

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2022(2023)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2022(2023)
 General Certificate of Education (Ord. Level) Examination, 2022(2023)

සෞඛ්‍ය හා භෞතික අධ්‍යාපනය I, II
 சுகாதாரமும் உடற்கல்வியும் I, II
 Health and Physical Education I, II

පැය තුනයි
 மூன்று மணித்தியாலம்
 Three hours

අමතර කියවීමේ කාලය - මිනිත්තු 10 යි
 மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
 Additional Reading Time - 10 minutes

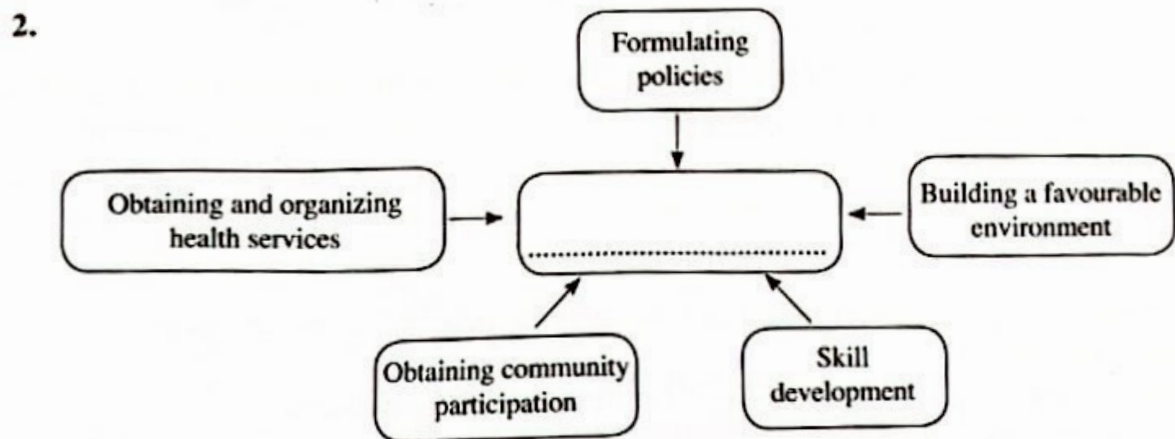
Use additional reading time to go through the question paper, select the questions you will answer and decide which of them you will prioritise.

Health and Physical Education I

Instructions:

- * Answer all questions.
- * In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which is 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. Students having physical, mental, social and spiritual well-being can be described as
 - (1) children with total personality.
 - (2) children with good qualities.
 - (3) children with total health.
 - (4) children contributing to health promotion.



Select the option that is suitable to fill in the blank of the diagram.

- (1) Factors affecting the quality of life
- (2) Factors that help to develop good interpersonal relations
- (3) Actions that should be followed to protect health
- (4) Strategies that can be used for health promotion

● Answer questions from 3 to 5 based on the following information.

This is overweight. The Body Mass Index (BMI) of Radha is 20.5 kg m^{-2} . Rifa belongs to the orange zone of the BMI chart.

3. The colour of the zone to which Thisa belongs in the BMI chart is
 - (1) green.
 - (2) orange/red.
 - (3) dark purple.
 - (4) light purple.

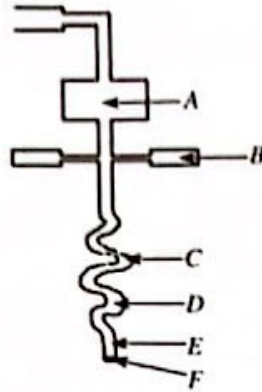
4. Regarding Radha's nutritional status, it can be said that she is
- (1) suffering from malnutrition.
 - (2) suffering from undernutrition.
 - (3) suffering from overnutrition.
 - (4) in an appropriate nutritional status.
5. According to the BMI chart, it can be concluded that Rifa
- (1) is wasted.
 - (2) has an appropriate weight.
 - (3) is overweight.
 - (4) is obese.
6. A feature that **cannot** be observed in a person with psycho-social well-being is,
- (1) contributing to society in a good way.
 - (2) having difficulties to cope up with mental stress.
 - (3) having the ability to manage emotions.
 - (4) having the ability to solve problems successfully.
7. To fulfil the psycho-social needs of a child in early childhood, an adult should
- (1) nourish the child appropriately.
 - (2) measure the weight and the height of the child at three-month intervals and record them on the growth chart.
 - (3) protect the child from communicable diseases.
 - (4) give love and affection to the child and allow him/her to express his/her ideas.

- Use the following information to answer questions 8 and 9.

John, who goes home late after finishing work, often eats two chinese rolls, a cutlet and fried potato chips with sauce for his dinner and drinks a bottle of cola drinks. He consumes ice cream for dessert.

8. What is the most accurate statement about John's dinner?
- (1) consumption of such meals should be minimized as they contain excessive amounts of salt and fats.
 - (2) consumption of such meals should be minimized as they contain excessive amounts of salt and sugar.
 - (3) consumption of such meals should be minimized as they contain excessive amounts of sugar and fats.
 - (4) consumption of such meals should be minimized as they contain excessive amounts of sugar, salt and fats.
9. The disease conditions that John could most likely be suffering from due to the consumption of such foods as a habit include
- (1) diabetes and syphilis.
 - (2) diabetes and heart diseases.
 - (3) chickenpox and measles.
 - (4) cancer and thalassaemia.
10. The indigenous flavouring agents that could be used to enhance the taste and the quality of foods include,
- (1) ginger, cinnamon, soup cubes, rampe and soy sauce.
 - (2) curry leaves, cinnamon, rampe, ginger and garlic.
 - (3) garlic, turmeric, soup cubes, curry leaves and rampe.
 - (4) turmeric, garlic, ginger, curry leaves and soy sauce.
11. The system that is most important to maintain the straightness of the body is
- (1) the muscular system.
 - (2) the nervous system.
 - (3) the blood circulatory system.
 - (4) the skeletal system.

- Answer questions from 12 to 15 based on the following sketch showing the organs of the digestive system.



12. The organ denoted by letter A is
 (1) the stomach. (2) the liver.
 (3) the pancreas. (4) the oesophagus.
13. The letter that indicates the small intestine is
 (1) C. (2) D. (3) E. (4) F.
14. The juice secreted from the organ denoted by letter B is
 (1) mucus.
 (2) gastric juice.
 (3) pancreatic juice.
 (4) intestinal secretion.
15. A disease that could occur in the system shown in the diagram is
 (1) tuberculosis. (2) gastritis.
 (3) paralysis. (4) syphilis.
16. X, who is an HIV-infected person living in an area with a large mosquito population, shares his room with his two friends Y and Z. These three persons use the same toilet and the telephone and share their clothes. Only Z uses a mosquito net when he sleeps.
 According to this information, which of the following statements is correct?
 (1) Only Y could be infected with HIV.
 (2) Only Z could be infected with HIV.
 (3) Both Y and Z could be infected with HIV.
 (4) Both Y and Z will not be infected with HIV.
- Several wrong actions leading to road accidents are listed below. Answer question 17 based on them
- * Not following road signs
 - * Walking in the dark
 - * Walking on the road in groups
 - * Walking on the left side of the road
 - * Throwing wastes to the road
17. All these wrong actions could occur due to
 (1) negligence of pedestrians.
 (2) negligence of drivers.
 (3) weaknesses of the road.
 (4) the inefficiency of the relevant departments.

18. Select the correct option about the statement and the reason given below.

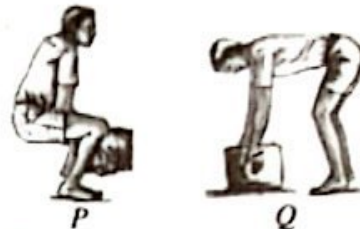
Statement – It is suitable to give first aid when needed, even without having proper knowledge and training.

Reason – Giving first aid without training could worsen the condition of the injured person.

- (1) The statement and the reason are correct.
- (2) The statement and the reason are incorrect.
- (3) The statement is correct and the reason is incorrect.
- (4) The statement is incorrect and the reason is correct.

19. The diagram shows how the two persons *P* and *Q* are lifting weights. Select the correct statement about their postures.

- (1) *P*'s posture is correct and *Q*'s posture is incorrect.
- (2) *Q*'s posture is correct and *P*'s posture is incorrect.
- (3) Postures of both *P* and *Q* are correct.
- (4) Postures of both *P* and *Q* are incorrect.



• Study the pairs of events A, B and C and answer question 20.

- A - [Exclusively breast feeding the child until he/she completes his/her first six months
The development of the child's body and brain because breast milk contains all required nutrients]
- B - [Developing good interpersonal relations
Developing mental stress]
- C - [Developing health related fitness
Developing the ability to lead a healthy life]

20. The pair/pairs of events of which the **increase** of the first event results in the **decrease** of the second event is/are

- (1) A only.
- (2) B only.
- (3) A and B only.
- (4) B and C only.

21. What is the option containing the qualities that should be possessed by an athlete with sportsmanship, out of the qualities A, B, C and D?

A – Working as a team with corporation, enthusiasm and commitment

B – Helping the opponents when needed

C – Accepting the decisions of the judge board

D – Acting with self discipline as a spectator

- (1) A and B only.
- (2) A, B and C only.
- (3) A, C and D only.
- (4) All A, B, C and D.

• The following table shows how the athletes 25, 34, 46 and 58 completed their throwing events. Answer questions from 22 to 24 based on this information.

Athletes No.	How the throw was done
25	Throwing far above and in front of the head
34	Putting far in front of the body
46	Throwing far from besides the body
58	Throwing far above and in front of the head

22. The number/s of the athlete/athletes who has/have participated in javelin throw is/are

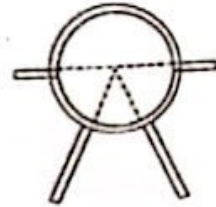
- (1) 34.
- (2) 46.
- (3) 25 and 58.
- (4) 25, 46 and 58.

23. The number/s of the athlete/athletes who need/needs a shot for his/her/their event is/are

- (1) 34.
- (2) 46.
- (3) 25 and 58.
- (4) 25, 34 and 58.

24. The number/s of the athlete/athletes who should report to the ground shown in the diagram for his/their event is/are

- (1) 34. (2) 46.
- (3) 25 and 58. (4) 34 and 46.



● Select the most suitable option to fill in the blank of each of the questions 25 and 26.

25. Approach run → → Bar clearance → Landing
The term/s suitable to fill in the above blank related to the stages of a high jump technique is/are

- (1) Power position. (2) Take-off.
- (3) Flight. (4) Rotation.

26. A person who coordinates all resources of an organization to achieve its objectives and aims is called as

- (1) the manager.
- (2) the deputy principal.
- (3) the Physical Education teacher.
- (4) the coordinator.

27. The category of events that starts with the command 'On your marks, Go/Sound of the gun' is

- (1) 100 m sprint, 110 m hurdles, 4 × 400 m relay.
- (2) 1500 m running, 3000 m running, 5000 m running.
- (3) 100 m sprint, 100 m hurdles, 1500 m running.
- (4) 100 m sprint, 400 m running, marathon.

28. According to the classification of athletics events, 110 m hurdles, 4 × 400 m relay and steeplechase belong to the

- (1) track event category. (2) short distance running event category.
- (3) middle distance running event category. (4) field event category.

29. An athlete has to participate in a combined event held in one day. This combined event could be

- (1) decathlon.
- (2) heptathlon.
- (3) pentathlon.
- (4) pentathlon or decathlon.

● The following diagrams show how the three students X, Y and Z managed to maintain balance. Answer questions 30 and 31 based on these diagrams.



30. Of these students, the student/students with the highest balance is/are,

- (1) X. (2) Y. (3) Z. (4) Y and Z.



31. The reason for achieving balance in the student/students with the highest balance among X, Y and Z is
- (1) having a large supporting base.
 - (2) positioning the line of gravity within the limits of the supporting base.
 - (3) moving the body parts in opposite directions.
 - (4) positioning the centre of gravity at a lower level.

32. Several statements about the centre of gravity are given below.

A - The centre of gravity is the point where the body weight of a human acts on.

B - The position of the centre of gravity will not change according to the postures of a person.

C - It is easier to maintain balance when the centre of gravity is positioned near the ground level.

Of the above, the incorrect statement/s is/are

- | | |
|-------------------|-------------------|
| (1) A only. | (2) B only. |
| (3) A and B only. | (4) B and C only. |
33. When a fast bowler, bowls a ball to a batsman by completely turning his arm at the shoulder joint, the movement angle at the ball & socket joint of the bowler's arm is
- | | | | |
|----------|----------|-----------|-----------|
| (1) 45°. | (2) 90°. | (3) 180°. | (4) 360°. |
|----------|----------|-----------|-----------|
34. When a tournament is conducted using a draw prepared according to the league method, the concept of 'fair play' will evolve because
- (1) it takes a long time to conduct matches.
 - (2) judging is done with the contribution of more umpires/referees.
 - (3) more grounds are used to hold matches.
 - (4) the true winner can be selected.
35. The organizing committee used the formula $(n-1)$ to calculate the number of matches to be played during a tournament (n = the number of teams/players participating in the tournament). This tournament method is
- | | |
|-----------------------------|---------------------------|
| (1) the knockout method. | (2) the league method. |
| (3) the combination method. | (4) the challenge method. |
36. What is the correct statement regarding Olympic Games?
- (1) Olympic Games were first started by the Frenchman Pierre de Coubertin.
 - (2) Women participation was not allowed in early Olympic Games.
 - (3) The modern Olympic Games started in 776 B.C.
 - (4) Winners of the modern Olympic Games are awarded with olive wreaths.

- Use the following information to answer questions 37 and 38.

"The main aim of the journey that we organized was to study biodiversity. Also, we studied how to use the compass and maps for this journey. We prepared attire to protect ourselves from dangers and foods required for the journey."

37. They have organized a
- | | |
|-------------------------|--------------------------|
| (1) walk. | (2) mountaineering trip. |
| (3) jungle exploration. | (4) cycle parade. |
38. The compass is used in this journey to
- (1) calculate the time for the journey.
 - (2) find the direction during the journey.
 - (3) find the environmental temperature.
 - (4) know the procedure to be followed during an emergency.

39. Of the runner shown in the diagram, the leg on the ground acts as
- (1) a type I lever.
 - (2) a type II lever.
 - (3) a type III lever.
 - (4) type II and III levers.



40. The country that won the Football World Cup held in 2022 in Qatar is
- (1) Argentina.
 - (2) Croatia.
 - (3) France.
 - (4) Morocco.

* *

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கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2022(2023)
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සෞඛ්‍ය හා ශාරීරික අධ්‍යයනය I, II
காத்தாரமும் உடற்கல்வியும் I, II
Health and Physical Education I, II

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. The Sports Association of Rideegama College organized a coaching camp in the weekend. At this coaching camp, the coaches gave a training on field events such as high jump and track events such as relay races, and showed the need of rules and regulations to maintain the dignity of sports.

The participants were made aware of the special nutrient requirements of athletes, the good habits such as refraining from using drugs and smoking that should be followed to maintain total health, and skills such as empathy that are important to maintain interpersonal relations, by the sports medicine doctor.

An outdoor entertainment programme was held at the end of the coaching camp and all participants enjoyed by singing and dancing before they dismissed happily.

Answer the questions from (i) to (x) based on the above case.

- (i) Write two social skills that the students of Rideegama college will develop by collectively organizing the coaching camp.
- (ii) Mention two events belonging to the field event category other than the category to which high jump mentioned in this case belongs.
- (iii) Write two track events that the coaches may have trained, other than relay races.
- (iv) Write two facts other than the fact mentioned in the case, to show the importance of rules and regulations in sports.
- (v) Mention two categories of people who have special nutrient requirements other than athletes.
- (vi) Write two facts an athlete should pay attention to, when planning his/her meals to meet special nutrient requirements.
- (vii) Write two good habits other than the good habit mentioned in the case, which can be followed to achieve total health.
- (viii) Write two skills other than empathy, which could be important for a person to maintain interpersonal relations.
- (ix) Write two facts that should be paid attention to, when organizing outdoor entertainment events like these at the school premises.
- (x) Write two personal skills that will be developed in students by participating in entertainment programmes like these. (02 × 10 = 20 marks)

Part I

Answer two questions only.

2. Several facts disclosed at the School Medical Inspection (SMI) by the medical officer and the class teacher regarding the nutritional status of some students are listed below. Answer the questions based on this information.

Rizwi - Has a poor memory, lethargic, suffers from anaemia.

Nadan - Has Bitot's spots on eyes, has a poor eye sight, frequently suffers from common cold.

Manike - Has a goiter, does not show an interest for studies, shows retarded growth in height.

Jane - Teeth are decayed, bones are likely to undergo fractures, shows growth retardation.

- (i) Mention separately, the nutrients that were deficient in the above students to cause these symptoms. (02 marks)
- (ii) Select **three** students from the above-mentioned four students and write down separately, an action that can be taken to minimize the nutritional problems faced by each of them. (03 marks)
- (iii) Briefly explain **five** actions that can be taken to minimize/prevent the nutritional problems of your family members. (05 marks)

3. Answer the questions given below based on the following incident.

While a group of Grade 11 students were playing cricket, Kumar missed a catch of Saman who has scored 100 runs by then, and Shihan severely scolded Kumar for missing the catch. Christy intervened and settled the situation.

- (i) Mention separately, one emotion that could have been created in each of the following students during the above incident.
● Shihan ● Kumar ● Saman (02 marks)
- (ii) Mention separately, one reason for generating each of the emotions that you mentioned in question (i) above, in these students. (03 marks)
- (iii) Explain your conclusion of Christy based on the above incident. (05 marks)

4. Briefly explain how you would act to overcome the following challenges successfully.

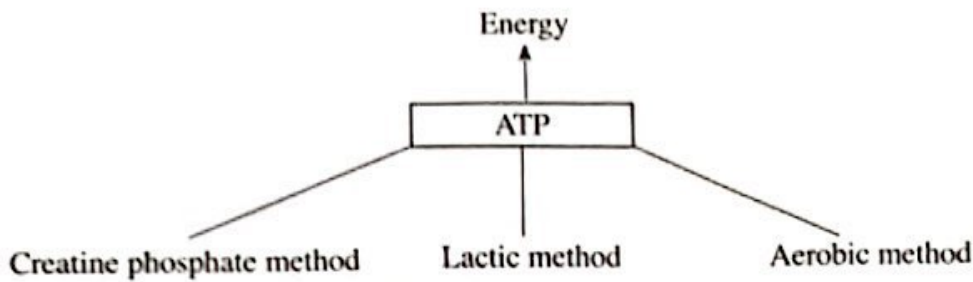
- (i) Two persons come to your house when you are staying alone, and ask you to open the gate and the door to check whether mosquito larvae are present in your house premises.
- (ii) Your brother/sister who has passed to Grade 10 seeks your advice on selecting basket subjects in addition to compulsory subjects for C.G.E.(O.L.) Examinations.
- (iii) Your friend who is constantly gaining weight, asks you about what he/she can do to avoid it.
- (iv) You see a person standing near the gate of your school, who is forcing the students to taste various kinds of colourful lollipops and lozenges saying that they are so tasty.
- (v) A friend tells you that it is useless to engage in sports activities because you are preparing for the G.C.E.(O.L.) Examinations.

(02 × 5 = 10 marks)


Part II

Answer two questions only.

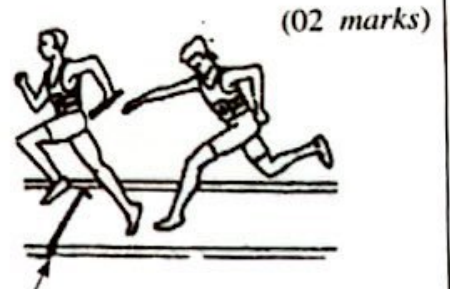
5. The following chart shows three energy supplying methods that produce ATP, which provide energy for motor activities.



- (i) Mention the **two** methods that supply energy to produce ATP **without** using oxygen. (02 marks)
- (ii) Write down separately, **two** examples for track events that use each of these three methods to produce energy. (03 marks)
- (iii) Explain the mechanism of producing energy for sports events using oxygen. (05 marks)

6.  The diagram shows a posture of an athlete who is starting an event in response to the commands, according to a starting method.

- (i) Name this starting method and the posture.
- (ii) (a) The diagram shows the baton change during a relay race. Mention your decision as a judge in this competition.



End of the baton-changing zone

- (b) Give the reasons for your decision. (03 marks)
- (iii) (a) Explain giving reasons, the accuracy/inaccuracy of clearing the hurdle of the athlete shown in the diagram.



- (b) Name the muscle fibre type that could be found abundantly in the legs of this athlete and write a characteristic of this muscle fibre type.
- (c) Explain an activity that is suitable to train the technical skill of beginner athletes who will be participating in a hurdles event.

7. Answer only one question from the questions A, B and C.

- A. (i) Name the skill that is required to start a volleyball game and mention one method to perform this skill. (02 marks)
- (ii) During a volleyball match between Gemunu and Parakum teams, following a spike shot by Gemunu team, the ball hit the flexible pole and landed on the ground of Parakum team. Giving reasons, explain your decision as a referee during this situation. (03 marks)
- (iii) (a) Mention the person/persons who is/are eligible to request a time-out in volleyball.
(b) Explain a suitable activity to practice the technique of the skill required to start a volleyball game, that you mentioned in 7 (A) (i). (05 marks)
- B. (i) Mention the place names of players who are allowed to play inside the goal circle when playing netball. (02 marks)
- (ii) During a netball match, two players from the two teams went off-side at the same time to get the ball. Giving reasons, explain your decision as an umpire during this situation. (03 marks)
- (iii) (a) Explain how a point can be scored in netball.
(b) Explain a suitable activity to practice the shooting technique for netball players. (05 marks)
- C. (i) Mention the two categories of free kicks that will be awarded to an opponent team due to an infringement in football. (02 marks)
- (ii) During a football match, a player was hardly kicked by an opponent. Giving reasons, explain your decision as a referee during this situation. (03 marks)
- (iii) (a) Explain how a point can be scored in football.
(b) Explain a suitable activity to practice the technique of 'kicking with the toe' for football players. (05 marks)

* * *