TEST CODE **01252010**

FORM TP 2011101

MAY/JUNE 2011

C A R I B B E A N E X A M I N A T I O N S C O U N C I L

SECONDARY EDUCATION CERTIFICATE EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 1/2 hours

26 MAY 2011 (p.m.)

READ THE FOLLOWING DIRECTIONS CAREFULLY.

1. This paper consists of 17 questions in TWO sections. Answer ALL questions.
2. Write your answers in the answer booklet provided.
3. In addition to the $2\frac{1}{2}$ hours, you 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 © 2009 Caribbean Examinations Council.
All rights reserved.

SECTION A

Answer ALL questions. This section is worth 30 marks.

History and Development of Physical Education and Sport

1. (a) Caribbean nations performed extremely well at the 2008 Olympic Games in Beijing, China.

State the sporting discipline that produced the MOST outstanding results for the Caribbean, in these Games.

(1 mark)

(b) (i) Name the Jamaican athlete who won THREE gold medals at the 2008 Olympic Games.

(1 mark)

(ii) State the TWO individual events in which the athlete named in (i) above won the gold medals.

(2 marks)

2. All Olympic Games are guided by ideals. State TWO of the Olympic ideals.

(2 marks)

Anatomy and Physiology

3. (a) Figure 1 shows Richard's arm exercising with a dumbbell. Describe briefly the muscle action involved in lifting and lowering the dumbbell.

(4 marks)



Figure 1

(b) Name the TWO types of tissue that make up the skeletal system.

(2 marks)

Fitness and Performance

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

(3 marks)

TABLE 1

Column A	Column B
Hypermobility	
Shin splint	
Condyloid joint	

- Pain in the front of the tibia
- One bone slides on top of the other.
- The ability to extend the knee, elbow, thumb or wrist joint past a straight line
- Allows movement in two planes (directions)

5. Copy the terms labelled A, B and C in your answer booklet. Match the definition of EACH term by writing the correct number of the definition next to the term.

Terms	Definitions
(A) Force	1. The ability to exercise the entire body for long periods of time
	2. Tendency of the body to remain at rest
(B) Mass	3. The body's ability to start or stop, or alter the state of motion, and is proportional to the body's mass
(C) Inertia	4. The amount of material of which an object is made

(3 marks)

Health and Nutrition

6. (a) Name ONE food high in fibre. **(1 mark)**

(b) Give TWO benefits of fibre in an athlete's diet. **(2 marks)**

7. Identify ONE food that is high in

(i) saturated fats

(ii) unsaturated fats. **(2 marks)**

8. Tissue damage occurs during exercise. Name the nutrient that is responsible for tissue repair. **(1 mark)**

Social Issues

9. Allen Stanford's 20/20 cricket competition had an impact on cricket in the Caribbean. Identify TWO possible effects that resulted from this competition.

(2 marks)

10. State TWO contributions that governments can make towards the development of sport in small communities.

(2 marks)

11. State ONE benefit that a country may gain from hosting the Summer Olympic Games.

(1 mark)

12. Name ONE of the two sisters who have dominated the sport of tennis worldwide over the last decade.

(1 mark)

Total 30 marks

SECTION B

Answer ALL questions. Each question is worth 12 marks.

History and Development of Physical Education and Sport

13. (a) The Renaissance period between 1300 and 1600 AD was a time of change.

Describe the impact of the age of Renaissance on physical education. Your answer must include TWO points. **(4 marks)**

(b) Many factors contribute to excellence in sport. Discuss THREE factors that can facilitate or help persons to achieve excellence in sport. **(6 marks)**

(c) Suggest TWO ways in which society can benefit from young persons being physically active. **(2 marks)**

Total 12 marks

Anatomy and Physiology

14. (a) A player is kicking a ball using his right foot. Describe how EACH of the following parts of the skeletal system supports the lower body during this movement.

(i) Femur

(ii) Pelvic girdle **(4 marks)**

(b) Describe FOUR effects of exercise on the skeletal system. **(8 marks)**

Total 12 marks

Fitness and Performance

15. (a) (i) The training year is divided into THREE seasons or periods. Name EACH of the THREE seasons or periods. **(3 marks)**

(ii) For any ONE of the seasons or periods named in (a) (i) above, outline the activities that are done by an athlete. **(4 marks)**

(b) A trained individual is in a better state of physical fitness than a person whose lifestyle is inactive. State FIVE characteristics of the trained individual. **(5 marks)**

Total 12 marks

Health and Nutrition

16. (a) A balanced diet plays an important role in enhancing fitness and health. Using THREE factors, explain how a balanced diet enhances fitness and health.

(6 marks)

(b) David, a footballer, is a strict vegetarian.
Suggest TWO different foods he can have for EACH of his meals for breakfast, lunch and dinner.

(6 marks)

Total 12 marks

Social Issues

17. (a) Aggression that leads to violence is one of the major problems facing sports.

(i) State THREE factors, other than personal reasons, that influence players to become aggressive.

(3 marks)

(ii) Explain how personal reasons may lead to players becoming aggressive. Your answer must include THREE points.

(6 marks)

(b) How can your financial status affect your choice of sport, for example, sailing versus football? Discuss THREE factors in your answer.

(3 marks)

Total 12 marks

END OF TEST