

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for General Certificate of Education Ordinary Level

Physical Education Paper 1

6080/1

Wednesday

19 JULY 2017

Additional Information:

Answer Booklet

Time: 2 hours 30 minutes

Marks: 70

Instructions to Candidates

- 1 Pull out the **Answer Booklet** from the question paper.
- 2 Write your name, centre number and candidate number on the Answer Booklet provided.
- 3 There are **three (3)** sections in this paper, **A, B** and **C**
- 4 **Section A** has **twenty (20)** multiple choice questions, **answer all** questions.
Section B has **ten (10)** short answer questions.
Section C has **five (5)** essay questions.
- 5 Write your answers in the Answer Booklet provided. Follow specific instructions for each section.
- 6 **Cell phones and calculators are not allowed in the examination room.**
- 7 Do not start writing until you are told to do so.

SECTION A: (20 Marks)

- 1** Head stand is an example of ... skill.
- A** athletics
 - B** balancing
 - C** locomotor
 - D** manipulative
- 2** How many parts is the netball court divided into?
- A** 2
 - B** 5
 - C** 4
 - D** 3
- 3** Which of the following is not an internal motive for participating in competition?
- A** Desire to conquer one's fear.
 - B** Having fun
 - C** Opportunity to test one's ability
 - D** Opportunity to win money.
- 4** Which of the following are the factors influencing sports participation?
- 1 Sports and physical recreation facilities
 - 2 Age
 - 3 Nationality
 - 4 Social economic class
- A** 1, 2, and 3 only
 - B** 1, 2, and 4 only
 - C** 1, 3, and 4 only
 - D** 2, 3, and 4 only
- 5** Which of the following can improve circuit training?
- 1 Muscular endurance
 - 2 Flexibility
 - 3 Aerobic
- A** 1 and 2 only
 - B** 1 and 3 only
 - C** 2 and 3 only
 - D** 1, 2 and 3
- 6** What are the **two** main components of athletics?
- A** Javelin and relays
 - B** Shot put and 4 × 400m
 - C** Track and field events
 - D** Running events and high jump

- 7** Which of the following is the correct order in which a warm up should be performed?
- A** Pulse raises, stretching, skills
 - B** Stretching, skills, pulse raise
 - C** Stretching, pulse raise, skills
 - D** Skills, pulse raise, stretching
- 8** All the following are components of physical activities except ...
- A** athletics endurance.
 - B** cardio-respiratory endurance.
 - C** flexibility.
 - D** muscular endurance.
- 9** Pele' is related to which game?
- A** Cricket
 - B** Football
 - C** Horse riding
 - D** Swimming
- 10** How many entries are allowed per event in athletics?
- A** 2
 - B** 3
 - C** 4
 - D** 5
- 11** Which of the following games' team consists of both men and women players?
- A** Basketball
 - B** Handball
 - C** Netball
 - D** Softball
- 12** Which of the following is different?
- A** Badminton
 - B** Javelin
 - C** Lawn tennis
 - D** Squash
- 13** The area where athletes in 4 × 400 race hand the batons to each other is called the ... zone.
- A** relay
 - B** exchange
 - C** hand-over
 - D** permutation

- 14** Which of the following health risks is most closely associated with inactivity and poor fitness level?
- A** High blood pressure
 - B** Migraine headaches
 - C** Nerve degeneration
 - D** Susceptibility to infection
- 15** Which of the following is **not** a symptom of an internal injury?
- A** Bleeding
 - B** Discoloration of the skin
 - C** Pain
 - D** Swelling
- 16** The technique to swim faster is ...
- A** backstroke.
 - B** breaststroke.
 - C** butterfly.
 - D** free style.
- 17** Endurance is the ...
- A** ability of the heart to pump blood to all body parts.
 - B** ability to overcome fatigue.
 - C** rate at which a person breathes.
 - D** amount of calories needed in order to perform physical activities.
- 18** Which of the following is NOT involved in a game of netball?
- A** Goal attacker
 - B** Goal defender
 - C** Goal setter
 - D** Goal shooter
- 19** Which one is NO longer in use?
- A** 4 × 100
 - B** 1500m
 - C** 4 × 400
 - D** 4 × 200
- 20** First aid training emphasizes on all the following except...
- A** help for others
 - B** preparation for disaster
 - C** self help
 - D** sport skills development

SECTION B: (20 Marks)**Answer all questions in this section**

- 1** A variation of circuit in which three sets of repetitions are carried out at each station is known as ... [1]
- 2** The skeleton has a number of important functions. Mentions 2 functions. [2]
- 3** Bones are formed from cartilage. They also differ in size, shape and function. Give at least one example of each.
- (a)** Long bones [1]
- (b)** Short bones [1]
- (c)** Flat bones [1]
- 4** Give a practical example of a warm up activity and explain why it is important before exercises. [2]
- 5** A pupil is motivated to join a School Club because all his/her friends are members. What type of motivation is this. [1]
- 6** Mention any **two** activities that are performed in gymnastics. [2]
- 7** In a coca cola football tournament, Mongu Secondary School was scheduled to play Choma Secondary School in the final. Mongu Secondary School used two vehicles. The first vehicle which had 7 players arrived at the venue just before kickoff time. Briefly explain what decisions the officials made? [1]
- 8** Study the table below and answer the questions that follow.

Inter schools high jump competition

NAME	1.70m	1.75m	1.80m	1.85m
Chomba Derrick	0	x0	x0	xxx
Mwanza Tom	-	0	x0	xxx
Chilala John	0	xx0	x0	xxx
Nosiku Paul	0	x0	xx0	xxx
Lungu Peter	x0	x0	x0	xxx
Mubita Max	-	xx0	x0	xxx

Key

0 = Cleared x = Failed - Did not jump

- (a)** Who got a Silver medal? [1]
- (b)** Who got a Bronze medal? [1]

(c) Who got a Gold medal?

[1]

9 Study the table below

MTN premier league/Logs

S/N	TEAM	P	W	D	L	GF	GA	GD	Pts
1	Zesco United	22	13	5	4	37	21	16	44
2	ZANACO	22	12	8	2	39	26	13	44
3	Nkana Red Devils	22	13	4	5	43	21	22	43
4	Red Arrows	22	10	9	3	38	18	20	39
5	National Assembly	22	10	7	5	28	20	8	37
6	Lusaka Dynamos	22	9	8	5	34	26	8	35
7	Changa Rangers	22	9	6	7	24	22	2	33
8	Green Buffalos	22	9	4	9	23	24	-1	31
9	Konkola blades	22	8	7	7	25	28	-3	31
10	Nkwazi	22	8	6	8	31	24	7	30

What do the following letters stand for?

(a) **GF:**

[1]

(b) **GA:**

[1]

(c) **GD:**

[1]

(d) **D:**

[1]

10 Explain **two** functions of blood in an athlete.

[1]

SECTION C: (30 Marks)

Answer three questions from this section. Question 1 is compulsory. Choose any two from the remaining four questions.

1 Decision making is an important key process in Physical Education. Describe two examples of decisions that might be made in each of the following roles: Performer, Coach and Official.

[14]

2 Describe a cool down exercise and explain why you should cool down after physical activity.

[8]

3 Identify **four** reasons why it is important to follow an active lifestyle.

[8]

4 Discuss circuit training.

[8]

5 Explain the effects of under eating on performance and participation in physical activity.

[8]

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