

## **PHYSICAL EDUCATION**

### **EXAMINATION SCHEME**

There will be three papers, Papers 1, 2 and 3 all of which must be taken. Papers **1** and **2** shall be combined in a composite paper and will be taken at one sitting.

**PAPER 1:** This will consist of fifty multiple-choice questions lasting 50 minutes and carrying 50 marks.

**PAPER 2:** This will consist of four sections – Sections A, B, C and D which will cover questions on the following aspects of the syllabus:

- Section A: Athletics, balls and racket games
- Section B: Foundation of physical education
- Section C: Basic human anatomy and physiology in physical education
- Section D: Sports administration and competitions

Section A will comprise three short essay questions out of which candidates will be required to answer two for 20 marks. Sections B, C and D will consist of two short essay questions each. Candidates will be required to answer one question carrying 10 marks from each of those sections. The paper will last 1 hour 20 minutes and carry a total of 50 marks.

**PAPER 3:** This will also consist of four sections: Sections, A, B, C and D, covering the following events:

- Section A: Athletics (Track and Field events)
- Section B: Ball games
- Section C: Racket games
- Section D: Gymnastics

There will be three questions in Section A out of which candidates will be required to answer two. Each question in the section shall carry 25 marks. In each of Sections B, C and D, there will be two questions out of which candidates will answer one (from each section). Each question in Sections B and C will carry 20 marks while those in Section D will carry 10 marks each.

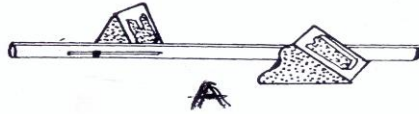
A maximum of 120 seconds (2 minutes) will be allowed for a candidate to respond to a call for performance during practical examination.

## SAMPLE QUESTIONS

### PAPER 1 (OBJECTIVE)

- Which of the following sequence is a **correct** administrative structure in a typical state sports council?
  - Chairman ▶ sports director ▶ assistant director ▶ organizing secretaries ▶ coaches
  - Chairman ▶ assistant director ▶ sports director ▶ coaches ▶ organizing secretaries
  - Chairman ▶ sports director ▶ assistant director ▶ coaches ▶ organizing secretaries
  - Chairman ▶ assistant director ▶ coaches ▶ organizing secretary ▶ sports director
- A State Sports Council is preparing athletes for the National Sports Festival. The Officer who processes personal data, allowances and makes arrangements for equipment and accommodation of the athletes is likely to be the
  - Assistant Director.
  - Confidential Secretary.
  - Organizing Secretary.
  - Coach.
- The person in charge of training athletes before an international competition is the
  - sports secretary.
  - sports master.
  - coach.
  - director.
- The head of all coaches in a Sports Council is the
  - referee.
  - umpire.
  - chief track judge.
  - chief coach.
- Which of the following sports administration bodies controls school sports commission?
  - National Sports Commission
  - Sport Council
  - State government
  - Local government
- The functions of the Sports Council include
  - providing funds for athletes for international competition.
  - testing athletes for drug use before competition.
  - training athletes for international competition.
  - disqualifying athletes for violating the rules for competition

The diagram below illustrates an equipment in athletics. Study it and use it to answer Questions 7, 8, and 9.



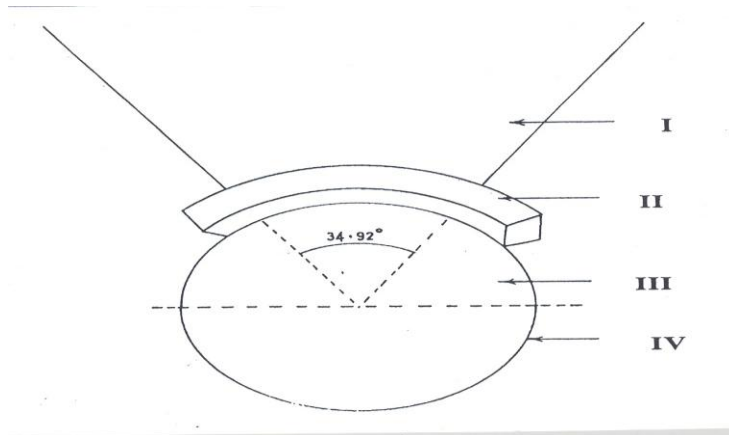
7. The illustrated diagram represents
- A. starting block.
  - B. vaulting box.
  - C. take-off board.
  - D. stop board.
8. Which of the following events is the equipment used for?
- A. 3,000m
  - B. 1,500m
  - C. 800m
  - D. 400m
9. The **main** function of the equipment is to
- A. increase speed during performance
  - B. enhance performance of an athlete.
  - C. prevent slipping off of an athlete.
  - D. place the athlete correctly on lane.

**PAPER 2**  
**(SHORT ESSAY)**

1. State **four** functions of the coach in the State Sports Council.
2. Mention **three** officials in a typical ball game and state **two** functions of **each**.
3. Draw a simple diagram/organogram to illustrate the administrative structure of a typical sports council.

**PAPER 3**  
**(PERFORMANCE)**

1. Study the diagrams below carefully and use it to answer questions that follow.



- (a) (i) Name the athletic event for which the facility illustrated above is used. [1 mark]  
(ii) Name the parts labeled **I, II, III** and **IV** [4 marks]
- (b) (i) Mention **three** officials that should be present during the use of the facility illustrated [3 marks]  
(ii) Mention the **two** equipments used to indicate valid and invalid attempts during the use of the facility. [2 marks]
- (b) (i) Mention **three** officials that should be present during the use of the facility illustrated [3 marks]  
(ii) Mention the **two** equipments used to indicate valid and invalid attempts during the use of the facility. [2 marks]