

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.

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

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1	(a)	Give any four factors that cause dietary problems in sedentary people.		For Examiner's Use
		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]	
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	(c)	(i)	Give two examples of anabolic agents. 1		Examiner's Use
			2		
		(ii)	Explain the benefits of anabolic steroids.		
				[4]	
3	(a)	State	any five principles of training.		
		1			
		2			
		3			
		4			
		5		[5]	
	(b)	Expla	ain each of the principles stated in 3(a) above.		
				[2]	
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(a)	Define periodisation.		For Examiner's Use
		[2]	
(b)	(i) State and (ii) Describe the three periodisation cycles	s.	
		[6]	
(c)	Describe the structure of a myocycle.		
		[2]	

(a)	(i)	Explain the term "arousal" with reference to Physical Education and Sports.	
			-
			_
			_ [3
	(iii)	Outline any five causes of arousal in sports.	
			[5]
(b)	Expla	ain the two types of aggression in sport.	
			ΓO
			[2

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6	(a)	Describe any five roles of media in sport.	
		1	
		2	
		3	
		4	
		5	
	(b)	Explain how sport has addressed gender imbalance issues in society.	[3]
			[5]
7	(a)	Define the following terms as they are used in adventure activities.	
		(i) Orienteering.	
			[2]

	(ii)	Mapping	_	For Examiner's Use
(b)	(i)	Give any three unsafe places for outdoor activities.	- _ [2] -	
	(iii)	State precautionary measures necessary when adventuring.	_	
			- -	
			- - -	
			- -	
(a)	(i)	State the three muscle fibre types.		
. ,	``	1	_	
		3	[3]	

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	- -	[
Descr as a re	ibe the (i) myogenic and (ii) nuerogenic changes on skeletal muscles esult of training.	S
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		_[10
(a)	List four women's artistic gymnastic events.	
	1	_
	2	
		_
	3	_
	4	_ [4

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(b)	With to		For Examiner's Use	
	(i)	vault table,		
	(ii)	uneven bars,	[2]	
			[2]	

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(iii) bal	ance beam.		For Examiner's Use
		[2]	

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