

Candidate Name

Centre Number

Candidate Number



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.

FOR EXAMINER'S USE

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.
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]

[illegible]

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- 5 (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) Explain the **two** types of aggression in sport.

[2]

6 (a) Describe any **five** roles of media in sport.

1. _____

2. _____

3. _____

4. _____

5. _____

[5]

(b) Explain how sport has addressed gender imbalance issues in society.

[5]

7 (a) Define the following terms as they are used in adventure activities.

(i) Orienteering.

[2]

(b) (i) Give any **three** unsafe places for outdoor activities.

[illegible]

8 (a) (i) State the **three** muscle fibre types.

2. _____

[3]

[illegible]

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- [illegible]

[10]

1. _____
2. _____
3. _____
4. _____

[4]

- (b) With the aid of diagrams, describe the following equipment for artistic gymnastics.

- (i) vault table,

[2]

- (ii) uneven bars,

[2]

(iii) balance beam.

For
Examiner's
Use

[2]

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