Candidate Name	Centre Number	Candidate Number

ZIMBABWE SCHOOL EXAMINATIONS COUNCIL

General Certificate of Education Advanced Level

PHYSICAL EDUCATION,SPORT & MASS DISPLAYS 6070/1

PAPER 1 Theory

SPECIMEN PAPER 2 hours 30 minutes

Additional materials:
Answer paper

TIME 2 hours 30 minutes

INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number on the answer paper.

Answer **all** questions.

Write your answers on the separate answer paper provided.
If you use more than one sheet of paper, fasten them together.
Illustrate your answers with clear, well spaced diagrams where necessary.

Marks allocated per question are indicated in brackets [ ] at the end of each question or part question.

Section A
You are reminded of the need for clear presentation in your answers.

FOR EXAMINER'S USE	

This question paper consists of 11 printed pages and 1 blank page.

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For Examiner's Use

1 **(a)** Give any **four** factors that cause dietary problems in sedentary people.

1. _____

2. _____

3. _____

4. _____ [4]

(b) State the functions of the following nutrients in the human body.

(i) Vitamins _____

_____

(ii) Mineral salts _____

_____ [2]

(c) Explain why foods rich in proteins are recommended for an athlete who would have suffered some bruises during a competition.

_____

_____

_____

_____ [2]

2 **(a)** Define the term drug.

_____

_____

_____ [2]

(b) State **two** reasons why some drugs are banned by some sports governing bodies.

_____

_____

_____

_____ [2]

For Examiner's Use

(c) **(i)** Give **two** examples of anabolic agents.

1._____

2._____ [2]

(ii) Explain the benefits of anabolic steroids.

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_____ [4]

3 **(a)** State any **five** principles of training.

1._____

2._____

3._____

4._____

5._____ [5]

(b) Explain each of the principles stated in **3(a)** above.

_____

_____

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_____ [2]

4 **(a)** Define periodisation.

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_____

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_____ [2]

(b) **(i)** State and **(ii)** Describe the three periodisation cycles.

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_____ [6]

(c) Describe the structure of a myocycle.

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_____ [2]

For Examiner's Use

5 **(a)** **(i)** Explain the term "*arousal*" with reference to Physical Education and Sports.

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_____ [3]

(iii) Outline any **five** causes of arousal in sports.

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_____ [5]

(b) Explain the **two** types of aggression in sport.

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_____ [2]

For Examiner's Use

6 **(a)** Describe any **five** roles of media in sport.

1. _____

_____

2. _____

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3. _____

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4. _____

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5. _____

_____ [5]

(b) Explain how sport has addressed gender imbalance issues in society.

_____

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_____

_____

_____ [5]

7 **(a)** Define the following terms as they are used in adventure activities.

(i) Orienteering.

_____

_____

_____ [2]

For Examiner's Use

(ii) Mapping

_____

_____

_____ [2]

(b) **(i)** Give any **three** unsafe places for outdoor activities.

_____

_____

_____

(iii) State precautionary measures necessary when adventuring.

_____

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_____ [6]

8 **(a)** **(i)** State the **three** muscle fibre types.

1. _____

2. _____

3. _____ [3]

For Examiner's Use

(ii) Describe the **three** muscle fibres in **(a) (i).**

_____

_____

_____

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_____

_____ [3]

(b) Describe the **(i)** myogenic and **(ii)** nuerogenic changes on skeletal muscles as a result of training.

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_____ [4]

9. Design a **two-hour** training session to develop aerobic endurance for an 800m Athlete preparing for elite competition.

For Examiner's Use

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_____ [10]

10. **(a)** List **four** women's artistic gymnastic events.

1. _____

2. _____

3. _____

4. _____ [4]

(b) With the aid of diagrams, describe the following equipment for artistic gymnastics.

For Examiner's Use

(i) vault table,

_____

_____

_____ [2]

(ii) uneven bars,

_____

_____

_____ [2]

(iii) balance beam.

For Examiner's Use

_____

_____

_____ [2]

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