

G12 ECZ PHYSICAL EDUCATION P1 2017 GCE SOLUTIONS

Grade 12 ECZ Physical Education Paper 1, 2017 GCE (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 General Certificate of Education Ordinary Level

Physical Education

6080/1

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

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:**

[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.

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.

[14]

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

[8]

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

[8]

4 Discuss circuit training.

[8]

5 Explain the effects of under eating on performance and participation in physical activity.

[8]



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

Answer: 1. B (balancing) -- a head stand is a static, held position, making it an example of a balancing (non-locomotor/stability) skill.

Answer: 2. D (3) -- a netball court is divided into three parts (thirds).

Answer: 3. D -- the opportunity to win money is an external (extrinsic) motive; conquering fear, having fun and testing one's ability are all internal (intrinsic) motives.

Answer: 4. B -- 1, 2 and 4 only: sports/recreation facilities, age and socio-economic class are recognised factors influencing sports participation; nationality is not typically classed among the core participation factors.

Answer: 5. D -- 1, 2 and 3: circuit training stations can be designed to target muscular endurance, flexibility and aerobic fitness, so all three can be improved through circuit training.

Answer: 6. C (Track and field events) -- the two main components of athletics are track events and field events.

Answer: 7. A (Pulse raises, stretching, skills) -- a warm up should progress from raising the pulse, to stretching, to sport-specific skill practice.

Answer: 8. A (athletics endurance) -- cardio-respiratory endurance, flexibility and muscular endurance are recognised components of physical fitness; 'athletics endurance' is not a standard fitness component term.

Answer: 9. B (Football) -- Pele is a football (soccer) legend.

Answer: 10. B (3) -- athletics competitions typically allow 3 entries per event per team/country.

Answer: 11. D (Softball) -- softball is commonly played in mixed-gender (co-ed) teams in schools, unlike basketball, handball and netball, which are typically single-gender team sports.

Answer: 12. B (Javelin) -- badminton, lawn tennis and squash are all racket sports; javelin is a track-and-field throwing event, not a racket sport.

Answer: 13. B (exchange) -- the area where 4x400m relay athletes hand over the baton is called the exchange zone (changeover zone).

Answer: 14. A (High blood pressure) -- high blood pressure is a health risk most closely associated with physical inactivity and poor fitness.

Answer: 15. B (Discoloration of the skin) -- bleeding, pain and swelling are recognised symptoms of internal injury; skin discolouration (bruising) is more typically an external/visible sign rather than a direct internal-injury symptom.

Answer: 16. D (free style) -- front crawl/freestyle is the fastest recognised competitive swimming stroke.

Answer: 17. B (ability to overcome fatigue) -- endurance is the ability to sustain effort and resist/overcome fatigue over time.

Answer: 18. C (Goal setter) -- 'Goal setter' is not a real netball position; the seven netball positions are GS, GA, WA, C, WD, GD and GK.

Answer: 19. D (4x200) -- the 4x200m relay is not a standard event currently in use, unlike 4x100m, 1500m and 4x400m.

Answer: 20. D (sport skills development) -- first aid training emphasises helping others, disaster preparedness and self-help; developing sport skills is not part of first aid training.

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

Answer: 1. A variation of circuit training in which three sets of repetitions are carried out at each station is known as the 'set system' (fixed-sets) method of circuit training.

Answer: 2. Two functions of the skeleton: (1) it provides support and shape for the body; (2) it protects vital organs (e.g. the skull protects the brain, the ribcage protects the heart and lungs).

Answer: 3.(a) Long bone example: femur (thigh bone). (b) Short bone example: a carpal (wrist bone) or tarsal (ankle bone). (c) Flat bone example: the skull (cranium), sternum, or ribs.

Answer: 4. A practical example of a warm up activity: light jogging followed by dynamic stretching. It is important before exercise because it gradually raises the heart rate and muscle temperature, improving muscle elasticity and reducing the risk of injury.

Answer: 5. This is an example of extrinsic (social) motivation -- the pupil is motivated by an external social factor (wanting to be with friends) rather than by internal personal desire for the activity itself.

Answer: 6. Two activities performed in gymnastics: forward roll and handstand (also acceptable: cartwheel, balance/scale).

Answer: 7. Decision: since a football team requires a minimum of 7 players to start or continue a match, and Mongu Secondary School's first vehicle carrying exactly 7 players arrived just before kickoff, the officials would allow the match to start on time with those 7 players.

Answer: 8. High jump countback analysis: all six athletes cleared 1.80m before all failing three times (xxx) at 1.85m, so 1.80m is the highest height cleared by everyone -- ties are broken first by fewest failures at that height, then by fewest total failures overall. Failures at 1.80m: Chomba Derrick 1, Mwanza Tom 1, Chilala John 1, Nosiku Paul 2, Lungu Peter 1, Mubita Max 1 -- so Nosiku Paul places last (6th) on this countback. Among the remaining five (all with 1 failure at 1.80m), total failures across the whole competition: Mwanza Tom 1 (cleared 1.70 not attempted, 1.75 first try, 1.80 second try), Chomba Derrick 2, and Chilala John/Lungu Peter/Mubita Max each 3.

(a) Silver medal: Chomba Derrick (2nd, with 2 total failures, next-fewest after Mwanza Tom).

(b) Bronze medal: a genuine three-way tie between Chilala John, Lungu Peter and Mubita Max (each with 3 total failures) -- the data given does not distinguish them further; in practice this would be resolved by a jump-off for 3rd place.

(c) Gold medal: Mwanza Tom (1st, with the fewest total failures of 1).

Answer: 9. League table letters: (a) GF = Goals For (goals scored); (b) GA = Goals Against (goals conceded); (c) GD = Goal Difference (GF minus GA); (d) D = Draws.

Answer: 10. Two functions of blood in an athlete: (1) it transports oxygen and nutrients to the working muscles; (2) it removes waste products such as carbon dioxide and lactic acid from the

muscles.

Question SECTION C, Q1 (compulsory, 14 marks). 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.

Answer: Performer: (1) deciding which pass, shot 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 the 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, Q2 (essay, 8 marks). Describe a cool down exercise and explain why you should cool down after physical activity.

Answer: A cool down exercise example: light jogging or walking for a few minutes to gradually lower the heart rate, followed by static stretching of the major muscle groups used during the activity.

Answer: Why a cool down is important: (1) it allows the heart rate and breathing to return gradually to resting levels; (2) it helps prevent blood from pooling in the limbs, which can cause dizziness if exercise stops abruptly; (3) it aids the removal of waste products (such as lactic acid) from the muscles, reducing muscle soreness; (4) static stretching during cool down helps maintain flexibility and reduce muscle stiffness.

Question SECTION C, Q3 (essay, 8 marks). Identify four reasons why it is important to follow an active lifestyle.

Answer: Four reasons to follow an active lifestyle: (1) it improves cardiovascular and overall physical fitness; (2) it helps maintain a healthy body weight and reduces risk of obesity; (3) it reduces the risk of lifestyle diseases such as high blood pressure, diabetes and heart disease; (4) it improves mental wellbeing, reducing stress and improving mood.

Question SECTION C, Q4 (essay, 8 marks). Discuss circuit training.

Answer: Circuit training is a form of conditioning exercise consisting of a series of stations, each targeting a different muscle group or fitness component, performed in sequence with minimal rest between stations. Key features: it can be designed to improve multiple fitness components at once -- muscular endurance, flexibility and cardio-respiratory (aerobic) fitness -- depending on how the stations are structured; it can be adapted for different fitness levels by varying repetitions, sets, or rest periods; it is time-efficient, since many muscle groups/fitness components are trained in one session; it can be performed with minimal equipment, making it accessible for schools with limited resources; and it provides variety, which helps maintain participant motivation compared to repetitive single-exercise training.

Question SECTION C, Q5 (essay, 8 marks). Explain the effects of under eating on performance and participation in physical activity.

Answer: Effects of under-eating on performance and participation: (1) reduced energy levels, leading to early fatigue during activity; (2) impaired concentration and slower reaction times, increasing injury risk; (3) reduced muscle strength and endurance due to inadequate fuel and protein for muscle maintenance; (4) slower recovery after training or competition; (5) weakened immune function, making the performer more prone to illness and missed participation; (6) in the long term, under-eating can cause weight loss, hormonal disruption and reduced bone density, further limiting safe participation.

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