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கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2016 டிசெம்பர்  
General Certificate of Education (Ord. Level) Examination, December 2016

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சுகாதாரமும் உடற்கல்வியும் I,II  
Health and Physical Education I,II

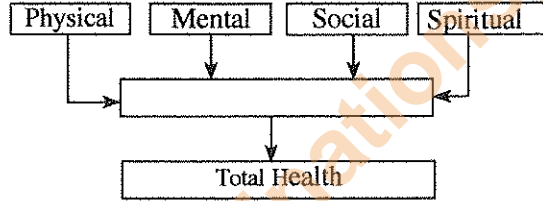
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மூன்று மணித்தியாலம்  
Three hours

## Health and Physical Education - I

## Note :

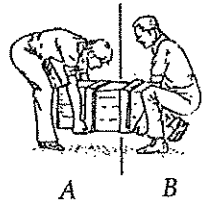
- Answer all questions.
- In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which you consider as correct or most appropriate.
- Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.
- Further instructions are given on the back of the answer sheet. Follow them carefully.

1.

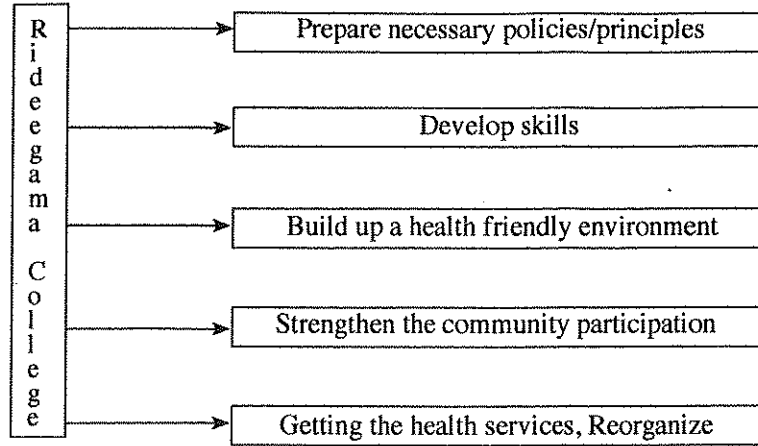


The most suitable word/words to fill the blank box in the given diagram is/are

- healthy.
  - correct nutrition.
  - well being.
  - adequate sleep.
- Raja says he cannot see clearly at night. Which of the following deficiencies could be the cause for the disease condition Raja is suffering from?
  - Protein calorie malnutrition
  - Iodine deficiency
  - Vitamin A deficiency
  - Iron deficiency
- Wesmi, who is suffering from protein calorie malnutrition,
  - does not have the right weight for his height.
  - has an enlarged thyroid gland.
  - has a weak sight.
  - frequently urinates.
- When preparing green leaves ('malluma'), my mother cooks coconut, onions and green chillies under low heat first, adds cleaned green leaves at the end, and removes the dish from heat while the bright green colour is still there. By doing so, she expects to
  - minimize wastage of foods.
  - preserve the nutritive value of foods.
  - make foods more colourful.
  - save time.
- Which of the following food items is poor in nutritive value?
  - Sambar
  - Fruit salad
  - Mixed vegetable curry (Hath Maluwa)
  - Sausages with sauce
- Diagrams A and B show how Rizvy and Nadan are lifting a weight, respectively. From the diagrams, it can be concluded that
  - both Rizvy and Nadan are lifting the weight using correct techniques.
  - both Rizvy and Nadan are lifting the weight using incorrect techniques.
  - Nadan is lifting the weight using correct techniques.
  - Rizvy is lifting the weight using correct techniques.



7.



The above diagram shows some activities conducted by the principal of Rideegama College, in order to develop his school. His intention is to convert the school into

- (1) a health promoting school.
  - (2) a healthy school.
  - (3) a popular school.
  - (4) a school which is loved by all students.
8. Eva is a young girl. Rama is a 20 years old boy. Hakeem is a young boy. Mary is an elderly woman. Piyadasa is a senior citizen. Which of the above persons has/have the **highest** iron requirements?
- (1) Rama and Piyadasa.
  - (2) Eva and Mary.
  - (3) Hakeem.
  - (4) Eva.
9. He is physically weak. He often feels lonely and helpless. To avoid such feelings, he prefers to engage in religious activities. He needs love and caring from his children and grandchildren, and prefers to be recognized by the society. It is our duty to look after people like him. The person described above is most likely to be
- (1) a person with a severe illness.
  - (2) an elderly person.
  - (3) a father who has been left-out by his cruel children.
  - (4) a middle aged person enjoying social recognition.
10. I am a virus that can live only in living cells. After entering your body, I can destroy your immune system. I am the,
- (1) dengue virus.
  - (2) HI virus.
  - (3) Herpes virus.
  - (4) Human Papiloma virus.
11. Ravi is an HIV-infected student. John and Ravi are classmates. Ravi and John play together, share the same water bottle, and use the same toilet facilities. According to the above description,
- (1) John will undoubtedly become an HIV-infected person.
  - (2) John will not become an HIV-infected person.
  - (3) John may be infected with HIV.
  - (4) we cannot be certain whether John will become an HIV-infected person or not.
12. The food that you ingest will be digested in the stomach and the small intestine. The digested food will be absorbed in the small intestine, and the remains will pass through the ileum and enter me. While passing through me in a peristaltic motion, excess water and minerals will be re-absorbed. I am:
- (1) the duodenum.
  - (2) the small intestine.
  - (3) the large intestine.
  - (4) the rectum.
13. In our cricket team, Anjelo is bowling and Mahela is batting. Dilshan takes a catch while Kumar is wicket keeping. The shoulder joint of which of the above players will act as a ball-socket joint during the game?
- (1) Mahela
  - (2) Dilshan
  - (3) Anjelo
  - (4) Kumar
14. Body Mass Index (BMI) of four students are given below.
- A - 17
  - B - 21
  - C - 25
  - D - 30
- Which of the above students are at a higher risk of developing conditions such as diabetes, increased blood cholesterol level and heart diseases?
- (1) A and C
  - (2) B and C
  - (3) B and D
  - (4) C and D

15. Comments made by three students A, B and C on body composition are given below.

A - Body composition refers to a collection of components such as water, proteins, fats, minerals etc. that make up the body.

B - Activities such as taking a balanced diet, engaging in aerobic exercise for at least 30 min per day and avoiding alcohol and drugs, should be followed in order to maintain the right body composition.

C - Body composition plays an important role in maintaining health-related physical fitness.

According to above information;

- (1) A's comment is correct and B's comment is incorrect.
- (2) B's comment is incorrect and C's comment is correct.
- (3) C's comment is incorrect and B's comment is correct.
- (4) Comments of A, B and C are correct.

16. I observed the following activities while having my usual walk on Saturday morning.

-Some were walking briskly while some were jogging.

-Some were busy with gardening.

Which of the following physical fitness components will be developed by engaging in the above mentioned activities?

- (1) Cardio-muscular endurance
- (2) Muscular endurance
- (3) Muscular energy
- (4) Flexibility

17. A few suggestions made during a discussion on prevention of road accidents is given below.

P - Drivers and pedestrians should be properly educated.

Q - Drivers should be educated and actions should be taken to minimize defects in vehicles.

R - Actions should be taken to minimize defects in roads and vehicles.

S - Drivers and pedestrians should be educated and actions should be taken to minimize defects in roads and vehicles.

Which of the above suggestions is the most suitable suggestion?

- (1) P
- (2) Q
- (3) R
- (4) S

18. Some steps that should be followed when giving first aid to a burn victim are listed below.

a - Keep the burnt part under running water immediately.

b - Remove the materials adhered to the wound.

c - Remove jewelry before the wound swells.

d - Dress the wound.

e - Apply cotton wool on the wound and cover with a plaster.

f - Take the victim to a hospital immediately.

The steps that should **not** be followed in giving first aid are included in which answer choice?

- (1) b,e
- (2) a,b,f
- (3) b,c,d
- (4) a,c,d,f

● Answer the questions 19 and 20 based on the event pairs M, N, O, P given below.

M - [ Meditation, Playing a game, Doing Yoga exercises  
Mental stress

N - [ Avoid alcohol, drugs and smoking  
Ability to lead a healthy life

O - [ Developing inter-personal skills  
Psycho-social well being

P - [ Sitting in one place for a longer time, watching the television and playing computer games  
Ability to maintain an active life style

19. The pair of events of which the **increase** of the first results in the **decrease** of the second is

- (1) M, O.
- (2) M, P.
- (3) N, O.
- (4) O, P.

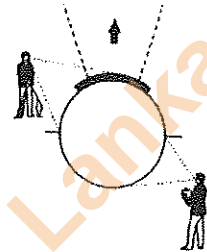
20. The pair of events of which the **increase** of the first results in the **increase** of the second is

- (1) M, N.
- (2) M, O.
- (3) N, P.
- (4) N, O.

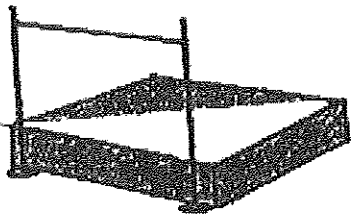
21. An event that is organized annually to assess the sport skills of school children is:
- (1) the inter-house sports meet.
  - (2) the Colours Night.
  - (3) the physical fitness programme.
  - (4) the Sports/Physical Education Day.

22. Nadee plays chess. Rifka plays checkers. Ama plays elle. Which of the above players are engaging in games that are more focused towards developing mental skills?
- (1) Nadee and Ama
  - (2) Ama and Rifka
  - (3) Nadee and Rifka
  - (4) Nadee, Ama and Rifka

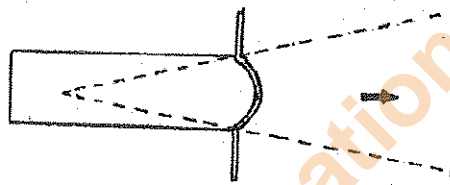
23. The two officials shown in the diagram are getting ready to start the
- (1) discus throw.
  - (2) javelin throw.
  - (3) shot put.
  - (4) hammer throw.



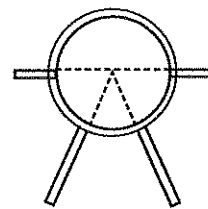
- Three areas arranged for three events in a play ground are shown in the diagram. You are provided with three measuring tapes, a discus and a javelin. Answer questions 24 and 25 using given information.



I



II



III

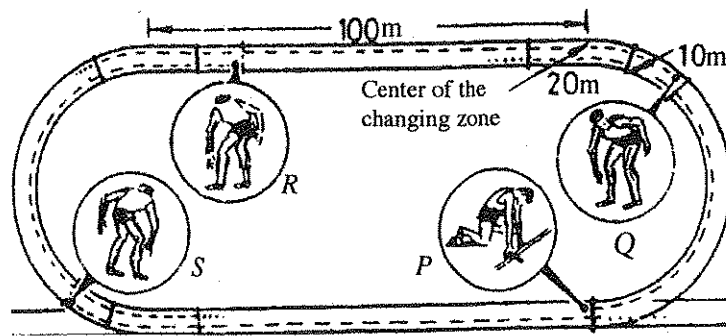
24. The equipment you will be handing over to area II is:
- (1) the discus.
  - (2) the javelin.
  - (3) a measuring tape and the javelin.
  - (4) a measuring tape and the discus.
25. To which area/areas will you be sending only a measuring tape?
- (1) Area I
  - (2) Area II
  - (3) Area III
  - (4) Areas I and II

- Use the following information on four players and their respective events to answer questions 26 and 27.

Player No.	Event/s
82	Marathon, 10 000m
67	800m
54	4 × 400m (1 <sup>st</sup> runner), 400m
33	100m, 200m, 400m

26. Which of the above players will start his/their event/events with a crouch start?
- (1) No. 33
  - (2) No. 54
  - (3) No. 33 and No. 54
  - (4) No. 82 and No. 67
27. Which of the above players will start his/their event/events with a standing start?
- (1) No. 33
  - (2) No. 82
  - (3) No. 54 and No. 82
  - (4) No. 67 and No. 82



- Use the diagram of the standard 400m track given below, to answer questions 28 and 29.



28. The athletes *P*, *Q*, *R* and *S* shown in the diagram are getting ready to start:
- (1) a  $4 \times 400\text{m}$  relay.
  - (2) a  $4 \times 200\text{m}$  relay.
  - (3) a  $4 \times 100\text{m}$  relay.
  - (4) a medley relay.
29. Which of the following athletes will most probably have the ability to give as well as to receive the baton?
- (1) *P* and *Q*
  - (2) *Q* and *R*
  - (3) *R* and *S*
  - (4) *S* and *P*
30. We practice running, jumps and throws during the Physical Education period, and spend the rest of the periods in the class room while sitting or standing. According to the above information, we maintain
- (1) dynamic postures in the play ground and static postures in the classroom.
  - (2) static postures in the play ground and dynamic postures in the classroom.
  - (3) dynamic postures in the play ground and in the classroom.
  - (4) static postures in the play ground and in the classroom.
31. The five rings in the Olympic flag represents,
- (1) all athletes participating in Olympic Games.
  - (2) the five main events of Olympic Games.
  - (3) the five continents that symbolize the non-ethnic concept.
  - (4) colours of the National Flags of all countries.
32. You have been appointed as the selector to select the best badminton player of your house. The tournament method that you will be using for this task is:
- (1) the knock-out tournament method.
  - (2) the league tournament method.
  - (3) the knock-out and league tournament method.
  - (4) the mix tournament method.
33. A football goal-keeper played skillfully by watching the ball coming onto him and instantly changing his posture. Accordingly, the fitness factor that is most likely to be developed in him, which helps him to perform the above task is,
- (1) agility.
  - (2) balance.
  - (3) speed.
  - (4) power.
34. Which of the following athletes uses anaerobic respiration to produce energy throughout his event?
- (1) A 100m runner
  - (2) A marathon runner
  - (3) A 10 000m runner
  - (4) A 5 000m runner



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35. A gymnastic posture is shown in the diagram. Which of the following facts helps to maintain the balance of the gymnast?
- (1) The center of gravity is located above the supporting base.
  - (2) The center of gravity is located below the supporting base.
  - (3) The center of gravity is located slightly left to the supporting base.
  - (4) The center of gravity is located slightly right to the supporting base.
- 
36. The gymnast in the diagram stands on her feet so that her entire body weight is on her toes. Her body acts as:
- (1) a Type I lever.
  - (2) a Type II lever.
  - (3) a Type III lever.
  - (4) both Type II and Type III levers.
- 
37. While trying to stop a shot and a tennis ball rolling on the ground, I realized that I can stop the tennis ball more easily compared to the shot. The reason for this is:
- (1) the inertia of the tennis ball is greater than that of the shot.
  - (2) the inertia of the shot is greater than that of the tennis ball.
  - (3) the speed of the tennis ball is lesser than that of the shot.
  - (4) the speed of the shot is lesser than that of the tennis ball.
- Study the following pairs of incidents K, L, M, N and answer questions 38 and 39.
- K - [ Engaging in warm-up exercises  
Minor injuries to muscles and bones during exercises
- L - [ Doing a higher number of push-ups  
An improvement in muscular endurance
- M - [ Lactic acid accumulation in muscles  
Development of muscle fatigue
- N - [ Resistance from wind during throwing events  
Distance travelled by the throwing apparatus
38. The pair of incidents of which the **increase** of the first results in an **increase** of the second is:
- (1) K, L.
  - (2) L, M.
  - (3) K, N.
  - (4) M, N.
39. The pair of incidents of which the **increase** of the first results in a **decrease** of the second is:
- (1) K, L.
  - (2) K, N.
  - (3) L, M.
  - (4) M, N.
40. Which of the following sports festivals was held in a grand scale in Rio de Janeiro, Brazil in August 2016?
- (1) Football World Cup
  - (2) Cricket World Cup
  - (3) Olympic Games
  - (4) Commonwealth Games

\* \*

**වෙලි තීරදේශය/புதிய பாடத்திட்டம்/New Syllabus**

<b>NEW</b>	<b>86 E I, II</b>
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சுகாதாரமும் உடற்கல்வியும்	<b>I, II</b>
<b>Health and Physical Education</b>	<b>I, II</b>

**Health and Physical Education II**

\* Answer five questions only, selecting question No. 1, two questions from Part I and two questions from Part II.

1. Health and sports societies of our school, together with the community, organized a one-day workshop to develop skills of grade 10,11 students. The morning session consisted of a lecture and a discussion on the causes and prevention of communicable diseases, non-communicable diseases and sexually transmitted diseases such as HIV/AIDS, which was conducted with the assistance of physicians. After that, an experienced chef explained the importance of the Sri Lankan food culture while discussing the benefits of mixed foods and ancient food preservation methods such as drying.

The evening session was dedicated to sports and recreational activities. All students grouped into five groups and played friendly volleyball, netball and football matches using the knock-out method. Students engaged in judging as well, and the matches were held in the school playground. The event was concluded with a singing and dancing session in which all students participated. All agreed that such workshops will provide an opportunity to use the potentials of youth in a positive manner, develop inter-personal skills of youth and help to manage mental stress of young school children.

- (i) Show **two** occasions in this workshop that provides opportunities for the youth to use their potentials in a positive manner.
- (ii) Mention **two** health-promotion strategies that were used during this workshop.
- (iii) Write **two** factors that could cause sexually transmitted diseases mentioned in the passage.
- (iv) Name **one** mixed food item that the chef might have mentioned, and briefly explain the importance of consuming mixed foods.
- (v) Mention **two** ancient preservation methods other than 'drying' that was mentioned by the chef.
- (vi) Name the type of games that the students played during this event, and state one feature of the type of games you mentioned.
- (vii) Draw the fixture for a knock-out tournament with five teams, which was held during this event.
- (viii) Write **two** most likely reasons for the students to select the knock-out method for this event.
- (ix) Give **two** examples in which, the students can improve their inter-personal skills, by participating in this workshop.
- (x) Write **two** instances in this workshop that will contribute to stress management in students.

(marks 02 × 10 = 20)

**Part I***Answer only two questions.*

2. Simon is addicted to alcohol and smoking. As a habit, he takes instant foods and carbonated drinks for his main meals. Further, he frequently fails to eat main meals on time. (02 marks)
- Name **two** non-communicable diseases that Simon is at a higher risk of developing, due to his lifestyle.
  - Write **three** practices that Simon should follow, to avoid the diseases that you mentioned. (03 marks)
  - (a) Explain your view on Simon's food habits based on your nutrition knowledge. (05 marks)  
(b) Suggest a suitable lunch menu for Simon.
3. A part of an article published in a newspaper is given below. Use the following information to answer the questions given below.
- "This disease is rapidly spreading throughout Sri Lanka and is transmitted by the two mosquito species *Aedes aegypti* and *Aedes albopictus*. Under severe conditions, the victims show several symptoms including small red patches on the skin. It is our duty to work together to control the spreading of this disease".
- Name the disease described in the above article, and state the causative agent of the disease. (02 marks)
  - Name the severe condition of the disease described in the article, and list **four** symptoms of the severe condition, which are not mentioned in the article. (03 marks)
  - Briefly explain **five** actions that you can take, to control the spreading of this disease. (05 marks)
4. Briefly explain the action that you would take, to overcome the following challenges.
- You become aware that one of your class mates is suffering from HIV/AIDS.
  - Your brother/friend always exceeds speed limits when he is driving.
  - An old lady comes to you and cries saying that his son left her in the bus stand and went away, and all she has now is her bag with cloths.
  - You are watching the television while your brother is using his hand phone. Suddenly, a heavy rain falls with thunder and lightening.
  - Your team is exploring a jungle and suddenly you are unable to see the surroundings because of an unexpected mist.

(marks 02 × 5 = 10)

**Part II***Answer only two questions.*

5. Leg muscles of athlete No.16 has a higher percentage of Fast-Twitch Fibers (FTF). Muscles of athlete No. 25 has a higher percentage of Slow-Twitch Fibers (STF). Use the above information to answer the following questions.
- Write down separately, the athletes who are more suitable for long jump and a marathon. (02 marks)
  - Name **three** compounds/fuel sources that supply energy for muscle contraction in the above athletes. (03 marks)
  - Using suitable equations, describe the **two** energy systems that the marathon runner and the long jumper will be using predominantly, to produce energy during their events. (05 marks)



6. (i) You have been assigned to train your house's 4 × 100m and 4 × 400m relay teams for baton change. Write down separately, which team will be trained for 'Visual Change' and which team will be trained for 'Non-visual Change'.  
(02 marks)
- (ii) Draw a diagram to classify jumps using the words given below.  
Jumps, Pole vault, Vertical jumps, Long jump, High jump, Tripple jump, Horizontal jumps.  
(03 marks)
- (iii) (a) During a 4 × 100m relay race, within the changing zone, the baton falls while the 3<sup>rd</sup> runner hands it over to the 4<sup>th</sup> runner. The 4<sup>th</sup> runner then picks the baton and finishes the event in the 1<sup>st</sup> place. If you are a judge, explain your decision regarding the above situation.
- (b) Design and explain **two** suitable activities that you will be using, to train your athletes for baton change.  
(05 marks)
7. Answer only **one** question out of the questions **A**, **B** and **C**.
- (A) (i) You have been appointed as a coach to develop the spiking technique of your house's volleyball team. In your class, you learned that spiking can be broken down into four skills. You can easily develop spiking skills of your players using this concept. The first two skills are 'Approach' and 'Take-off'. Name the other **two** skills according to this breakdown.  
(02 marks)
- (ii) Explain how your body should be kept in the air after the take-off.  
(03 marks)
- (iii) (a) During a volleyball match between the two teams 'Mayura' and 'Paravi', after a 'Mayura' player serves, a 'Paravi' player hits the ball while it is on the top of the upper line of the net. If you are a referee, what will be your decision regarding the above situation?
- (b) Design and explain **two** suitable activities that you will be using, to improve the spiking technique of your players (use diagrams when necessary).  
(05 marks)
- (B) (i) You have been appointed as a coach of your house's netball team. Name the **two** methods that you will be teaching your team members, to perform the shooting skill.  
(02 marks)
- (ii) Explain in steps, how you would develop the shooting skill of your team members.  
(03 marks)
- (iii) (a) During a netball match between the 'Red' and 'Blue' teams, when the Red team's Goal shooter - GS is getting ready to shoot, the Blue team's Goal keeper - GK, standing less than 3 feet (0.9m) from the Red team's GS, blocks the shooting by spreading her hands. If you are an umpire, what would be your decision regarding the above situation?
- (b) Design and explain **two** suitable activities that you will be using, to improve the shooting skill of your team members (use diagrams when necessary).  
(05 marks)
- (C) (i) You have been appointed as a coach of your house's football team. Name **two** kicking skills that you will be teaching your team members.  
(02 marks)
- (ii) Explain how you would train your new players to develop one kicking skill that you mentioned in question (C) (i).  
(03 marks)
- (iii) (a) In a football match between 'Gemunu' and 'Vijaya' teams, the 'Gemunu' team scores a goal and a 'Gemunu' player removes his jersey and runs across the ground celebrating his team's goal. If you are a referee, what would be your decision regarding the above incident?
- (b) Design and explain **two** suitable activities that you will be using, to improve one kicking skill of your new team members (use diagrams when necessary).  
(05 marks)

Department of Examinations, Sri Lanka.

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