TEST CODE **01252040**

FORM TP 2022101

MAY/JUNE 2022

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE®
EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

SECTION B

1 hour 30 minutes

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This paper consists of FIVE questions. Answer ALL questions.
2. Do NOT write in the margins.
3. If you need to rewrite any answer and there is not enough space to do so on the original page, you must use the extra lined page(s) provided at the back of this booklet. **Remember to draw a line through your original answer.**
4. **If you use the extra page(s) you MUST write the question number clearly in the box provided at the top of the extra page(s) and, where relevant, include the question part beside the answer.**

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

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SECTION B

Answer ALL questions.

History and Development of Physical Education and Sport

1. (a) Name TWO **major** sporting events other than the Olympic Games.

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(2 marks)

(b) Choose any TWO of the modern Olympic Games listed below and, for EACH game, describe ONE action that was taken at the event to make a political statement.

1936 Berlin Games
1968 Mexico City Games
1972 Munich Games
1976 Montreal Games

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(4 marks)

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(c) National governing bodies are involved in developing and implementing sport-related initiatives.

(i) State the name of ONE national governing body for sports.

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(1 mark)

(ii) In many Caribbean countries, there are governmental agencies that play an important role in the promotion of sport throughout the country. Describe ONE role of a governmental agency in the promotion of sport.

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(2 marks)

Total 9 marks

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Anatomy and Physiology

2. (a) Figure 1 shows a diagram of the bones in the human leg.



Figure 1. Diagram of bones in the human leg

Identify the bones labelled **A** and **B**.

A .....

B .....

(2 marks)

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(b) Figure 2 shows a diagram of the muscles in the human leg.

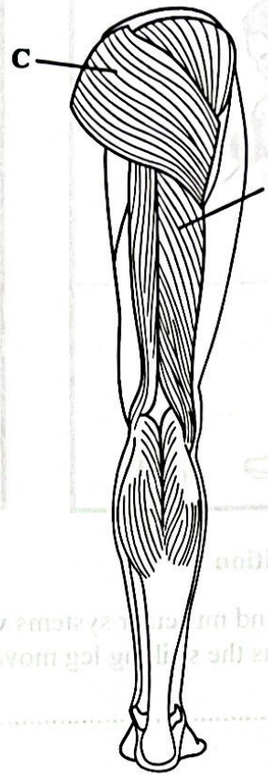


Figure 2. Diagram of muscles in the human leg

Identify the muscles labelled **C** and **D**.

C.....

D.....

(2 marks)

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(c) Figure 3 shows a footballer kicking a football at two positions, A and B.



Figure 3. Position A



Figure 3. Position B

Explain how the skeletal and muscular systems work together to bring about the kicking action shown in Figure 3 as the striking leg moves from Position A to Position B.

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(3 marks)

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(d) Suggest TWO positive effects of weightlifting on the muscular system.

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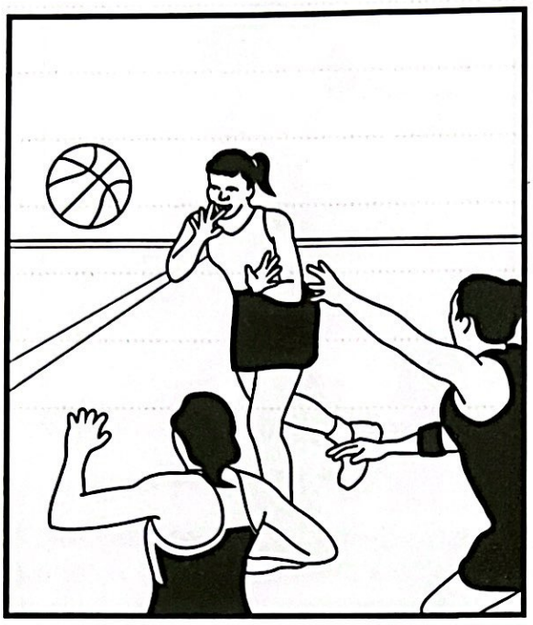
(2 marks)

Total 9 marks

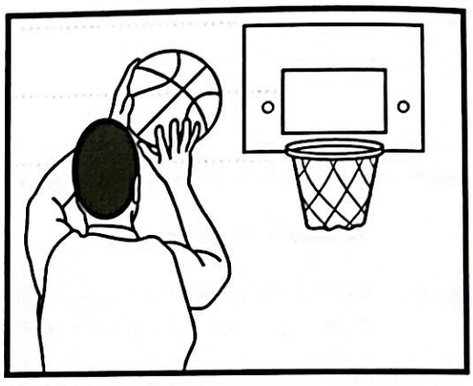
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Fitness and Performance

3. (a) Figure 4 illustrates the execution of the open skill and the closed skill in two sports.



A pass in netball



A free throw in basketball

Figure 4. Open skill and closed skill sports

(i) Identify the sport in Figure 4 in which an 'open skill' is illustrated.

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(1 mark)

(ii) Use Figure 4 to explain the difference between an 'open skill' and a 'closed skill'.

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(2 marks)

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(b) (i) During a game of football, Josette fell, hit her head and was knocked unconscious. Identify the injury that can occur within 24 hours as a result of the fall.

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(1 mark)

(ii) Figure 5 shows Josette being placed in a specialized position.

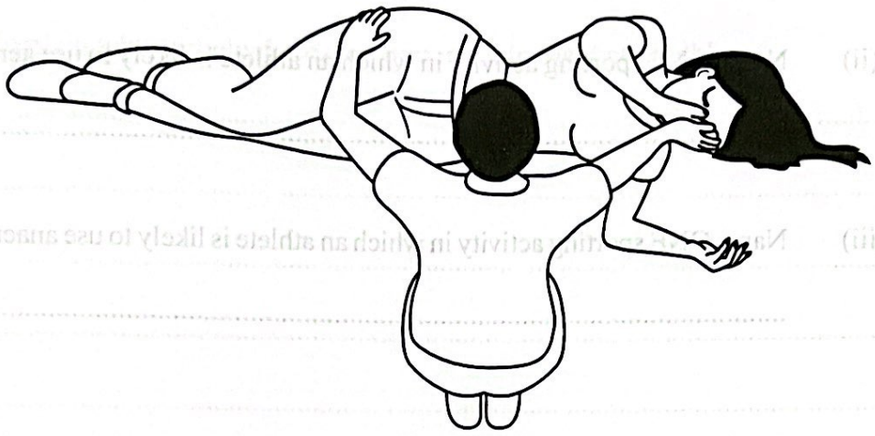


Figure 5. Specialized position

State the name of the specialized position shown in Figure 5.

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(1 mark)

(iii) Identify the emergency health personnel who is MOST likely to have placed Josette in the position in Figure 5.

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(1 mark)

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(c) (i) State the MAIN difference between 'aerobic respiration' and 'anaerobic respiration'.

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(1 mark)

(ii) Name ONE sporting activity in which an athlete is likely to use aerobic respiration.

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(1 mark)

(iii) Name ONE sporting activity in which an athlete is likely to use anaerobic respiration.

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(1 mark)

Total 9 marks

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Health and Nutrition

4. (a) List THREE foods that provide athletes with complex carbohydrates.

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(3 marks)

(b) Explain why carbohydrates are important in the diet of athletes.

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(2 marks)

(c) Suggest TWO ways in which the diet of an athlete is different from that of a non-athlete and provide a justification for EACH suggestion.

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(4 marks)

Total 9 marks

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Trends and Social Issues

5. (a) State TWO ways in which sporting events may be sponsored.

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(2 marks)

(b) Suggest THREE reasons why female sporting events receive less sponsorship than male sporting events.

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(3 marks)

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(c) Outline TWO examples that show how computer technology has helped to improve accuracy in sports.

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(4 marks)

Total 9 marks

END OF TEST

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

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