# ZIMBABWE SCHOOL EXAMINATIONS COUNCIL

**General Certificate of Education Ordinary Level**

## PHYSICAL EDUCATION, SPORT AND MASS DISPLAYS 4002/1

PAPER 1 Multiple Choice

**SPECIMEN PAPER** 1 hour

Additional materials:
Multiple choice answer sheet
Soft clean eraser
Soft pencil (type B or HB is recommended)

**TIME** 1 hour

**INSTRUCTIONS TO CANDIDATES**

**Do not open this booklet until you are told to do so by the invigilator.**

Write your name, centre number and candidate number on the answer sheet in the spaces provided unless this has already been done for you.

There are **forty** questions in this paper. Answer **all** questions. For each question there are four possible answers, **A, B, C** and **D**. Choose the **one** you consider correct and record your choice in **soft pencil** on the separate answer sheet.

**Read carefully the instructions on the answer sheet.**

**INFORMATION FOR CANDIDATES**

Each correct answer will score **one** mark. A mark will be deducted for a wrong answer.
Any rough working should be done in this booklet.

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**This specimen paper consists of 10 printed pages and 2 blank pages.**

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**[Turn over**

**1.** Which fitness components are most important in gymnastics?

**A.** agility, strength and balance
**B.** power, speed and technique
**C.** power, speed and flexibility
**D.** endurance, power and speed

**2.** Slow twitch (type 1) muscle fibre is suitable for which activity?

**A.** long duration
**B.** short duration
**C.** sprints short duration
**D.** medium duration

**3.** Which relay is **not** applicable to all age groups during National Association for Secondary School Heads (NASH) track and field championships?

**A.** medley relay
**B.** 4 x 100 m
**C.** 4 x 200 m
**D.** 4 x 400 m

**4.** In combat games, which sequence of blows is correct when the right leg is behind?

**A.** left, right, left
**B.** left, left, right
**C.** right, left, right
**D.** right, right, right

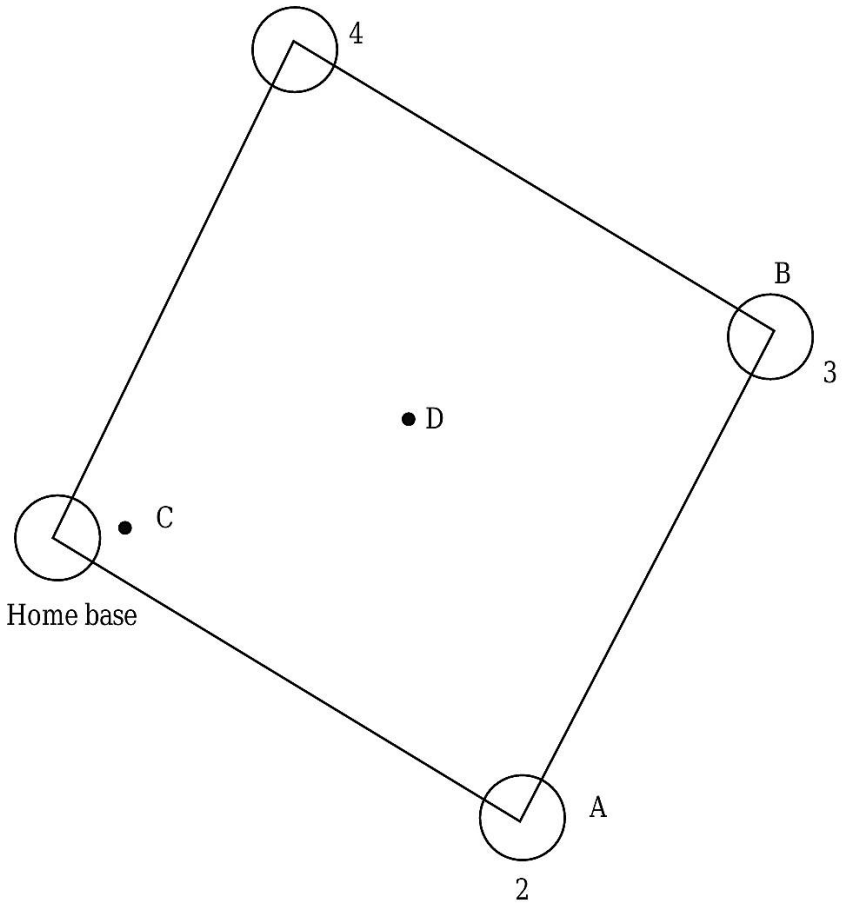
**5.** Which game poses a high risk of finger injuries?

**A.** soccer
**B.** tennis
**C.** cycling
**D.** basketball

**6.** Which one is a universal coaching point in all net games?

**A.** eyes on the coach
**B.** eyes on the ball
**C.** eyes on the net
**D.** eyes on the opponent

**7.** The diagram shows a baseball field.




On which position **A**, **B**, **C**, or **D** should the pitches be placed?

**8.** Which one is **NOT** a target game?

**A.** chess
**B.** darts
**C.** shooting
**D.** archery

**9.** Which statement defines gymnastics?

**A.** movement in practice
**B.** complicated dances
**C.** an act to improve body weight
**D.** stretches in action

**10.** What is the purpose of a net in net games?

**A.** securing the ball
**B.** separating opponents
**C.** scoring points
**D.** decorating the field

**11.** In Zimbabwe, NASH sporting competitions are funded by:

**A.** Zimbabwe Paralympic Committee
**B.** Zimbabwe Olympic Committee
**C.** Sports and Recreation Commission
**D.** Schools and sponsors

**12.** Which one is an example of marketing through sport?

**A.** sponsoring of teams and events
**B.** sponsoring of product production
**C.** marketing of sporting niches
**D.** sponsoring of television rights

**13.** What is the major role of a constitution to a Sports Club?

**A.** outlines how the club is supposed to operate
**B.** promotes peace and stability in the club
**C.** helps the club to acquire loans
**D.** helps the club to negotiate with players or athletes

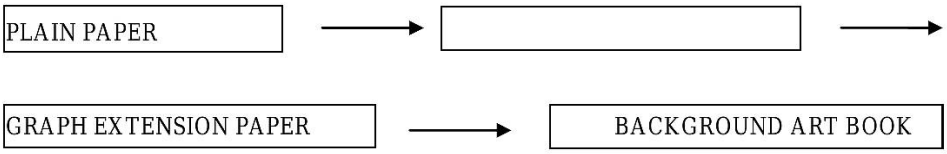
**14.** Which one is a guiding cardinal point on the compass?

**A.** north
**B.** south
**C.** west
**D.** east

**15.** Which tempos are used in Mass Display?

**A.** 2 - 2
**B.** 4 - 4
**C.** 8 - 2
**D.** 3 – 3

**16.** Which link is missing in the background art preparation process below?




**A.** sketch book
**B.** design paper
**C.** design graph paper
**D.** sketch graph book

**17.** Why do coaches need to frequently carry out fitness test on performance?

**A.** to expose performers to many sponsors
**B.** to teach performers to eat a balanced diet
**C.** to prevent performers from taking banned drugs
**D.** to periodically monitor the performer's fitness levels

**18.** Which **one** is the first action taken when a person who cannot swim falls into the deep end of a pool?

**A.** jumping quickly into the water
**B.** offering a life saving stick or rope
**C.** taking a video of the drowning person
**D.** calling for ambulance services

**19.** Which activity was practised during the colonial era, and is still found in present day Physical Education and Sport in Zimbabwe?

**A.** pole vault
**B.** discuss
**C.** hammer
**D.** short put

**20.** Which groups of people were involved in organised sport during the colonial era?

**A.** maids, farm workers and uniformed forces
**B.** railway workers, maids and farm workers
**C.** uniformed forces, railway workers and mine workers
**D.** prisoners, uniformed forces and mine workers

**21.** Which category of drugs is banned in competitions only?

**A.** diuretics
**B.** stimulants
**C.** anabolic agents
**D.** peptide hormones

**22.** Which drug damages the liver and also reduces a performer's reaction time?

**A.** alcohol
**B.** aspirin
**C.** heroin
**D.** nicotine

**23.** Excess carbohydrates in our bodies are stored in form of_____

**A.** protein.
**B.** fat.
**C.** glucose.
**D.** glycerol.

**24.** Which body organ stores glycogen?

**A.** lungs
**B.** heart
**C.** liver
**D.** kidneys

**25.** Which one is not a joint injury?

**A.** dislocation
**B.** tennis elbow
**C.** concussion
**D.** cricket's shoulder

**26.** Steps 1, 2, 3 and 4 show stages followed during treatment of common soft-tissue injuries, but not in their correct order.

1. use ice application for ten minutes
2. elevate the injury above heart level
3. rest the injured part
4. use bandage to compress the injured area

Which one is in correct order?

**A.** 1, 2, 3, 4
**B.** 2, 1, 4, 2
**C.** 3, 1, 4, 2
**D.** 3, 4, 2, 1

**27.** What is the effect of anabolic agents on an athlete's body?

**A.** promote cardiovascular endurance
**B.** increase blood pressure
**C.** promote muscle growth
**D.** increase liver activity

**28.** Why should an injured athlete be put to rest?

**A.** To reduce pain and stop bleeding on the injured part.
**B.** To immobilise the injured part and stop further injury.
**C.** To reduce welling on the injured part.
**D.** To drain excess fluid away from the heart.

**29.** Which event is suitable for fast twitch muscle fibre?

**A.** wrestling
**B.** basketball
**C.** marathon
**D.** mountaineering

**30.** In the respiratory system, where is inhaled air warmed and moistened?

**A.** lungs
**B.** nasal cavity
**C.** trachea
**D.** thoracic cavity

**31.** Which one is **not** a component of the circulatory system?

**A.** heart
**B.** vertebrae
**C.** lungs
**D.** blood

**32.** Which part of the respiratory system is responsible for gaseous exchange?

**A.** trachea
**B.** bronchi
**C.** alveoli
**D.** diaphragm

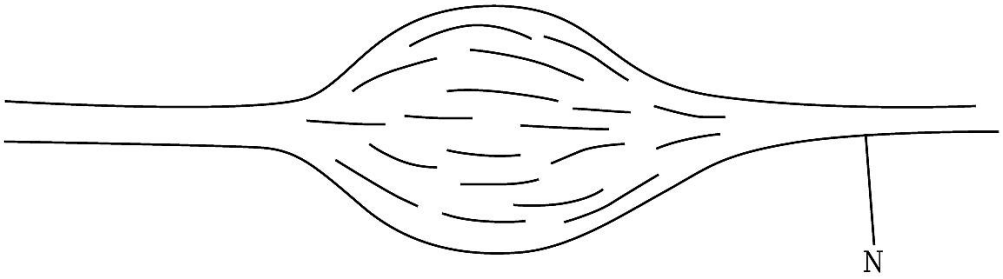
**33.** Which bone is found on the leg?

**A.** humerus
**B.** sternum
**C.** tibia
**D.** ulna

**34.** "**REST IN PEACE COMRADE**", read the background art of a certain mass displays group. Which occasion fits the reading?

**A.** Birthday
**B.** Tea Party
**C.** Funeral
**D.** Independence

**35.** The diagram shows a muscle.



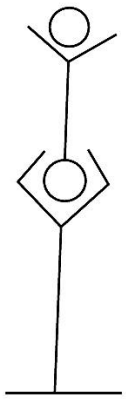

Which part of the muscle is labelled **N?**

**A.** tissue
**B.** flesh
**C.** tendon
**D.** ligament

**36.** What is the purpose of a key on a map?

**A.** shows routes on the map
**B.** determines location of places
**C.** shows the meanings of symbols
**D.** advises users on dangers on the map

**37.** The diagram shows a symbol used in Mass Displays?



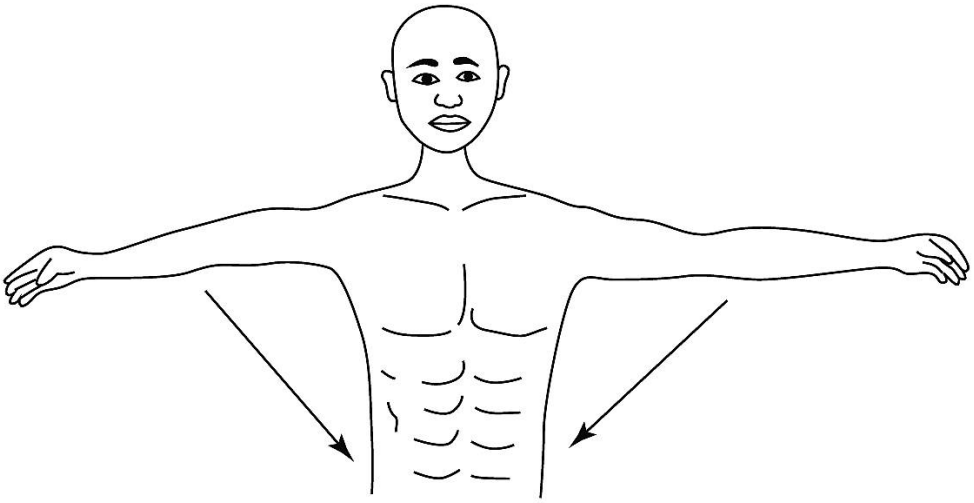
What is the meaning of the symbol?

**A.** Back fall
**B.** human tower
**C.** dance
**D.** kneel

**38.** How does warming up help a performer improve performance?

**A.** decreases blood flow though the body
**B.** decreases the heart rate quickly
**C.** cold and stiffens working muscles
**D.** increases blood flow throughout the body

**39.** The diagram below shows an athlete doing static stretches.



Movement of the hand in the direction shown by the arrows is called_____

**A.** extension.
**B.** hypertension.
**C.** adduction.
**D.** abduction.

**40.** Which statement describes the principle of overload?

**A.** concentrating on specific body muscles to strengthen them
**B.** putting the body under stress to improve strength
**C.** doing too much exercise without resting to improve power
**D.** doing less exercise to rest the muscles

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