TEST CODE **01252010**

FORM TP 2008110

MAY/JUNE 2008

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 hours and 30 minutes

23 MAY 2008 (p.m.)

INSTRUCTIONS TO CANDIDATES

1. Answer **ALL** questions.
2. Write your answers in the answer booklet provided.
3. In addition to the $2\frac{1}{2}$ hours, candidates are allowed 10 minutes to read the paper.

   Writing **MAY** begin during this time.

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

Copyright © 2006 Caribbean Examinations Council ®.
All rights reserved.

SECTION A

Answer ALL questions. The total marks available for this section is 30.

History and Development of Physical Education and Sport

1. Physical education is considered to be beneficial to society by aiding various areas of development, for example, spiritual development. Name TWO other areas of development aided by physical education. **(2 marks)**

2. Name TWO events of the ancient Olympic Games. **(2 marks)**

3. Which TWO English-speaking Caribbean countries qualified to participate in World Cup football games in the last decade (ten years)? **(2 marks)**

Anatomy and Physiology

4. **Figure 1 below and Table 1 on page 3 relate to this question.**

Figure 1 shows the vertebral column of a human being. Table 1 (page 3) is to provide a description of each type of vertebra.

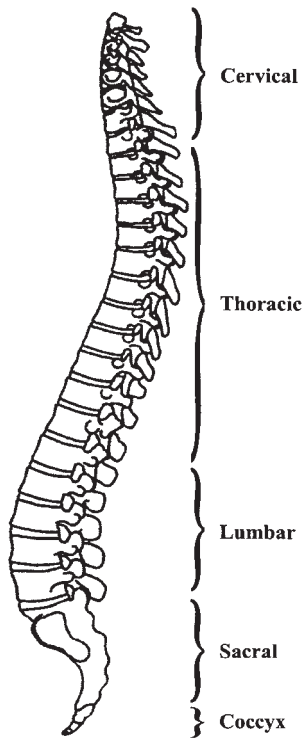


Figure 1. Vertebral column

GO ON TO THE NEXT PAGE

Copy and complete Table 1 in your answer booklet. Complete Column B by **selecting from the list below the table** the BEST description of EACH type of vertebra listed in Column A.

TABLE 1: DESCRIPTION OF VERTEBRAE

Column A: Vertebrae	**Column B: Description**
Cervical	
Thoracic	
Lumbar	
Sacral	
Coccyx	

- Fused to pelvic girdle, base of trunk and legs
- The remains of the tail
- Connected to the ribs, protect the heart and lungs
- Support the neck, lift, bend, turn the head
- Allow twisting and turning, provide attachment for back muscles
- Attached to a joint
- Short floating ribs **(5 marks)**

5. (a) The central nervous system is a network in the human body. Name the TWO main parts of this network. **(2 marks)**

(b) State ONE function of the central nervous system in movement. **(1 mark)**

Fitness and Performance

6. A training session usually consists of FOUR main stages. Identify TWO of these stages. **(2 marks)**

7. Give TWO measures that may be used to reduce the risk of injury in any sport. **(2 marks)**

8. (a) One essential principle that coaches follow in planning training programmes is overload. State TWO other principles of training. **(2 marks)**

(b) Explain ONE of the principles stated in 8 (a) above. **(2 marks)**

GO ON TO THE NEXT PAGE

Health and Nutrition

9. An athlete is advised to eat more carbohydrates (energy-giving foods). From the list below, select the FOUR foods that are HIGHEST in carbohydrates per kilogram.

- Pasta
- Sweet potato
- Broccoli
- Lettuce
- Spinach
- Cassava
- Banana
- Dark chocolate
- Okras **(2 marks)**

10. State TWO functions of water in the body. **(2 marks)**

11. (a) In what form is sugar stored in the body? **(1 mark)**

(b) Where in the body is sugar stored for later use? **(1 mark)**

Social Issues

12. Suggest TWO reasons for aggressive behaviour in spectators at sporting events. **(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) Outline FOUR roles of ONE of the following sport organizations in your country:

(i) Government or Ministry responsible for Sport

(ii) Sports Council

(iii) Sports Institute

(iv) Olympic Association

(v) National Sports Association/Federation **(4 marks)**

(b) List THREE similar features of the following sports:

- Football
- Netball
- Basketball **(3 marks)**

(c) The Caribbean hosted the 2007 Cricket World Cup.

Suggest THREE advantages and TWO disadvantages to the Caribbean in hosting this event.

(5 marks)

Total 12 marks

Anatomy and Physiology

14. (a) Figure 2 shows a diagram of a joint in the human body.

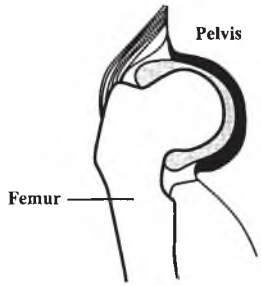


Figure 2. Joint in the human body

(i) Identify the type of joint shown in Figure 2. **(1 mark)**

(ii) Name TWO parts of the human body in which the joint in Figure 2 is found. **(2 marks)**

(iii) List THREE types of motion that take place at this joint. **(3 marks)**

(b) Explain how the body cools itself when it gets too hot while exercising. **(6 marks)**

Total 12 marks

Fitness and Performance

15. (a) Sport injuries are classified in two categories.

(i) Name the TWO categories of sport injuries. **(2 marks)**

(ii) Describe ONE of the categories of sport injuries named in (a)(i) above. **(2 marks)**

(iii) Give ONE example of EACH category named in (a)(i) above). **(2 marks)**

(b) Winsome is a good football player. State THREE specific components of fitness that must be targeted during her training. **(3 marks)**

(c) Johnathan is 15 years old and overweight. He does not enjoy running activities. Recommend THREE aerobic activities that he can practise to reduce his body fat. **(3 marks)**

Total 12 marks

GO ON TO THE NEXT PAGE

Health and Nutrition

16. (a) From the list of food items provided below, select FOUR items to include in the menu for a **balanced** breakfast of an athlete in training.

- Dark chocolates
- Cereal (hot or cold)
- Carbonated beverages, sodas, sweet drinks
- Johnny cakes, bakes, floats
- Bread or biscuits or bun with jam or jelly
- Spinach/lettuce/tomato
- Hot cocoa, tea, hot chocolate
- Fruit juices
- Corn curls/potato chips
- Fruit in season
- Eggs **(4 marks)**

(b) The human body needs nutrients for growth and development.

(i) Name FOUR groups of nutrients. **(4 marks)**

(ii) What is the function of EACH group of nutrients named in (b) (i) above? **(4 marks)**

Total 12 marks

Social Issues

17. (a) List FOUR valuable lessons one could learn from being a member of a sports team. **(4 marks)**

(b) You have been given the role of sports co-ordinator for a group of physically challenged people whose physical education facility is being renovated.

Outline THREE features of the building that you would ensure were in place to accommodate these persons. **(6 marks)**

(c) You are running a sporting competition for boys ages 10 - 12 years. State TWO requirements of **either** the rules **or** the facilities and equipment that you would desire, in order to accommodate these boys. **(2 marks)**

Total 12 marks

END OF TEST