

## 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:

<b>AO1</b>	<b>Knowledge and understanding</b> <input type="checkbox"/> demonstrate knowledge and understanding of the factors that underpin performance in physical activity, health-related issues, marketing and sponsorship of sport events <input type="checkbox"/> interpret relevant skills in planning, organising, managing sport events, facilities and equipment, financial management and insurance.
<b>AO2</b>	<b>Analysis and evaluation</b> <input type="checkbox"/> analyse the factors that underpin performance and involvement in physical activity and sports <input type="checkbox"/> evaluate physical activity and sports-related issues, own performance and that of others
<b>AO3</b>	<b>Application of practical skills</b> <input type="checkbox"/> 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]