TEST CODE **01252010**

FORM TP 2006119

MAY/JUNE 2006

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

2 hours and 40 minutes

07 JUNE 2006 (p.m.)

INSTRUCTIONS TO CANDIDATES

1. Answer **ALL** questions.
2. Write your answers in the answer booklet provided.

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

Copyright © 2004 Caribbean Examinations Council.®
All rights reserved.

SECTION A

You should spend approximately 1 hour on this section. This section contains TWELVE questions based on the topics in the Core. Candidates must answer ALL questions. This section is worth 30 marks.

History and Development of Physical Education and Sport

1. (a) What is the name of the world body that is promoting 'drug free sport' at all international events through research, testing and education? **(1 mark)**

(b) State TWO social benefits of sport. **(2 marks)**

2. State TWO reasons why Merlene Ottey can be described as the most outstanding female Olympian in the English-speaking Caribbean. **(2 marks)**

Anatomy and Physiology

3. Define EACH of the following terms related to movements about a joint:

(i) Flexion

(ii) Extension **(2 marks)**

4. Name TWO chambers of the heart. **(2 marks)**

5. Match EACH bone of the body in Column A with its scientific name in Column B. Copy the column headings into your answer booklet and list the matching names.

Column A	Column B
Hip bone	Scapula
Thigh bone	Ulna
Knee cap	Pelvis
Shoulder blade	Patella
	Femur
	Fibula

(4 marks)

Fitness and Performance

6. Explain the 'Principle of Overload' ('Law of Overload'). **(3 marks)**

7. Identify TWO measures that could be used to guard against heat-related conditions in the body. **(2 marks)**

8. Name TWO types of minor sport injuries. **(2 marks)**

Health and Nutrition

9. (a) What are nutrients? **(1 mark)**

(b) State TWO reasons why it is important to control the amount of body fat in the human body. **(2 marks)**

(c) Name an instrument that may be used in the classroom to measure body fat. **(1 mark)**

10. Give TWO reasons why a person should NOT consume a heavy meal immediately before an exercise routine. **(2 marks)**

Social Issues

11. Describe TWO examples of behaviour which demonstrate sportsmanship in the field of sport. **(2 marks)**

12. Explain ONE way in which technology has been used to enhance performance in sport. Give ONE example to support your answer. **(2 marks)**

Total 30 marks

SECTION B

You should spend approximately 1 hour and 40 minutes on this section. This section contains FIVE questions based on the modules in the Core. Candidates must answer ALL questions. Each question is worth 12 marks.

History and Development of Physical Education and Sport

13. (a) Where were the first Olympic Games held? **(1 mark)**

(b) List THREE functions of either the national, regional or international governing body for a **named** sport. **(3 marks)**

(c) Make a copy of Table 1 in your answer booklet. Complete the table using the information from your territory by naming the governing body at EACH level indicated for ONE of the sports of netball, football, cricket, track and field athletics.

TABLE 1

International Governing Body	
Regional Affiliation	
National Association	
Local Club	

(4 marks)

(d) The West Indies Cricket team has been an important institution for many decades. List FOUR benefits that the Caribbean has enjoyed because of the West Indies team.

(4 marks)

Total 12 marks

Anatomy and Physiology

14. (a) List FIVE functions of the skeleton. **(5 marks)**

(b) Make a copy of Table 2 in your answer booklet. Complete the table by inserting information about the characteristics of slow-twitch and fast-twitch muscle fibres.

TABLE 2

CHARACTERISTICS	FAST-TWITCH MUSCLE FIBRES	SLOW-TWITCH MUSCLE FIBRES
Speed of contraction		
Ability to maintain contraction		

(4 marks)

(c) Athletes train regularly for their sport of choice. Explain THREE effects that aerobic training will have on their hearts and circulatory systems. **(3 marks)**

Total 12 marks

Fitness and Performance

15. (a) There are several methods of energy training, such as, circuit, interval and fartlek.

(i) Choose ONE of the above methods and briefly describe the physical routine. **(3 marks)**

(ii) State THREE advantages of using any ONE of these methods for a high performance athlete. **(3 marks)**

(b) Suggest THREE reasons why physical performance could decline in a person 40 years and older. **(3 marks)**

(c) Identify THREE symptoms that would be displayed by a person experiencing dehydration during physical activity. **(3 marks)**

Total 12 marks

Health and Nutrition

16. (a) Identify FIVE practices which a person can adopt to promote a healthy life style. **(5 marks)**

(b) Young people who are going through puberty have special nutritional needs. Identify the THREE **main** minerals needed at this stage. **(3 marks)**

(c) List FOUR factors which could affect the nutritional needs of a teenager. **(4 marks)**

Total 12 marks

Social Issues

17. (a) List TWO social and TWO physical adjustments that can be made to create a safe and comfortable environment that will allow persons with disabilities to participate in sporting activities. **(4 marks)**

(b) Name FOUR regional or international sport competitions in which persons with disabilities can participate. **(4 marks)**

(c) Name ONE new drug that was recently banned for use in the field of sport **and** name the company that was involved. **(4 marks)**

Total 12 marks

END OF TEST