

# 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.

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**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

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- 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  $4 \times 400$  race hand the batons to each other is called the ... zone.
- A** relay
  - B** exchange
  - C** hand-over
  - D** permutation

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- 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:

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[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.**

- 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]
- Describe a cool down exercise and explain why you should cool down after physical activity. [8]
- Identify **four** reasons why it is important to follow an active lifestyle. [8]
- Discuss circuit training. [8]
- Explain the effects of under eating on performance and participation in physical activity. [8]