ZIMBABWE SCHOOL EXAMINATIONS COUNCIL

General Certificate of Education Ordinary Level

PHYSICAL EDUCATION, SPORT & MASS DISPLAYS 4002/02

PAPER 2

SPECIMEN PAPER 2 hours

Additional materials:
Answer paper

TIME: 2 hours

INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the spaces provided on the answer paper/answer booklet.

The paper constitutes **two** Sections **A** and **B**. Section **A** is compulsory and in Section **B**, the candidate chooses **three** questions out of **five**.
Section **A** carries **40** marks.
Section **B** carries **60** marks.

Write your answers for Section **B** on separate answer paper provided.

If you use more than one sheet of paper, fasten the sheets together.

Brief answers only are required.

INFORMATION FOR CANDIDATES

The questions in this paper carry equal marks. The number of marks is given in brackets [ ] at the end of each part question.

You should spend at least five minutes reading through the data for each question before you begin writing your answers.

This question paper consists of 7 printed pages and 1 blank page.

Copyright: Zimbabwe School Examinations Council, Specimen paper.

SECTION A

1 **(a)** Define the term fitness:

_____

_____

_____

_____ [2]

(b) **(i)** Name any **two** healthy related components of fitness:

1. _____

_____

2. _____

_____ [2]

(ii) Explain the **two** components of healthy related components of fitness stated in **(b)(i)** above

_____

_____

_____

_____ [2]

(c) Explain why a sporting person should be fit.

_____

_____

_____

_____ [2]

2 **(a)** Give any **two** physical benefits of exercise in sports:

1. _____

_____

2. _____

_____ [2]

(b) Explain why it is important to have a warm down after a rigorous exercise.

_____

_____

_____

_____ [1]

(c) State any **four** classes of drugs that have been banned in sport

1. _____

2. _____

3. _____

4. _____ [4]

3 **(a)** **(i)** Outline any **three** strategies to prevent substance abuse.

1. _____

2. _____

3. _____ [3]

(ii) Explain the role of WADA in anti-doping.

_____

_____

_____ [2]

(b) **(i)** State the number of bones in an adult human body.

_____

_____

_____ [1]

(ii) Identify **two** types of movements that can occur at the hinge joint.

1. _____

_____

2. _____

_____ [2]

4 **(a)** **Fig 4.1** shows the respiratory system

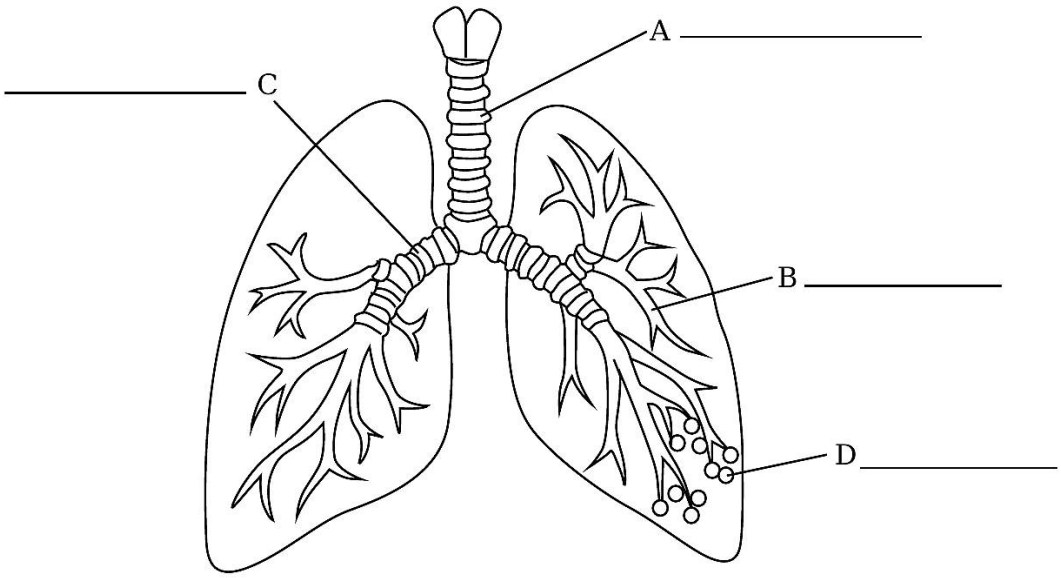


Fig 4.1

(i) Label A, B, C and D.

(ii) State the functions of A and D. [4]

A,_____

D._____ [2]

(b) Describe the effects of exercise on the respiratory system.

_____

_____

_____ [2]

5 **(a)** State the functions of the following in the circulatory system.

(i) Arteries_____

_____ [1]

(ii) Veins_____

_____ [1]

(iii) Capillaries_____

_____ [1]

(b) Explain why blood pressure increases during exercising.

_____

_____

_____

_____ [3]

(c) Describe the physiological effects of exercise to a hammer thrower in athletics.

_____

_____

_____

_____

_____ [3]

SECTION B

6 **(a)** Define the following terms:

(i) Obesity [1]

(ii) Anorexia nervosa [1]

(iii) Bulimia nervosa [1]

(b) Explain why most people suffer from obesity [3]

(c) Hypertension and coronary heart disease are some of the diseases caused by inactivity. Explain the effects of these diseases in Zimbabwe economy. [4]

(d) **(i)** Draw a fully labelled diagram of the volleyball court showing correct dimension and place the six players indicating the direction of rotation. [8]

(ii) Name any **two** skills in a volleyball game. [2]

7 **(a)** Identify and describe any **two** components of the skill related fitness. [4]

(b) Explain how circuit training is executed. [3]

(c) **(i)** Identify any **five** minor injuries common in sport. [5]

(ii) Describe how injuries can be prevented during sport. [5]

(iii) Name the **three** types of connective tissues in and around joints. [3]

8 **(a)** Draw and label the structure of a knee joint. [6]

(b) **(i)** Describe any **two** types of movement associated with the elbow joint. [4]

(ii) Identify any **two** sporting activities associated with the movement of the elbow joint. [2]

(c) Differentiate between pulmonary circulation and systemic circulation. [4]

(d) Describe any **two** groups of muscle. [4]

9 **(a)** State **four** effects of exercise on the cardiovascular system. [4]

(b) **(i)** Distinguish between stroke volume and cardiac output. [2]

(ii) Name the **two** things carried in blood. [2]

(c) Explain how the respiratory system helps the body to recover from oxygen debt after exercise. [3]

(d) Explain how a coach would consider athletes speeding in placing them in 4 x 100m relay race position. [4]

(e) Classify the following sporting activities according to the following categories:

(i) Invasion games

(ii) striking games

Soccer, golf, cricket, netball, hockey [5]

10 **(a)** State any **five** precautions that should be observed before entering into a pool [5]

(b) Swimming involves different strokes as a way of movement in water. Name any **three** swimming strokes. [3]

(c) List any **four** apparatus (equipment) used in educational gymnastics. [4]

(d) **(i)** Describe the process of forming a club. [4]

(ii) Identify any **two** stakeholders and state their roles in a sport club. [4]

BLANK PAGE