

G12 ECZ PHYSICAL EDUCATION P1 2016 SOLUTIONS

Grade 12 ECZ Physical Education Paper 1, 2016 (6080/1)

2 hours 30 minutes | 70 marks: Section A (20 MCQ) + Section B (10 short answer) + Section C (5 essay, Q1 + 2 others)

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for School Certificate Ordinary Level

Physical Education

6080/1

Paper 1

Tuesday

15 NOVEMBER 2016

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.

www.zedpastpapers.com

SECTION A: (20 Marks)

- 1** Which one is different?
 - A** Caterpillar walk
 - B** Chicken walk
 - C** Crouch balance
 - D** Horse riding
- 2** How many substitutes is a basketball team allowed to make in a game?
 - A** 3 per quarter
 - B** as many as possible
 - C** 5 per half
 - D** 8
- 3** A ... refers to a place where two or more bones meet.
 - A** cartilage
 - B** joint
 - C** ligament
 - D** tendon
- 4** In a game of football the referee mostly communicates with players through...
 - A** the hands.
 - B** a whistle.
 - C** the hands and the voice.
 - D** a whistle and the hands.
- 5** What is the main objective of having warm ups before any vigorous activity in a Physical Education lesson? To ...
 - A** enhance fun and enjoyment.
 - B** attract the attention of pupils.
 - C** prevent injuries.
 - D** allow the teacher and the pupils to be prepared psychologically.
- 6** Which of the following is the correct order of first aid treatment procedures for common strain and sprain?
 - (1)** Use ice application for 10 minutes
 - (2)** Elevate the injured area to a position higher than the heart.
 - (3)** Rest
 - (4)** Use elastic bandage to press the injured area.
 - A** (1), (2), (3) and (4)
 - B** (2), (1), (4) and (3)
 - C** (3), (1), (4) and (2)
 - D** (3), (4), (2) and (1)

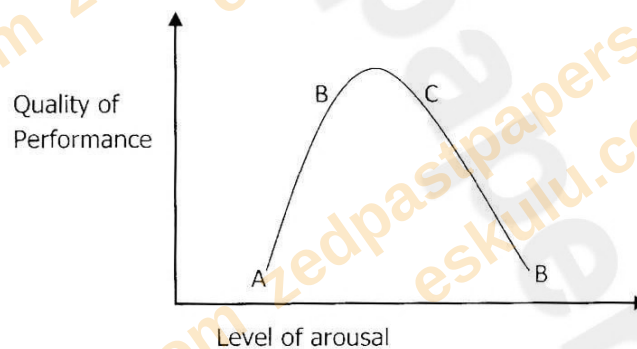
www.zedpastpapers.com

- 7 Which one of the following activities can be classified as an open skill?
- A Discus
 - B Golf putting
 - C Handball game
 - D Sprinting
- 8 Which of the following will affect performance of athletes?
- (1) Personality
 - (2) Level of anxiety
 - (3) Ability to concentrate
 - (4) Moral standard
- A (1), (2) and (3) only
 - B (1), (2) and (4) only
 - C (1), (3) and (4) only
 - D (2), (3) and (4) only
- 9 Which of the following activities are examples of field events?
- A Discus and javelin
 - B Long races and high jump
 - C Marathon and relays
 - D Relays and short put
- 10 What number of players does a Rugby team have at any given time?
- A 10
 - B 11
 - C 14
 - D 15
- 11 What do you call the action of moving the arm away from the body?
- A Abduction
 - B Adduction
 - C Deduction
 - D Induction
- 12 When is a penalty kick awarded in football? When a ...
- A goal keeper catches the ball outside the 18 area.
 - B defending player commits an infringement in the 18 area.
 - C defending player kicks the ball from a striker who is about to score.
 - D defending player handles the ball outside the 18 area.
- 13 ... refers to the capacity of the heart, lungs, muscles and blood vessels to function to maximum efficiency.
- A Isometric exercise
 - B Muscular strength
 - C Physical fitness
 - D Progressive resistance exercise

- 14** A game of netball cannot be allowed to go on without the ...
A G.K.
B W.A.
C G.A.
D C.
- 15** The longest bone in human body is ...
A femur
B humerus.
C tibia.
D ulna.
- 16** The width of a lane in an athletic track is ...
A 1.02m.
B 1.21m.
C 1.19m.
D 1.22m.
- 17** Who declares the "Olympic games" closed?
A Chairman JOC
B President IOC
C Secretary IOC
D Prime Minister of the hosting country.
- 18** What is blood?.
A Blood platelets
B Liquid tissue
C Special tissue
D Tissue
- 19** Fatigue comes during training due to ...
A adrenal.
B carbon-dioxide.
C lactic acid.
D PH – factors.
- 20** Which one of these is a swimming style?
A Butterfly
B Hang
C Galloping
D Scissors

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

- 1 What does the acronym RICE in first aid stand for? [1]
- 2 Name any **two** (2) of the 4 chambers of the heart. [1]
- 3 How can a performer reduce the risk of dehydration? [1]
- 4 State **two** (2) benefits for participating in Physical Activity. [1]
- 5 Bones are formed from cartilage. They also differ in size, shape and function. Give at least **one** (1) example of each of the following:
 - (a) Long bones act as levers. [1]
 - (b) Short bones are smaller and designed for strength and give support. [1]
 - (c) Flat bones offer protection to vital organs. [1]
- 6 List down **three** (3) types of joints. [3]
- 7 Name the **two** (2) types of wounds. [1]
- 8 State **two** effects of adrenaline on the cardio vascular system. [1]
- 9 The diagram below displays a athlete's quality of performance measured against his/her level of arousal.



Describe what happens at the labeled points as given in the diagram

- Point **A**: [1]
- Point **B- C**: [1]
- Point **D**: [1]

www.zedpastpapers.com

- 10** The table below show the football Association of Zambia Barclays Premier League fixture.

S/N	Team	MP	W	D	L	GF	GA	GD	P
1	Forest rangers	30	11	4	15	21	31		
2	Green Buffaloes	30	14	9	2	32	25		
3	Green Eagles	30	9	9	12	31	33		
4	Konkola Blades	30	6	10	14	25	31		
5	Lusaka Dynamos	30	7	8	15	27	41		
6	Mufulira wanderers	30	13	7	10	31	32		
7	Nakambala Leopards	30	6	13	11	17	23		
8	NAPSA Stars	30	8	8	14	17	28		
9	National Assembly	30	5	4	21	20	50		
10	Nchanga Rangers	30	7	9	14	26	33		
11	Nkana	30	11	8	11	30	26		
12	Nkwazi	30	11	10	9	30	28		
13	Power Dynamos	30	17	6	7	36	21		
14	Red Arrows	30	10	13	7	30	28		
15	Zanaco	30	18	9	3	49	20		
16	Zesco United	30	20	7	3	52	24		

- (a) Calculate the goal difference of all the teams in the league. Fill your answer in the correct gap of the teams. [1]
- (b) Calculate the point of gained by all the teams in the league. A guide to award points is given below . [1]
- (i) For a LOSS you award – 0 point
- (ii) For a DRAW you award – 1 point
- (iii) For a WIN you award – 3 points
- (c) Arrange the teams according to their position on the league table as in 1st, 2nd up to the least team – 16th position. [1]
- (d) What do the following letters stand for in the League table given above. [1]
- (i) GD
- (ii) GA

SECTION C – (30 Marks)

Question 1 is compulsory and choose any other 2 from the remaining 4 questions.

- 1** Explain the reasons for taking part in physical activities and reactions. [14]
- 2** Describe how schools influence young people to get involved in physical activity as part of healthy, active lifestyle. [8]
- 3** Volunteering is one way of getting involved in physical activities. Describe **five** other ways of getting involved in physical activities. [8]
- 4** Explain the different lifestyle factors affecting sport training and performance. [8]
- 5** Creativity is a key concept in Physical Education. Identify three other concepts in Physical Education giving an example for each. [8]



**DOWNLOAD ECZ
PAST PAPERS
FROM YOUR
PHONE OR PC**

www.zedpastpapers.com

Question SECTION A: Q1-20 (multiple choice, 20 marks). Answer all 20 multiple-choice questions.

Answer: 1. D (Horse riding) -- the others (caterpillar walk, chicken walk, crouch balance) are all body-only locomotor/gymnastic floor movements; horse riding is not.

Answer: 2. B (as many as possible) -- basketball allows unlimited substitutions at any dead-ball stoppage.

Answer: 3. B (joint) -- a joint is where two or more bones meet.

Answer: 4. D (a whistle and the hands) -- football referees combine whistle signals with hand signals to communicate decisions.

Answer: 5. C (prevent injuries) -- the main objective of warming up before vigorous activity is injury prevention.

Answer: 6. C -- (3),(1),(4),(2): correct RICE order is Rest, Ice, Compress, Elevate.

Answer: 7. C (Handball game) -- an open skill is performed in a changing/unpredictable environment (opponents, ball movement); discus, golf putting and sprinting are closed, self-paced skills.

Answer: 8. A -- (1),(2) and (3) only: personality, level of anxiety and ability to concentrate are recognised psychological factors affecting athletic performance; moral standard is not a performance factor in this sense.

Answer: 9. A (Discus and javelin) -- these are both pure field (throwing) events; the other options mix in track events (races, relays, marathon).

Answer: 10. D (15) -- a Rugby Union team has 15 players on the field at any given time (Rugby Sevens has 7, Rugby League has 13).

Answer: 11. A (Abduction) -- moving a limb away from the midline of the body is abduction (the opposite, adduction, is movement towards the body).

Answer: 12. B -- a penalty kick is awarded when a defending player commits an infringement (foul) inside their own 18-yard/penalty area.

Answer: 13. C (Physical fitness) -- the capacity of the heart, lungs, muscles and blood vessels to function at maximum efficiency defines physical (cardio-respiratory) fitness.

Answer: 14. D (C., i.e. the Centre) -- in netball, the game restarts via a centre pass after every goal, so it cannot continue without a Centre on court.

Answer: 15. A (femur) -- the femur (thigh bone) is the longest bone in the human body.

Answer: 16. D (1.22m) -- the standard width of an athletics track lane is 1.22 m.

Answer: 17. B (President IOC) -- the President of the International Olympic Committee formally declares the Olympic Games closed.

Answer: 18. B (Liquid tissue) -- blood is classified as a liquid connective tissue.

Answer: 19. C (lactic acid) -- fatigue during intense training is largely due to lactic acid build-up in the muscles.

Answer: 20. A (Butterfly) -- butterfly is a recognised competitive swimming stroke/style; hang, galloping and scissors are not swimming styles.

Question SECTION B: Q1-10 (short answer, 20 marks). Answer all questions in this section.

Answer: 1. RICE stands for: Rest, Ice, Compression, Elevation.

Answer: 2. Any two of the four heart chambers: left atrium and right atrium (or left ventricle and right ventricle).

Answer: 3. A performer can reduce the risk of dehydration by drinking adequate water/fluids regularly before, during and after physical activity.

Answer: 4. Two benefits of participating in physical activity: (1) improves cardiovascular/physical fitness; (2) helps maintain a healthy body weight (also acceptable: reduces stress, improves mental wellbeing).

Answer: 5. (a) Long bone example (acts as a lever): femur (thigh bone). (b) Short bone example (smaller, for strength/support): a carpal (wrist bone) or tarsal (ankle bone). (c) Flat bone example (protects vital organs): the skull (cranium), sternum, or ribs.

Answer: 6. Three types of joints: (1) ball-and-socket joint (e.g. hip/shoulder); (2) hinge joint (e.g. knee/elbow); (3) pivot joint (e.g. neck).

Answer: 7. The two types of wounds: open wounds and closed wounds.

Answer: 8. Two effects of adrenaline on the cardio-vascular system: (1) it increases heart rate; (2) it increases blood pressure (also acceptable: it dilates blood vessels supplying the muscles).

Answer: 9. Diagram (quality of performance vs level of arousal -- inverted-U theory): Point A -- low arousal, resulting in low/poor quality of performance (the performer is under-aroused, not psyched up enough). Point B-C -- the optimal arousal zone, where quality of performance is at its peak/best. Point D -- over-arousal (excessive anxiety/tension), causing quality of performance to decline sharply.

Answer: 10. Football league table -- computing Goal Difference ($GD = GF - GA$) and Points ($P = 3 \times \text{Wins} + 1 \times \text{Draws}$) for every team gives:

[FLAG: Green Buffaloes' row (W14, D9, L2) sums to only 25 matches, not the stated MP=30 -- this is a data inconsistency printed in the source table itself, not a transcription error here; the calculation below uses the figures exactly as printed.]

Forest Rangers: GD -10, P 37 | Green Buffaloes: GD +7, P 51 | Green Eagles: GD -2, P 36 | Konkola Blades: GD -6, P 28 | Lusaka Dynamos: GD -14, P 29 | Mufulira Wanderers: GD -1, P 46 | Nakambala Leopards: GD -6, P 31 | NAPSA Stars: GD -11, P 32 | National Assembly: GD -30, P 19 | Nchanga Rangers: GD -7, P 30 | Nkana: GD +4, P 41 | Nkwazi: GD +2, P 43 | Power Dynamos: GD +15, P 57 | Red Arrows: GD +2, P 43 | Zanaco: GD +29, P 63 | Zesco United: GD +28, P 67.

Answer: (a)/(b) Goal difference and points are as listed above for every team.

Answer: (c) League position 1st to 16th by points (Nkwazi and Red Arrows are genuinely tied on 43 points and identical GD/GF, so a real tiebreaker such as head-to-head result would be needed to separate them -- listed adjacently here): 1st Zesco United (67); 2nd Zanaco (63); 3rd Power Dynamos (57); 4th Green Buffaloes (51); 5th Mufulira Wanderers (46); 6th Nkwazi (43); 7th Red

Arrows (43, tied); 8th Nkana (41); 9th Forest Rangers (37); 10th Green Eagles (36); 11th NAPSA Stars (32); 12th Nakambala Leopards (31); 13th Nchanga Rangers (30); 14th Lusaka Dynamos (29); 15th Konkola Blades (28); 16th National Assembly (19).

Answer: (d)(i) GD stands for Goal Difference (goals scored minus goals conceded). (ii) GA stands for Goals Against (goals conceded).

Question SECTION C, Q1 (compulsory, 14 marks). Explain the reasons for taking part in physical activities and reactions.

Answer: Reasons for taking part in physical activity: (1) to improve and maintain physical fitness and health; (2) to manage body weight; (3) for social interaction and making friends through team sport; (4) to relieve stress and improve mental wellbeing; (5) to develop and master new skills; (6) for enjoyment, competition and recreation; (7) for career/professional opportunities in sport.

Answer: Reactions (the body's physiological responses to physical activity): increased heart rate and breathing rate to supply more oxygen to working muscles; sweating, as the body regulates rising internal temperature; increased blood flow directed towards the muscles; release of adrenaline, heightening alertness and energy; muscle fatigue during sustained exertion; and delayed onset muscle soreness (DOMS) that can follow in the hours/days after unaccustomed exercise.

Question SECTION C, Q2 (essay, 8 marks). Describe how schools influence young people to get involved in physical activity as part of a healthy, active lifestyle.

Answer: Schools influence young people through: (1) compulsory Physical Education lessons on the timetable, exposing every pupil to regular activity; (2) running extracurricular sports clubs and teams (football, netball, athletics, etc.); (3) providing sports facilities and equipment for pupils to use; (4) organising inter-house and inter-school competitions that motivate participation; (5) employing qualified PE teachers/coaches who teach correct technique and encourage pupils; (6) teaching health/nutrition education that links activity to lifelong wellbeing; (7) rewarding participation and achievement through certificates, colours or awards, reinforcing the value of staying active.

Question SECTION C, Q3 (essay, 8 marks). Volunteering is one way of getting involved in physical activities. Describe five other ways of getting involved in physical activities.

Answer: Five other ways of getting involved in physical activities: (1) Playing -- actively participating as a competitor in a sport or team; (2) Officiating -- acting as a referee, umpire or judge for matches/competitions; (3) Coaching/leading -- training and guiding other performers to improve; (4) Administration/organising -- managing clubs, leagues or events (e.g. as a club secretary or event organiser); (5) Spectating/supporting -- attending and following sport as a fan, which encourages community engagement with physical activity (also acceptable: sports media/journalism, reporting on and promoting physical activity).

Question SECTION C, Q4 (essay, 8 marks). Explain the different lifestyle factors affecting sport training and performance.

Answer: Lifestyle factors affecting sport training and performance: (1) diet/nutrition -- a balanced diet fuels training and aids recovery, while poor diet impairs performance; (2) sleep and rest -- adequate recovery time is essential for adaptation and preventing overtraining; (3) smoking -- reduces lung capacity and oxygen-carrying ability, harming endurance; (4) alcohol and drug use -- impairs coordination, recovery and long-term health; (5) stress levels -- high life stress can reduce concentration, motivation and recovery; (6) occupation/work schedule -- demanding jobs can limit time and energy available for training; (7) time available for leisure/training -- busy lifestyles can restrict how consistently a performer can train.

Question SECTION C, Q5 (essay, 8 marks). Creativity is a key concept in Physical Education. Identify three other concepts in Physical Education, giving an example for each.

Answer: Three other key concepts in Physical Education: (1) Competence -- acquiring and developing the skills and techniques needed to perform effectively, e.g. a footballer practising and mastering accurate passing and ball control; (2) Performance -- producing effective, controlled performances and understanding how to analyse and improve them, e.g. a 100m sprinter reviewing their race times and adjusting their starting technique to improve; (3) Healthy, active lifestyles -- understanding how regular physical activity contributes to lifelong health and wellbeing, e.g. a pupil choosing to walk or cycle to school every day to stay physically active.

Disclaimer

Created by eskulu Past Papers Tutor

These solutions were created using artificial intelligence and checked against ECZ marking guidelines. If you find an error, report it at eskulu.com/feedback.

eskulu.com | zedpastpapers.com