SECTION B

Answer ALL questions.

History and Development of Physical Education and Sport

1. **(a)** **State THREE historical developments of Physical Education and Sport.**

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(3 marks)

(b) **Sport is divided into four broad categories. Identify any TWO categories.**

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(2 marks)

(c) **Outline TWO differences between 'Physical Education' and 'Sport'.**

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(4 marks)

Total 9 marks

Anatomy and Physiology

2. (a) (i) Name the basic building blocks of the human body.

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(1 mark)

(ii) State the name of the structure formed when tissues in the body are combined.

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(1 mark)

(b) (i) Identify the type of muscle found at X in Figure 1 below.

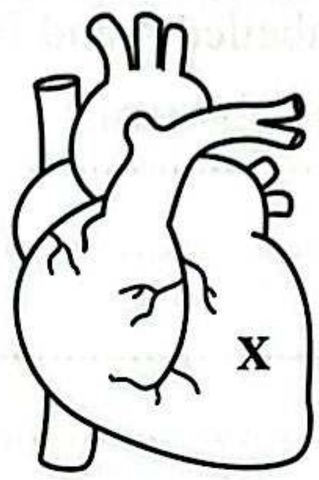


Figure 1.

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(1 mark)

(ii) State TWO functions of the muscular system in humans.

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(2 marks)

(c) Figure 2 below shows a diagram of the respiratory system in humans.

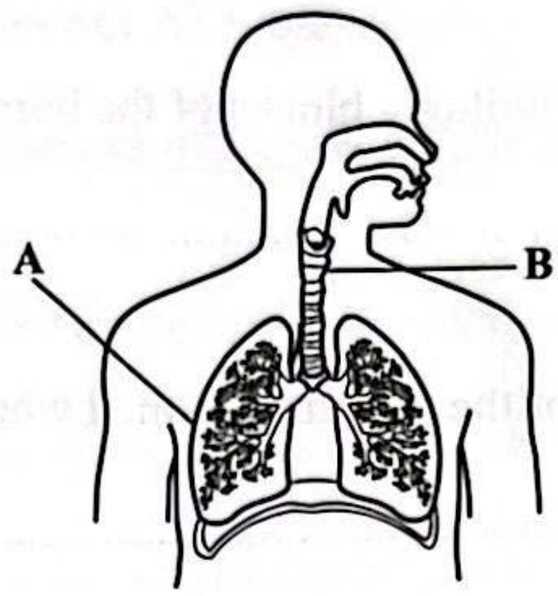


Figure 2. Respiratory system in humans

(i) Identify the sections labelled A and B.

A .....

(1 mark)

B .....

(1 mark)

(ii) Explain what is meant by the 'vital capacity' of the lungs.

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(2 marks)

Total 9 marks

Fitness and Performance

3. (a) Figure 3 and Figure 4 below show arm exercises during a warm-up activity.

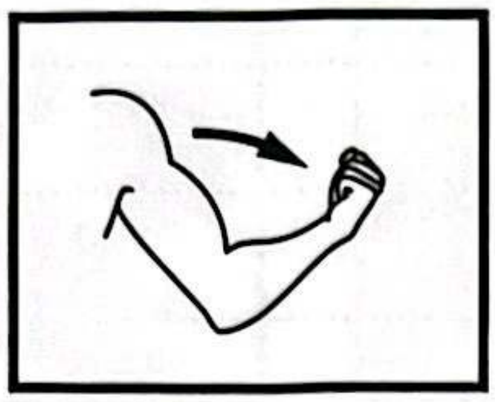


Figure 3

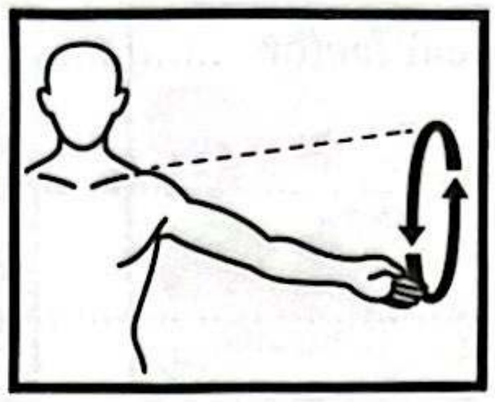


Figure 4

Identify the type of muscle action shown in Figure 3 and Figure 4 from the following list:

Rotation Flexion Circumduction Extension

(i) Figure 3 .....

(1 mark)

(ii) Figure 4 .....

(1 mark)

(b) Janet has no experience playing a sport but has decided to join the hockey club. State THREE ways in which Janet could prevent sport injuries.

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(3 marks)

(c) Lisa, the hockey team manager, is discussing with Janet how physiological and environmental factors could affect performance during a game.

Explain how ONE named physiological factor and ONE named environmental factor could affect performance during a game.

Physiological factor .....

Explanation .....

.....

.....

(2 marks)

Environmental factor .....

Explanation .....

.....

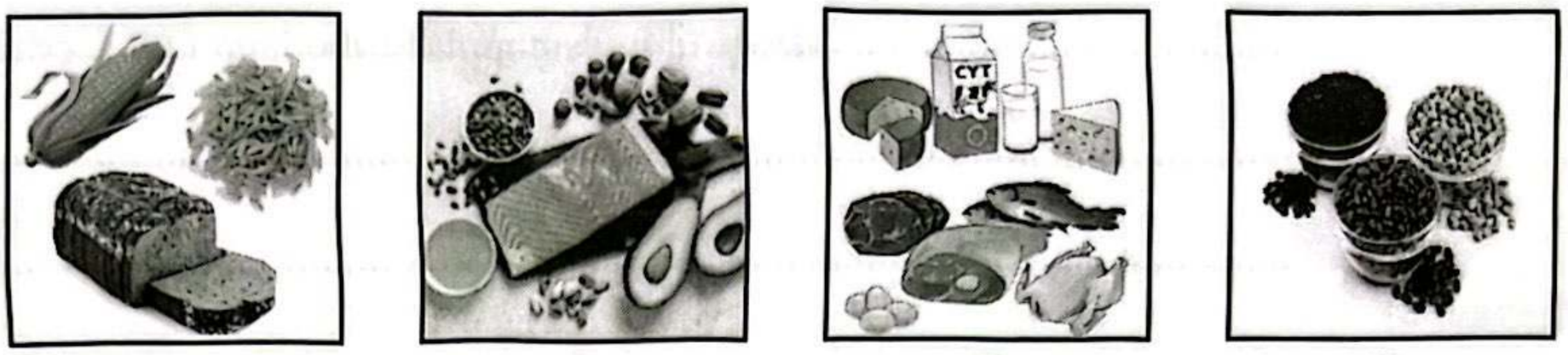
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(2 marks)

Total 9 marks

Health and Nutrition

4. (a) Figure 5 below shows pictures of four food groups labelled A, B, C and D.



A B C D

Figure 5. Food groups

(i) Identify the picture which shows staples.

.....

(1 mark)

(ii) Identify the picture which shows legumes.

.....

(1 mark)

(b) (i) Identify ONE food that is high in

Energy .....

Protein .....

(2 marks)

(ii) Jerald consumes fluids regularly while participating in a marathon event.

Explain ONE reason why regular fluid intake is important for him.

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(2 marks)

(c) List THREE factors that must be considered when planning a menu for an athlete.

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(3 marks)

Total 9 marks

Trends and Social Issues

5. (a) Nichole tested positive for a banned substance after completing the 200 m sprint finals at the Olympic Games.

Identify TWO methods of drug testing in sports.

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(2 marks)

(b) State TWO ways in which sports could benefit from media coverage.

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(2 marks)

(c) (i) List THREE cultural issues that may affect sports in the Caribbean.

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(3 marks)

(ii) State TWO ways in which sports can be used to break down cultural barriers.

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(2 marks)

Total 9 marks

END OF TEST

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