



# 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.

---

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

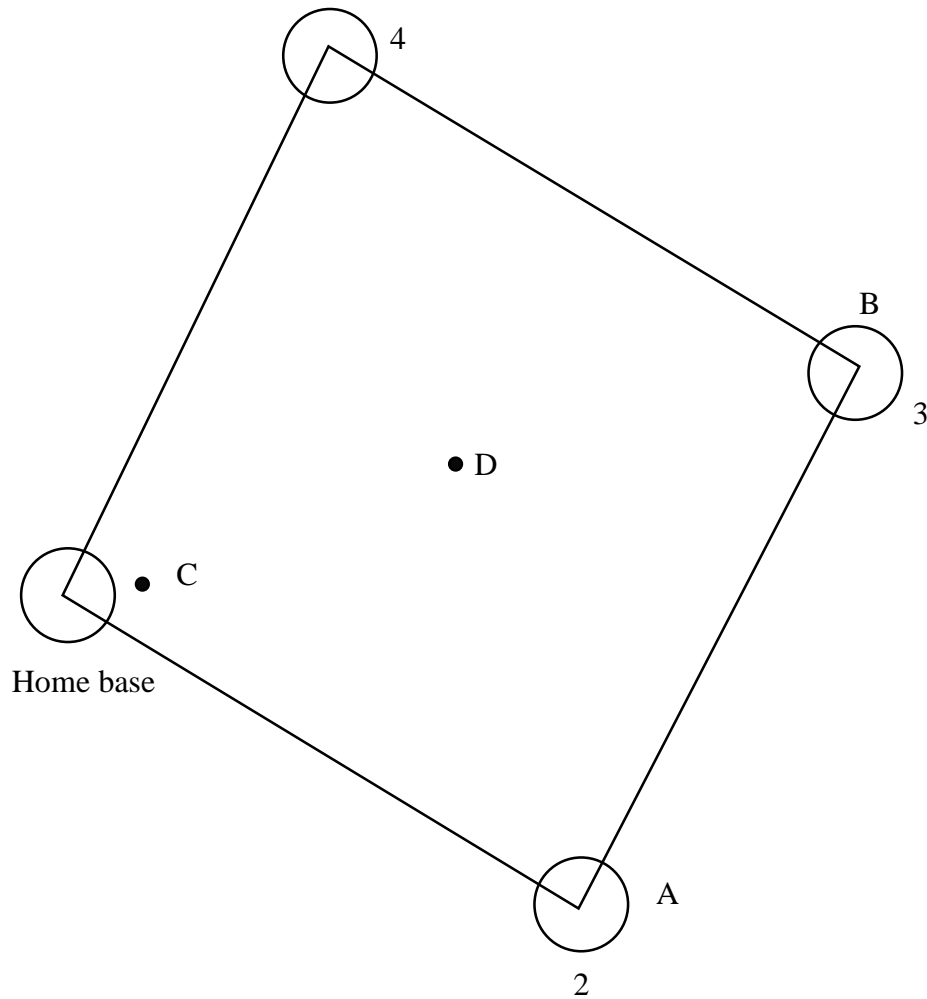
Copyright: Zimbabwe School Examinations Council, Specimen paper.

©ZIMSEC SPECIMEN PAPER

**[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.

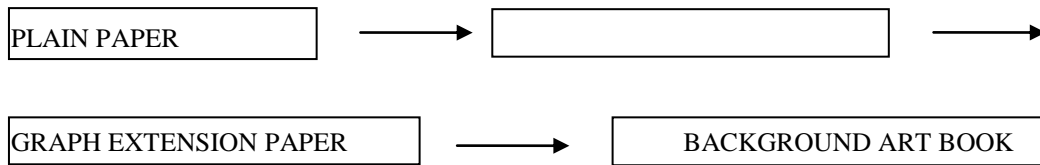


On which position **A**, **B**, **C**, or **D** should the pitches be placed?

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?

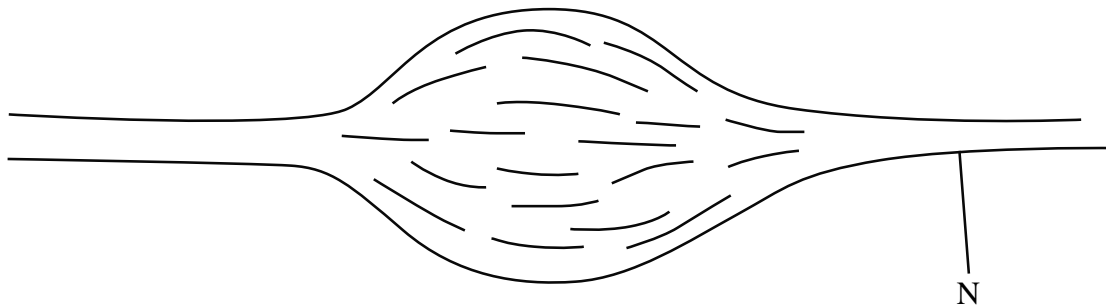


- A. sketch book
  - B. design paper
  - C. design graph paper
  - D. sketch graph book
17. Why do coaches need to frequently carry out fitness test on performance?
- A. to expose performers to many sponsors
  - B. to teach performers to eat a balanced diet
  - C. to prevent performers from taking banned 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 swelling 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

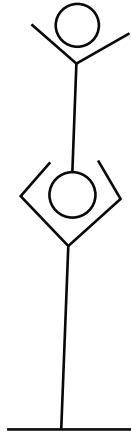
34. “**REST IN PEACE COMRADE**”, read the background art of a certain mass displays group. Which occasion fits the reading?
- A. Birthday
  - B. Tea Party
  - C. Funeral
  - D. Independence
35. The diagram shows a muscle.



- 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



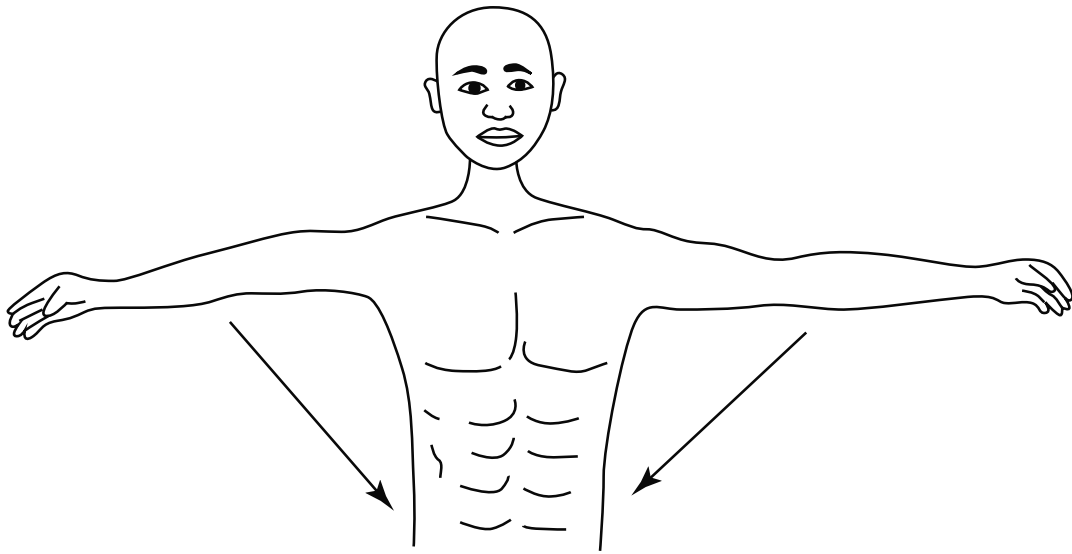
37. The diagram shows a symbol used in Mass Displays?



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

**BLANK PAGE**

**BLANK PAGE**