For Performance Measurement

ZIMBABWE SCHOOL EXAMINATIONS COUNCIL

General Certificate of Education Advanced Level

SPORT SCIENCE AND TECHNOLOGY 6080/2

PAPER 2 Practical Test

SPECIMEN PAPER

Time: 10 minutes

ADVANCE INFORMATION

This paper is to be given to candidates two weeks before the examination

ADVANCE INFORMATION FOR THE TEACHER

- Do not divulge these instructions to both the candidates and unauthorised persons either directly or indirectly.
- Do not open the envelope containing the examination papers before the time of commencement of the examination.
- The question paper comprises **9 questions**; candidates should answer **one** question only.
- Each candidate should be assessed within **10 minutes**.
- The maximum number of attempts is **three (3)** within **10 minutes**. The best trial is recorded for assessment.
- The teacher should assist in the logical administration of the examination and should not assist candidates in their attempt on the question.
- Attention is directed to the syllabus and the general instructions as given in the Advanced Level Syllabus, **SPORT SCIENCE AND TECHNOLOGY SYLLABUS, FORM 5 – 6 (2015 – 2022).**

This question paper consists of 2 printed pages.

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INFORMATION FOR THE CENTRE

The centre should provide FACILITIES, EQUIPMENT and MATERIALS for the following disciplines:

- **Biomechanics Principles**: - muscle movement analysis, record sheets, improvised light gym equipment can be used.
- **Nutrition**: Question 3. **Each candidate must be provided with the following apparatus and materials**: -
  i. $1cm^3$ of 5% glucose,
  ii. Benedict's solution,
  iii. Test tube,
  iv. Water bath/beaker with boiling water,
  v. Burner.
- **Football:** - footballs, cones, bibs, space markers and record sheets,
  Exercise physiology
- **Shot put**: - body weight exercises, set up circuit training station, record sheets.
- **Swimming**: - Dry drills are also acceptable, record sheets, working station, mat, chair and bench.
- **Basketball**: - basketballs, record sheets, cones, agility ladder,
- **Leg power**: - horizontal and vertical equipment, record sheets, metre ruler, space markers, marked wall, firm surface.
- **Cricket**: - plate tapping, tennis ball, space markers and record sheets.

NB: The centre should ensure that **First Aid** is readily available.