

FORM TP 2014098TEST CODE **01252040**

MAY/JUNE 2014

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

PHYSICAL EDUCATION AND SPORT

Paper 01 – General Proficiency

SECTION B

1 hour 30 minutes

30 MAY 2014 (p.m.)

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

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

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01252040/F 2014



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. You have been selected to address an influential group to convince them to keep Physical Education and Sport on the timetable at their private school.
 - (a) In preparation for your address, outline THREE aspects of the ancient history of Physical Education and Sport. **(3 marks)**
 - (b) State THREE different ways Physical Education and Sport has developed in modern times. **(3 marks)**
 - (c) State THREE reasons why Physical Education and Sport should be taught in schools. **(3 marks)**

Total 9 marks

Anatomy and Physiology

2.
 - (a)
 - (i) A player returns to training and complains of discomfort all over the body as he tries to adapt to the training. List THREE exercises that are likely to be the cause of his pain after the first day of exercising and weight training. **(3 marks)**
 - (ii) For EACH exercise in (a) (i) above, state the name of the major muscle group where the discomfort is most likely to be felt. **(3 marks)**

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- (b) The human skeleton is made up of bones held together by joints as shown in Figure 1. Name the joints labelled, X, Y, Z. (Choose from: hinge, condyloid, ball and socket, pivot)

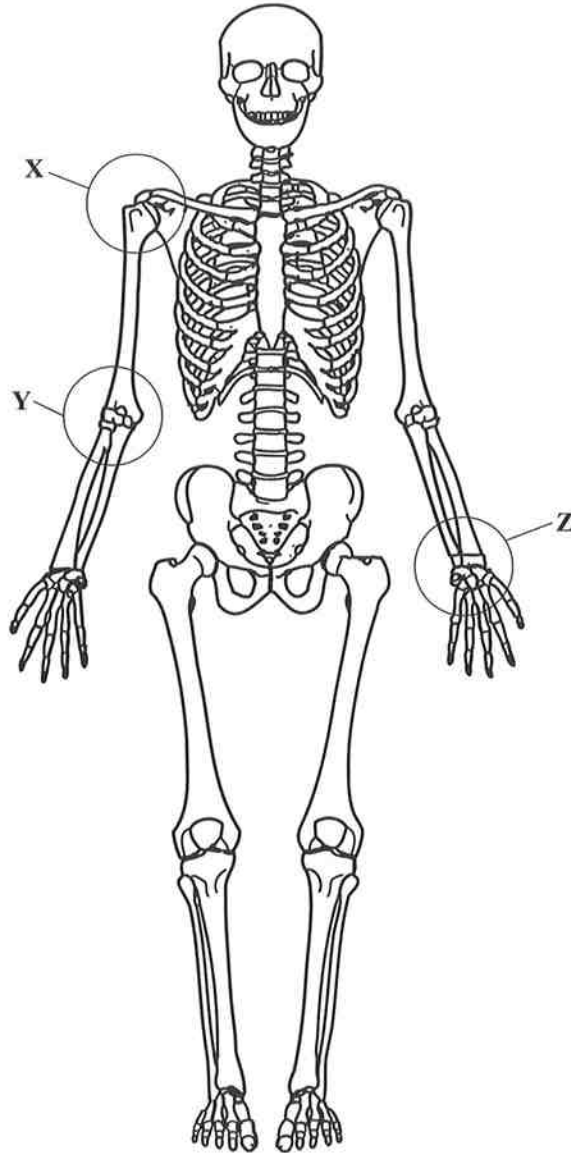


Figure 1. The human skeleton

(3 marks)

Total 9 marks

Fitness and Performance

3. (a) With the aid of a table, prepare a microcycle plan (one week training) for the beginning of the General Preparation (Pre-conditioning) phase for an athlete in a **named** sport. **(3 marks)**
- (b) Give a detailed description of ONE session from the plan prepared in (a) above. **(6 marks)**

Total 9 marks

Health and Nutrition

4. Nutrition plays an important role in enhancing fitness and health.
- (a) Discuss how the use of good nutritional practices helps the body to be
- (i) healthy **(3 marks)**
- (ii) fit. **(3 marks)**
- (b) The following statement is sometimes made by some sportspersons: "Exercise does not help one to lose weight because it increases your appetite and encourages you to overeat."
- Give THREE reasons why this statement may or may not be true. **(3 marks)**

Total 9 marks

Trends and Social Issues

5. (a) Outline THREE ways by which the media positively influence sport. **(6 marks)**
- (b) State THREE causes of violence in sport. **(3 marks)**

Total 9 marks

END OF TEST

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