

**FORM TP 2016098**



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**CARIBBEAN EXAMINATIONS COUNCIL  
CARIBBEAN SECONDARY EDUCATION CERTIFICATE®  
EXAMINATION**

**PHYSICAL EDUCATION AND SPORT**

**Paper 01 – General Proficiency**

**SECTION B**

*1 hour 30 minutes*

**26 MAY 2016 (p.m.)**

**READ THE FOLLOWING INSTRUCTIONS CAREFULLY.**

1. This paper consists of FIVE questions.
2. Answer ALL questions.
3. Write your answers in the answer booklet provided.
4. Each question is worth nine marks.

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

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01252040/F 2016



## SECTION B

This section contains FIVE questions based on the topics in the core.

Answer ALL questions.

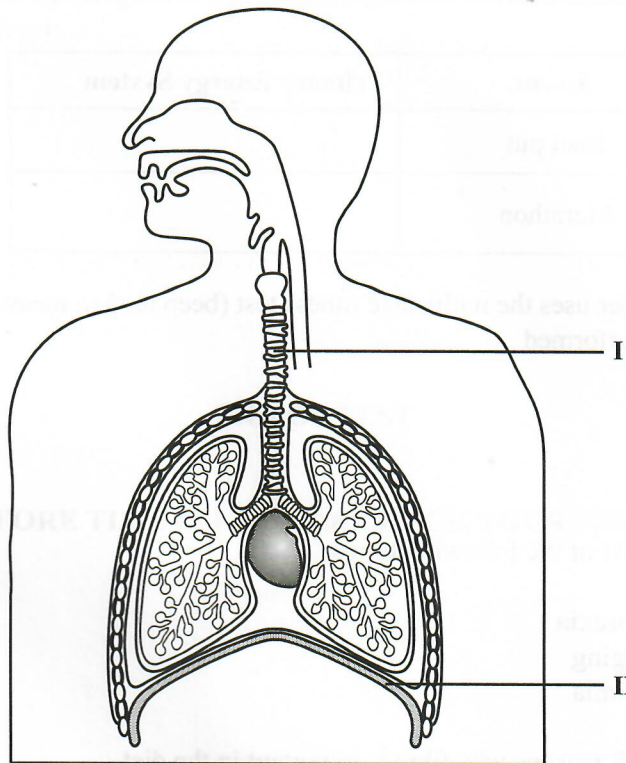
### History and Development of Physical Education and Sport

1. (a) (i) Why was South Africa banned from participating in the Olympic Games for about 30 years? (1 mark)
- (ii) Every year a Caribbean country hosts the CARIFTA Games. State TWO advantages of hosting these Games. (2 marks)
- (b) Outline TWO roles that international sports federations perform. (2 marks)
- (c) Explain TWO benefits that teenagers of a youth club could gain from being involved in sport. (4 marks)

**Total 9 marks**

**Anatomy and Physiology**

2. (a) Olive is performing in a gymnastics competition. State THREE roles that the vertebral column plays in the performance. (3 marks)
- (b) Identify the parts of the respiratory system labelled I and II in the diagram below. (2 marks)



- (c) Explain TWO functions of the skin. (4 marks)

**Total 9 marks**

### Fitness and Performance

3. (a) Andy is described as an extreme endomorph. He wants to participate in a 10K race. Outline ONE physiological and ONE environmental factor that could affect his performance. (4 marks)

- (b) In your answer booklet indicate the type of primary energy system needed for EACH event listed in the table below. (2 marks)

Event	Primary Energy System
Shot put	
Marathon	

- (c) A basketballer uses the multistage fitness test (beep test) to measure endurance. Explain how the test is performed. (3 marks)

**Total 9 marks**

### Health and Nutrition

4. (a) Define EACH of the following terms:

- (i) Anorexia
- (ii) Binging
- (iii) Bulimia

**(3 marks)**

- (b) State THREE reasons why fibre is important in the diet. (3 marks)

- (c) The table below lists some nutrients. In your answer booklet, write the disease/illness that could result from a lack or deficiency of EACH named nutrient.

*An example has been completed for you.*

Vitamins and Minerals	Resulting Illness/Deficiency Disease
<i>Potassium</i>	<i>Hypokalaemia (cramps)</i>
i. Vitamin A	
ii. Calcium	
iii. Iodine	

**(3 marks)**

**Total 9 marks**

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**Trends and Social Issues**

5. (a) State THREE reasons why doping is NOT allowed in sport. (3 marks)
- (b) List THREE factors that can increase the participation of women in sport. (3 marks)
- (c) List THREE environmental factors that organizers need to consider when preparing for a large sporting event. (3 marks)

**Total 9 marks**

**END OF TEST**

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