EXAMINATIONS COUNCIL OF ZAMBIA

Examination for General Certificate of Education Ordinary Level

Physical Education
Paper 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

<table>
<thead>
<tr>
<th>NAME</th>
<th>1.70m</th>
<th>1.75m</th>
<th>1.80m</th>
<th>1.85m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chomba Derrick</td>
<td>0</td>
<td>x0</td>
<td>x0</td>
<td>xxx</td>
</tr>
<tr>
<td>Mwanza Tom</td>
<td>-</td>
<td>0</td>
<td>x0</td>
<td>xxx</td>
</tr>
<tr>
<td>Chilala John</td>
<td>0</td>
<td>xx0</td>
<td>x0</td>
<td>xxx</td>
</tr>
<tr>
<td>Nosiku Paul</td>
<td>0</td>
<td>x0</td>
<td>xx0</td>
<td>xxx</td>
</tr>
<tr>
<td>Lungu Peter</td>
<td>x0</td>
<td>x0</td>
<td>x0</td>
<td>xxx</td>
</tr>
<tr>
<td>Mubita Max</td>
<td>-</td>
<td>xx0</td>
<td>x0</td>
<td>xxx</td>
</tr>
</tbody>
</table>

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?

9 Study the table below

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

What do the following letters stand for?

(a) GF:

(b) GA:

(c) GD:

(d) D:

10 Explain two functions of blood in an athlete.

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.

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

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

4 Discuss circuit training.

5 Explain the effects of under eating on performance and participation in physical activity.
DOWNLOAD ECZ
PAST PAPERS
FROM YOUR
PHONE OR PC

www.zedpastpapers.com