

# **G12 ECZ PHYSICAL EDUCATION P1 2017 SOLUTIONS**

**Grade 12 ECZ Physical Education Paper 1, 2017 (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

Monday

20 NOVEMBER 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** Which one is different?

- A** Basketball
- B** Football
- C** Handball
- D** Netball

**2** What is a broken bone called?

- A** Fracture
- B** Joint
- C** Sprain
- D** Tendon

**3** The size of a netball is ... metres.

- A** 8 by 12
- B** 8 by 16
- C** 9 by 12
- D** 9 by 18

**4** Which of the following are the benefits of inter – school sports? To ...

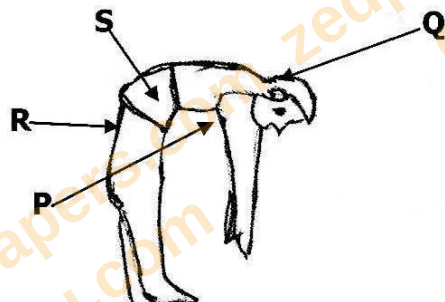
- (1)** build up responsibility.
- (2)** develop team spirit.
- (3)** prevent sport injury.
- (4)** build up friendships.

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

**5** In a soccer game, the ... controls the game.

- A** Defender
- B** Goalkeeper
- C** Referee
- D** Striker

- 6** What is Kinetics?
- A** The control of movement of the body.
  - B** A branch of mechanics concerned with objects, their masses and forces acting on them.
  - C** A branch of mechanics concerned with the relationship between moving objects, their masses and forces acting on them.
  - D** A kind of force that is developed between two surfaces.
- 7** Why is it important to have a recovery/ cool down after the main activity? In order ...
- A** to cool the body.
  - B** to allow the sweat to continue coming out.
  - C** allow the blood to flow continuously .
  - D** for the body to be firm.
- 8** Doping is detected by taking samples of ...
- A** urine and blood.
  - B** drugs and food.
  - C** blood and food.
  - D** urine and drugs.
- 9** When performing a triple jump, in which order should the learner do the steps?
- A** step – hop – jump.
  - B** hop – step – jump.
  - C** jump – step – hop.
  - D** step – hop.
- 10** Which of the following is the position of the centre of gravity?



- A** P
- B** Q
- C** R
- D** S

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- 11** Which one of the following is an example of a hinge joint?
- A** elbow
  - B** hip
  - C** shoulder
  - D** spinal
- 12** Which one of the following is not a responsibility of an organizer of a sports event?
- A** carrying out a risk management.
  - B** ensuring correct equipment is available
  - C** improving participants fitness levels.
  - D** keeping the sports events running in time.
- 13** A thick cord of tissue that crosses a joint and holds the bones together is called ...
- A** cartilage
  - B** Ligament
  - C** Tendon
  - D** Vertebrae
- 14** Set shot is related to ...
- A** Basketball
  - B** Football
  - C** Golf
  - D** Squash
- 15** What is the technique to swim fastest?
- A** Breast stroke
  - B** Butterfly
  - C** Free style
  - D** Back stroke
- 16** During muscular contraction if there is no change in the size of muscle, this contraction is called ...
- A** isometric.
  - B** Isotonic.
  - C** Isokinetic.
  - D** kinetic.

**17** Why is good nutrition necessary for health?

- A** Development
- B** Good habits
- C** Instant reply
- D** Postural deformities

**18** Aerobic power can be enhanced by ...

- A** circuit training.
- B** long distance running.
- C** short sprints.
- D** swimming.

**19** Which one is different?

- A** Chicken walk
- B** Crouch balance
- C** Forward roll
- D** Wheelbarrows

**20** A sport injury can be any injury caused to a sport person whilst in action. These injuries can be classified as ...

- (1)** overuse
- (2)** chronic
- (3)** acute
- A** (1) only
- B** (2) only
- C** (1) and (2) only
- D** (2) and (3) only

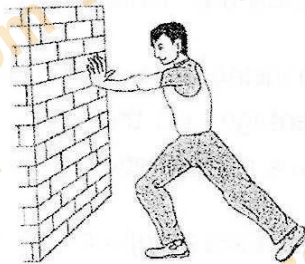
**SECTION B: (20 Marks)**

**Answer all questions in this section.**

- 1 Write two benefits of flexibility in sports. [2]
- 2 Figure (1) shows a man doing pull up and figure (2) shows a man pushing against a wall. Both actions require bicep and triceps to exert.



**Figure 1**



**Figure 2**

- Identify the two muscles in figure 1 and 2 that have contracted. [2]
- 3 List two of Newton laws of motion. [2]
- 4 List two board games. [2]
- 5 Name two social reasons for taking part in physical activity. [2]
- 6 State two punishments meted to sports persons found with the performance enhancing drugs in their blood. [2]
- 7 In a game of Netball, when two players enter the two thirds before the umpire blows the whistle, it results into ... to restart the game. [1]
- 8 Sports men and women earn a lot of money in their career. Name any three options they can invest money in. [3]
- 9 Name any two (2) measures an organizer should be aware of if teams and individuals are to compete against each other safely. [2]
- 10 At what part of the body does a dislocation occur? [2]

**SECTION C – (30 Marks)**

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

- 1** Describe the physical and social benefits of Physical Education and sports. [14]
- 2** Explain reasons why fewer females generally take part in sports than males. [8]
- 3** Explain how vitamins and minerals contribute to our health. [8]
- 4** Performance Enhancing Drugs (PEDs) are used by some performers to try and gain an advantage over their opponents. Describe the negative effects of these drugs on a performer. [8]
- 5** Discuss different causes of injuries in sports. [8]



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

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Answer: 1. B (Football) -- basketball, handball and netball are all primarily played by handling the ball with the hands, whereas football is primarily played with the feet.

Answer: 2. A (Fracture) -- a broken bone is called a fracture.

Answer: 3. FLAG: none of the printed options (8x12, 8x16, 9x12, 9x18) match the official netball court size of 30.5m x 15.25m (a 2:1 ratio). Of the given options, only 8x16 and 9x18 keep the correct 2:1 length-to-width ratio; the source options appear to be a simplified/inaccurate scaling rather than the real dimensions, so this question cannot be answered with full confidence from the given choices -- D (9 by 18) is offered as the closer of the two ratio-consistent options.

Answer: 4. B -- (1),(2) and (4) only: inter-school sports build responsibility, team spirit and friendships; they do not inherently prevent sport injury.

Answer: 5. C (Referee) -- the referee controls a soccer game.

Answer: 6. C -- Kinetics is the branch of mechanics concerned with the relationship between moving objects, their masses, and the forces acting on them.

Answer: 7. C -- a cool down is important in order to allow the blood to continue flowing/circulating continuously, preventing blood pooling in the limbs after exercise.

Answer: 8. A (urine and blood) -- doping control tests are carried out on urine and blood samples.

Answer: 9. B (hop - step - jump) -- this is the correct sequence of phases in a triple jump.

Answer: 10. C (R) -- based on the diagram, R marks the position closest to the hips/pelvis of the bent-forward figure, which is where the centre of gravity lies in this posture.

Answer: 11. A (elbow) -- the elbow is a hinge joint, allowing movement in one plane (flexion/extension).

Answer: 12. C -- improving participants' fitness levels is a coaching/training responsibility, not a sports event organiser's responsibility (the organiser's job is logistics, safety, equipment and scheduling).

Answer: 13. B (Ligament) -- a thick cord of tissue crossing a joint and holding bones together is a ligament.

Answer: 14. A (Basketball) -- a 'set shot' is a basketball shooting technique taken from a stationary position.

Answer: 15. C (Free style) -- front crawl/freestyle is the fastest recognised competitive swimming stroke.

Answer: 16. A (isometric/isometric) -- a muscular contraction with no change in muscle length (size) is an isometric contraction.

Answer: 17. A (Development) -- good nutrition is necessary for health primarily because it supports the body's growth and development.

Answer: 18. B (long distance running) -- aerobic power/endurance is best enhanced through sustained long-distance running rather than short sprints or circuit training alone.

Answer: 19. D (Wheelbarrows) -- chicken walk, crouch balance and forward roll are all individually-performed gymnastic/locomotor movements, whereas wheelbarrows is a partner-assisted activity.

Answer: 20. D -- (2) and (3) only: sports injuries are broadly classified as chronic or acute; 'overuse' describes a cause/mechanism of chronic injury rather than a separate top-level classification.

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

Answer: 1. Two benefits of flexibility in sports: (1) reduces the risk of muscle/joint injury; (2) improves range of motion, allowing more efficient movement and technique.

Answer: 2. Figure 1 (pull-up): the biceps contract (elbow flexion) to pull the body upward. Figure 2 (pushing against the wall): the triceps contract (elbow extension) to push the body away from the wall.

Answer: 3. Two of Newton's Laws of Motion: (1) the Law of Inertia -- an object at rest stays at rest, and an object in motion stays in motion, unless acted upon by an external force; (2) the Law of Acceleration -- force equals mass multiplied by acceleration ( $F = ma$ ).

Answer: 4. Two board games: chess and draughts (also acceptable: Nsolo, ludo, scrabble).

Answer: 5. Two social reasons for taking part in physical activity: (1) making new friends and socialising; (2) developing a sense of belonging/team spirit within a group.

Answer: 6. Two punishments for sports persons found with performance-enhancing drugs: (1) suspension/ban from competing (sometimes for life); (2) disqualification and stripping of medals/titles already won.

Answer: 7. In netball, when two players enter the two-thirds before the umpire blows the whistle, it results in a toss-up to restart the game.

Answer: 8. Three options sports men/women can invest their money in: (1) real estate/property; (2) starting or investing in a business; (3) stocks, shares or other financial investments.

Answer: 9. Two measures an organiser should ensure for safe competition: (1) matching competitors by similar age, ability or weight category; (2) ensuring proper safety equipment, facilities and qualified officials/first-aid support are available.

Answer: 10. A dislocation occurs at a joint, where the bones forming the joint are forced out of their normal position.

**Question SECTION C, Q1 (compulsory, 14 marks). Describe the physical and social benefits of Physical Education and sports.**

Answer: Physical benefits: (1) improves cardiovascular fitness and lung capacity; (2) builds muscular strength and endurance; (3) improves flexibility and joint mobility; (4) helps maintain a healthy body weight; (5) improves coordination, balance and motor skills; (6) strengthens bones and reduces risk of osteoporosis later in life.

**Answer:** Social benefits: (1) develops teamwork and cooperation skills; (2) builds friendships and a sense of belonging within a team or club; (3) teaches discipline and respect for rules, officials and opponents; (4) provides opportunities for social interaction across different backgrounds and communities; (5) develops leadership and communication skills through team roles and responsibilities.

**Question SECTION C, Q2 (essay, 8 marks). Explain reasons why fewer females generally take part in sports than males.**

**Answer:** Reasons fewer females take part in sports than males: (1) cultural/traditional beliefs in some communities discourage girls and women from active participation in sport; (2) unequal access to sports facilities, equipment and coaching for girls compared to boys; (3) household and domestic responsibilities placed on girls/women limiting their free time for sport; (4) fewer visible female role models and coaches to inspire participation; (5) safety concerns that may restrict girls' freedom to train or travel to sporting venues; (6) less media coverage and financial support/sponsorship for women's sport, reducing its perceived value and appeal.

**Question SECTION C, Q3 (essay, 8 marks). Explain how vitamins and minerals contribute to our health.**

**Answer:** Vitamins contribute to health by regulating body processes and supporting immune function: e.g. Vitamin C aids tissue repair and boosts immunity, Vitamin D supports bone health and calcium absorption, Vitamin A supports healthy vision. Minerals contribute to health by supporting body structure and vital functions: e.g. calcium and phosphorus build strong bones and teeth, iron supports oxygen transport in the blood (preventing anaemia), and sodium/potassium regulate fluid balance and support proper nerve and muscle function.

**Question SECTION C, Q4 (essay, 8 marks). Performance Enhancing Drugs (PEDs) are used by some performers to try and gain an advantage over their opponents. Describe the negative effects of these drugs on a performer.**

**Answer:** Negative effects of PEDs on a performer: (1) damage to internal organs, including the liver and kidneys; (2) hormonal imbalances that can affect growth, mood and reproductive health; (3) increased risk of heart disease, high blood pressure and stroke; (4) psychological effects such as mood swings, aggression, or dependency/addiction; (5) disqualification, bans and loss of medals/titles once detected, damaging the performer's reputation and career; (6) in extreme cases, PED use can be fatal.

**Question SECTION C, Q5 (essay, 8 marks). Discuss different causes of injuries in sports.**

**Answer:** Different causes of injuries in sports: (1) inadequate or absent warm-up before activity; (2) poor technique or incorrect execution of a skill; (3) overtraining and fatigue reducing concentration and muscle control; (4) lack of proper protective equipment (e.g. shin guards, helmets); (5) poor playing surfaces or faulty facilities/equipment; (6) foul play or rule violations by opponents (e.g. dangerous tackles); (7) returning to play before a previous injury has fully healed.

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