CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

18 MAY 2021 (p.m.)

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FILL IN ALL THE INFORMATION REQUESTED CLEARLY IN CAPITAL LETTERS.

TEST CODE | 0 | 1 | 2 | 5 | 2 | 0 | 4 | 0 |

SUBJECT PHYSICAL EDUCATION AND SPORT – Paper 01B

PROFICIENCY GENERAL

REGISTRATION NUMBER | | | | | | | | | | |

SCHOOL/CENTRE NUMBER					

NAME OF SCHOOL/CENTRE

CANDIDATE'S FULL NAME (FIRST, MIDDLE, LAST)

DATE OF BIRTH | D | D | M | M | Y | Y | Y | Y |

SIGNATURE _____

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FORM TP 2021100

TEST CODE 01252040

MAY/JUNE 2021

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) (i) Define the term 'physical education'.

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(1 mark)

(ii) Suggest THREE ways in which physical education can be used to promote lifetime sports.

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(3 marks)

(b) (i) List THREE factors that may prevent the teaching of physical education in your country.

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(3 marks)

(ii) State how any TWO factors listed in (b) (i) may prevent the pursuit of physical education in your country.

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(2 marks)

Total 9 marks

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Anatomy and Physiology

2. (a) Cells are the first level of organization in the structure of the human body. List the **other** THREE levels of organization in the human body.

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(3 marks)

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(b) Figure 1 illustrates a gymnast in motion.



Figure 1. Gymnast in motion

Describe TWO types of movements shown in the picture.

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(4 marks)

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(c) One function of the flat bones in the body is protection. Name ONE flat bone and explain how this bone provides protection during physical activities in a **named** sport.

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(2 marks)

Total 9 marks

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Fitness and Performance

3. (a) Explain what is meant by the term 'Fartlek training'.

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(3 marks)

(b) An athlete performed a combination of six exercises at six different stations with short rest periods.

(i) State the method of training used by the athlete.

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(1 mark)

(ii) List TWO activities that the athlete may have used.

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(2 marks)

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(a) Suggest THREE reasons why an athlete may use Fartlek training.

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(3 marks)

Total 9 marks

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Health and Nutrition

4. (a) As part of a school's focus on healthy eating, students were asked to keep a record of all the food they ate over a one-week period. Table 1 shows an excerpt from a student's record.

TABLE 1: EXCERPT FROM A STUDENT'S RECORD

Day	Breakfast	Lunch	Dinner	Snack	Drinks
Monday	Potato pie	Burger and fries	Egg salad	Chocolate (×2)	1 L Water Small coke
Tuesday	Cereal	Tuna sandwich	Chicken and potatoes	Rice crisps	1 L Water

(i) On which of the days, Monday or Tuesday, did the student have a more balanced diet?

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(1 mark)

(ii) Name the TWO **major** categories of nutrients that must be present in a balanced diet.

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(2 marks)

(b) Adrianne is an elite athlete. Due to a lack of time, she often eats her dinner just before playing netball.

Explain why eating a large meal just before exercise might have a **negative** effect on her performance.

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(2 marks)

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(c) Outline TWO reasons why it is important for Adrianne to include carbohydrates in her meal plans.

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(4 marks)

Total 9 marks

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Trends and Social Issues

5. (a) State THREE reasons why women have been more successful in sports in the twenty-first century.

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(3 marks)

(b) Suggest THREE examples of situations in which physical education and sport has been positively affected by Caribbean politics.

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(3 marks)

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(c) Suggest THREE reasons why sport should be included in political decisions.

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(3 marks)

Total 9 marks

END OF TEST

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

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EXTRA SPACE

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Question No. ☐

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CANDIDATE'S RECEIPT

INSTRUCTIONS TO CANDIDATE:

1. **Fill in all the information requested clearly in capital letters.**

TEST CODE: | 0 | 1 | 2 | 5 | 2 | 0 | 4 | 0 |

SUBJECT: PHYSICAL EDUCATION AND SPORT – Paper 01B

PROFICIENCY: GENERAL

REGISTRATION NUMBER: | | | | | | | | | | |

FULL NAME: _____

(BLOCK LETTERS)

Signature: _____

Date: _____

2. **Ensure that this slip is detached by the Supervisor or Invigilator and given to you when you hand in this booklet.**

3. **Keep it in a safe place until you have received your results.**

INSTRUCTION TO SUPERVISOR/INVIGILATOR:

Sign the declaration below, detach this slip and hand it to the candidate as his/her receipt for this booklet collected by you.

I hereby acknowledge receipt of the candidate's booklet for the examination stated above.

Signature: _____
Supervisor/Invigilator

Date: _____

