

G12 ECZ PHYSICAL EDUCATION P1 2016 SPECIMEN SOLUTIONS

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

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

Preamble for Physical Education (6080)

The Examinations Council of Zambia has made adjustments to the assessment of **Physical Education** at Grade 12 level so as to be in line with the revised **Physical Education** Senior Secondary School Syllabus of 2013 developed by Curriculum Development Centre (CDC) of the Ministry of General Education.

Purpose

The purpose of the Grade 12 Physical Education assessment will be to assess candidates' knowledge, ability and understanding in physical education activities and life skills. It will also serve the purpose of certification and placement.

Assessment Objectives

Candidates will be assessed against the following objectives:

AO1	Knowledge and understanding ☐ demonstrate knowledge and understanding of the factors that underpin performance in physical activity, health-related issues, marketing and sponsorship of sport events ☐ interpret relevant skills in planning, organising, managing sport events, facilities and equipment, financial management and insurance.
AO2	Analysis and evaluation ☐ analyse the factors that underpin performance and involvement in physical activity and sports ☐ evaluate physical activity and sports-related issues, own performance and that of others
AO3	Application of practical skills ☐ apply skills and techniques in physical activity and sports

Test Design

The examination will be made up of Paper 1 (6080/1) and Paper 2 (6080/2). Paper 1 will test the theory aspects of the subject while Paper 2 will test practical skills. Each paper will carry 100 marks.

Paper 1 (Theory) will focus on the demonstration of knowledge and understanding and analysis and evaluation of the concepts from all the areas of study.

Paper 2 (Practical) will focus on the application of skills in physical fitness, sports, traditional games, gymnastics, swimming and aerobics.

Paper name	No. of Questions	Marks	Duration
Physical Education and Sports Paper 1 (Theory)	35	100	2 hours 30 minutes
Physical Education Paper 2 (Practical)	5	100	20 minutes per candidate

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for School Certificate Ordinary Level

Physical Education

6080/1

Paper 1

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** Which sports mother body organisation is responsible for controlling all sport associations in Zambia?
- A** FAZ
 - B** NAZ
 - C** NSCZ
 - D** ZAAA
- 2** Which of the following statements are appropriate definitions of Physical recreation?
- (1) Physical activity of relaxing nature
 - (2) Active form of leisure
 - (3) Learning through body movement
 - (4) Competitive Sports
- A** (1), (2) and (3) only
 - B** (1), (2) and (4) only
 - C** (1), (3) and (4) only
 - D** (2), (3) and (4) only
- 3** Which of the following is the best example of a target game?
- A** Basketball
 - B** Badminton
 - C** Nsolo
 - D** Volleyball
- 4** When dribbling a soccer ball in a restricted space, the player should attempt to do all the following EXCEPT.
- A** Keep the ball close to the feet
 - B** Stay in a slightly crouched position
 - C** Use body feints and changes of speed
 - D** Use only the dominant foot for better control
- 5** Which country did physical education originate from?
- A** China
 - B** Egypt
 - C** Germany
 - D** Greece
- 6** During circuit training athletes move in a ... order.
- A** confused
 - B** random
 - C** revised
 - D** set

- 7** Which of the following are the effects of using Performance Enhancing Drugs (PEDs) in sports?
- (1) Banning for life
 - (2) Suspension of teams
 - (3) Loss of income
 - (4) Winning the competition
- A** (1) and (2) only
B (1) and (3) only
C (2) and (4) only
D (1), (2) and (3) only
- 8** Which of the following reasons make Commercial Corporations like Barclays Bank willing to sponsor sports leagues such as the FAZ Premier league? To ...
- (1) contribute to social responsibility
 - (2) advertise their productivity
 - (3) contribute to players' incentives
 - (4) Improve player's skills
- 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** How many matches will be organised by the organising committee in a basketball competition with 8 teams if a single round-robin system is employed?
- A** 26
B 28
C 54
D 56
- 10** Which of the following are the benefits of inter-schools sports? To ...
- (1) build up responsibility
 - (2) develop team spirit
 - (3) prevent sport injury
 - (4) build up friendships
- A** (1), (2) and (3) only
B (1), (2) and (4) only
C (1), (3) and (4) only
D (2), (3) and (4) only
- 11** What is the injury type of tennis elbow?
- A** Impact injury
B Muscle injury
C Overuse injury
D Sprains

12 What are the psychological reasons for participating in sport and physical activities?

- (1) Relieve stress
- (2) Social mixing
- (3) Psychological challenge
- (4) Enjoyment

- A** (1), (2) and (3) only
- B** (1), (2) and (4) only
- C** (1), (3) and (4) only
- D** (2), (3) and (4) only

13 Three of the following players are involved in the game of football except ...

- A** defenders
- B** midfielders
- C** spikers
- D** strikers

14 Which one of the following is **not** found in a first aid box?

- A** Bandage
- B** Cotton
- C** G.V. Paint
- D** Measuring Tape

15 Which game has NO specific timing?

- A** Basketball
- B** Netball
- C** Rugby
- D** Volleyball

16 What does a yellow card in a game of football mean?

- A** Caution
- B** Fair play
- C** Penalty
- D** Send off

17 What is coordination in sports? The ability to ...

- A** use one or more parts of the body at the same time.
- B** move in any direction quickly and under control.
- C** perform a skill with much effort.
- D** maintain maximum speed and strength

- 18** Crouch balance is an example of a ... skill.
- A** athletics
 - B** locomotor
 - C** manipulative
 - D** non-locomotor
- 19** In a game of Netball, only two (2) players are allowed to score. There are ...
- A** G.S and G.A
 - B** W.D and W.A
 - C** G.K and W.D
 - D** C and G.K
- 20** Which of the following is the correct order of conducting a training session?
- (1)** Main activity
 - (2)** Cool down
 - (3)** Warm up
- A** (1), (2) and (3)
 - B** (2), (3) and (1)
 - C** (3), (2) and (1)
 - D** (3), (1) and (2)

SECTION B: (20 Marks)

There are ten short answer questions in this section. Answer ALL.

- 1** (a) What is the main function of ligaments? [1]
(b) What is the main function of tendons? [1]
- 2** Which nutrient is the most important for a short putter who needs strength? [1]
- 3** What is meant by the skill-related factor speed? [1]
- 4** Give **one** symptoms of a sprained ankle [1]
- 5** Give **three** social reasons for taking part in physical activities. [3]
- 6** Describe how a student who has left school can lead a healthy lifestyle? [2]
- 7** Describe what the organiser of an event should be aware of if teams and individuals are to compete against each other safely? [2]
- 8** Give **three** examples of etiquette when participating in Physical activities. [3]
- 9** Identify **three** of the four fundamental motor skills. [3]
- 10** Explain how over-eating can have negative effects when performing physical activities. [2]

SECTION C: (30 Marks)

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

- 1** Using practical example, explain the importance of abiding by the rules and the importance of etiquette when participating in physical activity. [14]
- 2** Describe what is meant by sportsmanship when participating in Physical activities. Give examples. [8]
- 3** Explain the functions of the following body nutrients. [8]
 - (a)** Carbohydrates
 - (b)** Proteins
 - (c)** Vitamins
 - (d)** Minerals
 - (e)** Water
- 4** Decision making is an important key in physical education. Describe two examples of decisions that might be made in each of the following roles: Performer, Coach and Official. [8]
- 5** Give an account of a warm up activity and explain why a warm up is important when participating in a physical activity. [8]

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

Answer: 1. C (NSCZ) -- the National Sports Council of Zambia is the mother body responsible for controlling all sport associations in Zambia.

Answer: 2. B -- (1),(2) and (4) only: physical recreation is best defined as a relaxing/active form of leisure, including recreational competitive sport; 'learning through body movement' describes formal Physical Education rather than recreation specifically.

Answer: 3. C (Nsolo) -- basketball and volleyball are invasion/net games and badminton is a net/wall game; Nsolo, a traditional precision board game, is the odd one that fits a target-type (precision-placement) classification.

Answer: 4. D -- using only the dominant foot for better control is NOT good practice when dribbling in a restricted space; a player should be able to use both feet, keep the ball close, stay crouched, and use feints/changes of speed.

Answer: 5. D (Greece) -- Physical Education as an organised discipline is traditionally traced to Ancient Greece.

Answer: 6. D (set) -- during circuit training, athletes move through the stations in a set (fixed, pre-planned) order.

Answer: 7. D -- (1),(2) and (3) only: banning for life, suspension of teams, and loss of income are all negative effects of using Performance Enhancing Drugs; 'winning the competition' is not a genuine effect since such a win is illegitimate/void once discovered.

Answer: 8. A -- (1),(2) and (3) only: corporations sponsor sports mainly for social responsibility, to advertise their products, and to contribute to players' incentives; directly improving players' skills is not a typical sponsor motive.

Answer: 9. B (28) -- a single round-robin with 8 teams requires $n(n-1)/2 = 8 \times 7 / 2 = 28$ matches.

Answer: 10. B -- (1),(2) and (4) only: inter-school sports build responsibility, team spirit and friendships; they do not inherently 'prevent' sport injury (if anything, competitive play carries injury risk).

Answer: 11. C (Overuse injury) -- tennis elbow results from repetitive strain/overuse of the forearm tendons, not a single impact.

Answer: 12. C -- (1),(3) and (4) only: relieving stress, psychological challenge, and enjoyment are genuinely psychological reasons; 'social mixing' is a social, not psychological, reason.

Answer: 13. C (spikers) -- spikers is a volleyball role; defenders, midfielders and strikers are all football positions.

Answer: 14. D (Measuring Tape) -- bandages, cotton wool and Gentian Violet (G.V.) paint are standard first aid box contents; a measuring tape is not.

Answer: 15. D (Volleyball) -- volleyball is played to a target number of points/sets rather than a fixed match clock, unlike basketball, netball and rugby.

Answer: 16. A (Caution) -- a yellow card in football signifies an official caution to a player.

Answer: 17. A -- the ability to use one or more parts of the body at the same time defines coordination in sports.

Answer: 18. D (non-locomotor) -- crouch balance is a static, held position performed on the spot, making it a non-locomotor (stability) skill.

Answer: 19. A (G.S and G.A) -- in netball, only the Goal Shooter (G.S) and Goal Attack (G.A) are permitted to score goals.

Answer: 20. D -- (3),(1) and (2): the correct training-session order is Warm up (3), Main activity (1), Cool down (2).

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

Answer: 1.(a) Ligaments connect bone to bone, holding joints together and providing joint stability. (b) Tendons connect muscle to bone, transmitting the force of muscle contraction to produce movement.

Answer: 2. Protein is the most important nutrient for a shot putter who needs strength, since it builds and repairs muscle tissue.

Answer: 3. Speed (as a skill-related fitness factor) is the ability to move the whole body, or part of the body, from one point to another as quickly as possible.

Answer: 4. One symptom of a sprained ankle: swelling (also acceptable: pain, bruising, or difficulty bearing weight on the ankle).

Answer: 5. Three social reasons for taking part in physical activities: (1) making new friends and socialising with others; (2) developing teamwork and cooperation skills; (3) gaining a sense of belonging to a team/club/community.

Answer: 6. A student who has left school can lead a healthy lifestyle by: joining a community sports club or gym to stay physically active, and maintaining a balanced diet alongside a regular personal exercise routine.

Answer: 7. An event organiser must be aware of matching competitors fairly (by similar age, ability, or weight category) so contests are safe and equitable, and must ensure appropriate safety equipment, facilities and qualified officials/first aid provision are in place before competition begins.

Answer: 8. Three examples of etiquette in physical activities: shaking hands with opponents before and after a game; respecting and accepting the referee's/umpire's decisions without arguing; playing fairly and not cheating.

Answer: 9. Three of the four fundamental motor skills: locomotor skills (e.g. running), non-locomotor/stability skills (e.g. balancing), and manipulative skills (e.g. throwing/catching).

Answer: 10. Over-eating before/during physical activity can cause stomach cramps and discomfort, can make a performer feel sluggish and reduce their speed/agility, and can cause nausea or vomiting during vigorous exercise.

Question SECTION C, Q1 (compulsory, 14 marks). Using practical examples, explain the importance of abiding by the rules and the importance of etiquette when participating in physical activity.

Answer: Importance of abiding by the rules: (1) rules ensure fair play and equal opportunity for all competitors -- e.g. the offside rule in football prevents attackers gaining an unfair positional advantage; (2) rules protect players' safety -- e.g. the no-high-tackle rule in rugby reduces the risk of serious injury; (3) rules give structure and order so the game can be properly officiated and understood by players and spectators alike -- e.g. clear boundary lines in netball define legal play; (4) abiding by rules maintains the integrity and credibility of the result, so that victory is meaningful.

Answer: Importance of etiquette: (1) etiquette builds respect between competitors -- e.g. shaking hands with the opposing team before and after a match; (2) it promotes good sportsmanship and reduces conflict -- e.g. applauding an opponent's good play rather than mocking them; (3) it protects the reputation and enjoyment of the sport for everyone involved -- e.g. accepting a referee's decision calmly rather than confronting them; (4) it teaches valuable life skills of self-control and respect for others that extend beyond sport.

Question SECTION C, Q2 (essay, 8 marks). Describe what is meant by sportsmanship when participating in physical activities. Give examples.

Answer: Sportsmanship means competing with fairness, honesty, respect and generosity towards opponents, teammates and officials, regardless of whether one wins or loses.

Examples: congratulating the winning opponent graciously even after a loss; refusing to cheat or take an unfair advantage even when no one is watching; accepting the referee's/umpire's decisions without arguing or protesting; helping an injured opponent during play rather than exploiting the situation; playing to the best of one's ability while still respecting the rules and the wellbeing of others.

Question SECTION C, Q3 (essay, 8 marks). Explain the functions of the following body nutrients: (a) Carbohydrates (b) Proteins (c) Vitamins (d) Minerals (e) Water.

Answer: (a) Carbohydrates: the body's main and quickest source of energy, fuelling muscle activity during exercise.

Answer: (b) Proteins: build, repair and maintain body tissues, including muscle damaged during training.

Answer: (c) Vitamins: regulate various body processes and support immune function (e.g. Vitamin C aids tissue repair, Vitamin D supports bone health).

Answer: (d) Minerals: support body structure and function (e.g. calcium strengthens bones and teeth, iron supports oxygen transport in the blood, sodium/potassium maintain fluid balance).

Answer: (e) Water: regulates body temperature (through sweating), transports nutrients and oxygen around the body, and prevents dehydration during physical activity.

Question SECTION C, Q4 (essay, 8 marks). Decision making is an important key in physical education. Describe two examples of decisions that might be made in each of the following roles: Performer, Coach and Official.

Answer: Performer: (1) deciding which pass or tactic to use in a given moment of play; (2) deciding whether to shoot or pass when presented with a scoring opportunity.

Answer: Coach: (1) deciding the starting team selection/lineup for a match; (2) deciding when and which tactical substitutions to make during a game.

Answer: Official: (1) deciding whether a foul or infringement has occurred and what action to take; (2) deciding whether a goal/score is valid, or awarding a penalty.

Question SECTION C, Q5 (essay, 8 marks). Give an account of a warm up activity and explain why a warm up is important when participating in a physical activity.

Answer: Account of a warm up activity: begin with light jogging or gentle continuous movement to gradually raise the heart rate; follow with dynamic stretching (e.g. arm circles, leg swings, walking lunges) to loosen the major muscle groups and joints; finish with sport-specific movement drills (e.g. short sprints, ball touches) that mimic the movements to be used in the main activity.

Answer: Why a warm up is important: (1) it gradually increases heart rate and blood flow to the working muscles; (2) it raises muscle temperature, improving elasticity and reducing the risk of strains/injury; (3) it improves the range of motion in joints, preparing the body for full-intensity movement; (4) it mentally prepares the performer, improving focus and readiness for the activity ahead.

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