



**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

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**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, safety, environmental and medical issues prior to your assessment.

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**This question paper consists of 2 printed pages.**

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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 most sporting 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.