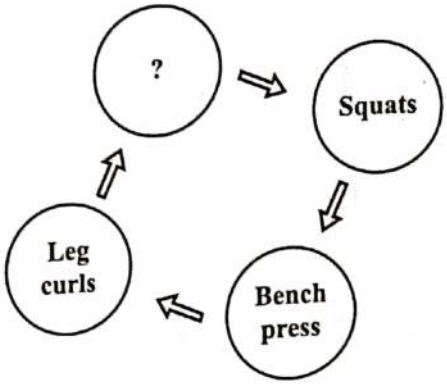
17. Aerobics as a physical activity contributes BEST to

(A) flexibility
(B) endurance
(C) balance
(D) agility

18. Which of the following sport-related fitness tests measures coordination?

(A) Alternate hand wall throw
(B) Standing broad jump
(C) 10 m shuttle run
(D) Stork stand

Item 19 refers to the following diagram of a circuit for muscular strength.



19. Which of the following exercises is BEST for completing the circuit?

(A) Pull-ups
(B) Step-ups
(C) Skipping rope
(D) Jogging on the spot

20. Which of the following methods are used for training in sport?

I. Skill
II. Circuit
III. Interval

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

21. Which of the following skills is classified as open?

(A) Front crawl
(B) Forward roll
(C) Gymnastic vaulting
(D) Volleyball spike

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22. Nicholas can perform badminton techniques almost effortlessly. This skill learning phase is called

(A) cognitive
(B) beginners
(C) associative
(D) autonomous

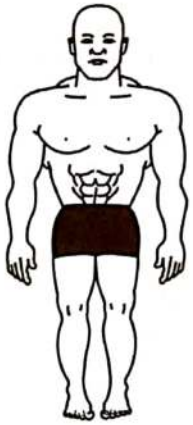
23. Which of the following situations does NOT contribute to injury prevention?

(A) Lacking fitness
(B) Warming up and cooling down
(C) Following the rules of the game
(D) Using correct gear and equipment

24. In Physical Education and Sport, good reaction time is MOST important when

(A) passing the baton
(B) starting the 100 m
(C) throwing the discus
(D) executing the high jump

Item 25 refers to the following diagram of a person with a muscular body, strong forearms and thighs, and broad shoulders.



25. Which body type is shown in the diagram above?

(A) Endomorph
(B) Mesomorph
(C) Meso-ectomorph
(D) Endo-mesomorph

26. In what direction will the forearm move when the biceps contract?

(A) Upwards
(B) Sideways
(C) Backwards
(D) Remains in the same position

27. Carla walks four miles every day. Which of the following conditions will she improve the MOST?

(A) Anaerobic capacity
(B) Body composition
(C) Musculoskeletal fitness
(D) Cardio-respiratory fitness

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28. 'Tennis elbows' and 'cricketers shoulders' are examples of which type of injury?

(A) Overuse
(B) Violence
(C) Accidental
(D) Environmental

29. Which of the following techniques is used to treat a sprain of the ankle?

(A) ABC
(B) CPR
(C) MMV
(D) RICE

30. In netball games, Mary constantly drops the ball whenever it is passed too quickly to her. How can the coach assist in correcting this problem?

(A) Avoid passing to Mary.
(B) Have players pass the ball with less force.
(C) Practise the catching skill more in training.
(D) Explain the importance of catching the ball correctly.

31. When performing pull-ups, what type of contraction occurs at the biceps?

(A) Isometric
(B) Isotonic
(C) Isokinetic
(D) Involuntary

32. Which food nutrient is the BEST choice when attempting carbo-loading before an activity?

(A) Protein
(B) Starch
(C) Water
(D) Fats

33. Which of the following foods are rich in fibre?

I. Nuts and seeds
II. Legumes and fruits
III. Sugars and seeds

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

34. Binging can impact an athlete's performance because it MAINLY affects

(A) metabolism
(B) muscle tone
(C) appetite
(D) posture

35. Which of the following food groups should an athlete include in his/her diet to prevent constipation?

(A) Fibre
(B) Fats
(C) Minerals
(D) Carbohydrates

36. The body generates ATP from the breakdown of

(A) water
(B) vitamins
(C) minerals
(D) carbohydrates

37. When a company gives financial aid in return for having its name associated with an individual, team or sport, this is known as

(A) franchise
(B) sponsorship
(C) direct selling
(D) customer service

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38. A lack of iron in the diet can cause

(A) scurvy
(B) rickets
(C) anaemia
(D) fragile bones

39. A footballer needs increased protein intake when

(A) doing a warm up
(B) on half-time break
(C) physically stressed
(D) weight training for hypertrophy

40. Stimulants are used to

(A) speed up the nervous system
(B) change the way we see things
(C) slow down how the body works
(D) reduce worry and slow down responses

41. Athletes competing in major games are randomly tested for drugs to

I. ensure competition is fair
II. protect the image of sport
III. support drug companies

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

42. A cricket umpire hears the bowler taunting the batsman. The BEST action he can take is to

(A) shout at the bowler to stop his behaviour
(B) ignore the bowler and continue the match
(C) pull the bowler aside and ask him to refrain from his discourse
(D) confer with the batsman about the bowler and tell him to ignore his discourse

43. Which of the following factors is NOT a consideration when organizing sport programmes for young people?

(A) Skill level of the sport
(B) Ethnic background
(C) Size and weight
(D) Age and gender

44. Which of the following are likely to discourage sport sponsorship agencies?

(A) Advertising the name of sponsors on products
(B) Improving performance of beneficiaries
(C) Providing exposure on television
(D) Continuing fall in profits of sponsors

45. What is the name given to an agreement between an athlete and a sponsor?

(A) Contract
(B) Warranty
(C) Application
(D) Endorsement

END OF TEST

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

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