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

TIME 10 minutes

INFORMATION FOR CANDIDATES

Submit a session plan or experiment plan prior to your assessment.

The warm-up and cool down are not part of the assessment.

You are advised to spend **not** more than 10 minutes on your chosen question.

You are advised to take into consideration ethical, safely, environmental and medical issues prior to your assessment.

This question paper consists of 2 printed pages.

Copyright: Zimbabwe School Examinations Council, Specimen paper.

revision.fundayi.com | Free ZIMSEC & Cambridge Revision | Share with Classmates

Choose only **one** question

1 In relation to joint action and muscle contraction, demonstrate the following types of exercises,

(i) isometric exercise

(ii) isokinetic exercise

(iii) isotonic exercise

2 Using your peers, demonstrate drills that can be used to counter wind resistance in a sport of your choice.

3 Demonstrate a test for glucose and relate how the body system responds to its presence in the body.

4 Using a peer to feed you with footballs, demonstrate the execution of the following skills in football:

(a) chest control,

(b) push pass,

(c) volley pass,

(d) shooting.

5 With appropriate activities and equipment, show how an athlete's upper strength can be improved in shot put to enhance performance.

6 Administer corrective drills for poor arm action in crawl stroke in swimming.

7 Footwork is a fundamental skill in basketball. Plan and implement a training session to practise footwork.

8 Leg power is a fitness component that is essential in mostsporting activities. Demonstrate a fitness test that can be used to measure leg power.

9 Hand and eye co-ordination is an important demand profile for cricket. Use a test to determine the level of this demand profile on a group of cricketers, then analyse and recommend intervention activities.

revision.fundayi.com | Free ZIMSEC & Cambridge Revision | Share with Classmates