

C A R I B B E A N E X A M I N A T I O N S C O U N C I L

**REPORT ON CANDIDATES' WORK IN THE
SECONDARY EDUCATION CERTIFICATE EXAMINATION**

MAY/JUNE 2008

PHYSICAL EDUCATION AND SPORT

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GENERAL PROFICIENCY EXAMINATION
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General Comments

This examination consists of three papers. Paper 01 comprises of two sections - Section A and Section B.

Section A consists of twelve compulsory questions based on the themes:

- History and Development of Physical Education and Sport
- Anatomy and Physiology
- Fitness and Performance
- Health and Nutrition
- Social Issues

The maximum score for this section is 30 marks. The mark per question is variable.

Section B consists of four compulsory questions each worth twelve marks and is based on the same theme as in Section A.

Questions in Section B require more extensive responses than those in Section A.

Great interest abounds generally in physical education and sport as a CSEC Examination. There was a significant increase again this year in the number of candidates writing the Caribbean Secondary Education Certificate General Proficiency Examination in Physical Education and Sport. This year the subject enjoyed an 80% growth.

Approximately 3,217 candidates registered for the examination while 2,933 sat the examination. Candidates who were deemed absent numbered 252 while the number of missing candidates totalled 32. All teachers should pay great attention to the number of absentees and or missing candidates to ascertain the real reason for this behaviour. This trend should not be allowed to grow. The highest mark earned was 86% out of 90% on Paper 01. Only 5 candidates received 86%. The physical education teachers in the region are to be congratulated for continuing the great energy behind this subject allowing us to stir up significant interest and gain much appreciation and respect for this subject.

Paper 01

In 2008, candidates performed well in Section A when compared with 2007. This year the responses in Section A showed a greater knowledge of the History and Development of Physical Education and Sport over the different periods, as many more territories have been using the recommended text.

The use of technical and scientific terminologies has shown some improvement as candidates have become more familiar with these. For example, candidates were told that one essential principle followed by coaches in planning training programmes was overload. They were then required to state two other principles of training. Many candidates responded very well using technical terms such as the principle of reversibility, the principle of variety and the principle of progression. Unfortunately a couple territories argued to accept 'tedium' which is a negative principle. To 'avoid tedium' would have been the more acceptable answer.

Figure 2 showed a diagram of a joint in the human body and candidates were asked to identify the type of joint shown in the figure. The responses were scientifically correct but incorrectly spelt. For example 'ball soc', 'socket', 'nut and bolt' instead of 'ball and socket'. Regarding the correct naming, in Question two, candidates were asked to name the two English-speaking Caribbean countries which qualified to participate in World Cup Football Games in the last decade. A few candidates answered using brand names such as 'Reggae boys' and 'Soca warriors', instead of the countries, Jamaica and Trinidad and Tobago.

Paper 02

This year 2,755 candidates were presented to be externally assessed in the practical component of the examination. Greater effort must be made in submitting the requested information. For those schools which submitted mark sheets, greater care must be exercised in completing these forms. Candidates, however, seemed to have mastered the skills of their chosen sports.

External Examiners, in awarding grades, noted few discrepancies between their grades and those of the teachers.

Paper 03 – School-Based Assessment

2,970 candidates were presented for this project. The School-Based Assessment is an integral part of candidates' assessment in the Physical Education and Sport Examination.

The samples of the portfolios that were submitted suggest improvement in this area. Based on the samples viewed, many were of an excellent quality with only a few not conforming to syllabus requirements.

The moderation process for the School-Based Assessment is limited to the project. As usual Examiners only moderate the elements of content and organization while the teachers award marks for the elements of planning and organization, implementation and teamwork.

Continued guidance in the approved methodologies and guidelines in executing their duties should be encouraged. This will ensure that the candidates understand the process and continue their learning as they carry out these roles.

DETAILED COMMENTS

Paper 01

SECTION A

History and Development of Physical Education and Sport

Question 1

Candidates were asked to name two areas of development aided by physical education. The responses named were either social or physical. 2,047 candidates earned full marks by giving the correct responses such as emotional and intellectual. The mean percentage of candidates who answered correctly was 86.5.

Question 2

Candidates were asked to name two events of the Ancient Olympic Games. Candidates were challenged to identify the events done in the Ancient Olympics versus events for participation in the Modern Olympics. For example, candidates specified 100m or 200m instead of running which was accepted or the shot-put instead of shot-ball or weight-throw. All answers were however accepted as the name of events became more specific in the Modern Olympics. The performance in this question was still good as an average of 73 per cent of the candidates answered correctly.

Anatomy and Physiology

Question 3

Candidates were asked to name two English-speaking Caribbean countries which qualified to participate in World Cup Football. A few candidates did not state the country but instead they referred to the countries as 'Soca Warriors' and 'Reggae Boys'. Although there was a suggestion of correctness in these answers, they were not accepted as the question asked for the countries. On average, 69.5 per cent of the candidates answered correctly.

Question 4

Candidates had little difficulty completing column B by selecting from the list in Table 1, the best description of each type of vertebra listed in Column A. approximately 74 per cent of the candidates answered correctly. The few candidates who missed the fifth point, identified incorrectly, the definition of coccyx which is the remains of the tail.

Question 5

Candidates were asked to name two main parts of the central nervous system in Part (a). In Part (b) however, it was evident that candidates knew the function of the central nervous system is movement, as nearly all presented good definitions. Overall the average percentage of candidates who answered correctly was 65.3.

Fitness and Performance

Question 6

On average, 62.5 per cent of the candidates were generally able to identify two of the stages of a training session. Only a small number gave terms such as fitness training, drills or progression instead of the accepted term 'skill learning' or 'skill development'. All these responses were accepted.

Question 7

Seventy-seven per cent of the candidates were able to give two measures that may be used to reduce the risk of injury in any sport. This question was answered well with no candidate scoring zero marks.

Question 8

Overall the response to this question was below standard. Only an average 23.75 per cent of the candidates answered correctly. In Part (a), a great number of candidates gave examples of methods used, for example, circuit training and fartlek rather than a principle such as variety, progressive or progressive overload or reversibility.

In Part (b), responses were only fair as only a few scored full marks. A satisfactory number of candidates scored one mark.

Health and Nutrition

Question 9

Candidates were asked to select from a list given, the four foods that are highest in carbohydrates per kilogram. This was answered appropriately as all candidates scored at least one mark. Overall, 64 per cent of candidates answered correctly.

Question 10

Candidates were able to state very well the two functions of water in the body. An average of 82.5 per cent of the candidates answered correctly. The majority scored at least one mark.

Question 11

In Part (a), candidates were asked to state the form in which sugar is stored in the body. Candidates were able to state that sugar is stored as glycogen.

However in Part (b), candidates' responses were just satisfactory as many were not able to identify, the liver and the muscles, as the places where glycogen is stored. Fortunately, the allocation of points for this part was small. Overall only 43 per cent of the candidates answered correctly.

Social Issues

Question 12

On average 78 per cent of the candidates answered correctly by suggesting two reasons for aggressive behaviour in spectators at sporting events. This question garnered appropriate answers.

SECTION B

History and Development of Physical Education and Sport

Question 13

In Part (a), candidates were asked to outline four roles of one of a sport organization in their country, chosen from a given list. Only a few were not able to state at least one role from the selected sport organizations. Some candidates however gave one role for all five sport organizations instead of choosing one organization. Candidates responded satisfactorily.

In Part (b), candidates had a challenge listing three similar features of the following sports: namely football, netball, basketball. Expected answers such as large ball and not just a ball, special equipment per sport and not just a net were seen. The answers given were accepted. Examples of answers given were that the three sports use balls, use nets and the three sports shoot to score goals. The responses from candidates were only satisfactory.

In Part (c), candidates were asked to suggest three advantages and two disadvantages to the Caribbean in hosting the 2007 Cricket World Cup. The majority of candidates scored four marks out of a possible 5 marks. Overall 56.3 per cent of the candidates answered the entire question correctly.

Anatomy and Physiology

Question 14

In this question, candidates were presented with a given diagram labeled Figure 2.

In Part (a) (i), candidates were asked to identify the type of joint shown in Figure 2. The majority of candidates scored four marks. Only a few received five marks and a small minority gained full marks. Candidates were challenged to give the appropriate response which is ball and socket; 'ball and soc', 'socket, ball', 'nut and bolt', 'ball socket' and such are some examples of the responses given by candidates.

In Part (a) (ii), candidates were asked to name two parts of the human body in which the joint in Figure 2 is found. Few candidates named the parts as hip and shoulder.

Although candidates could not correctly answer Part (a) (ii), many of them correctly identified the motion that takes place at this joint as requested in Part (a) (iii).

Overall, responses for this part of the question were only fair.

In Part (b), candidates were asked to explain how the body cools itself when it gets hot while exercising. The majority found this question challenging as they were only able to explain that we perspire to cool our bodies but they did not describe the process of cooling such that when one becomes hot, blood vessels under the skin widen and more blood flows near the surface where it can lose heat by radiation. Only 36.7 per cent of the candidates gave acceptable answers.

Fitness and performance

Question 15

In Part (a) (i), candidates were asked to name two categories of sport injuries and in (a) (ii) to describe one of the categories of sport injuries named in (a) (i) and give one example of each category named in (a) (i). Nearly all candidates named the category by giving a description and stating an example, all in one response.

Candidates were credited with marks as examiners deciphered the correct answers. Candidates did not show any distinction in the individual parts of the question that is (i) (ii) (iii) as they lumped their responses together. The performance was only fair as an equal number of candidates scored four marks or zero. Only a few scored the full 6 marks.

In Part (b), a scenario was given of Winsome being a good football player. Candidates were then asked to state three specific components of fitness that must be targeted during her training. The responses from candidates showed a great understanding of the components of fitness. Candidates responded well on this part.

In Part (c), candidates were asked to recommend three aerobic activities that Jonathon can practice to reduce his body fat since he does not like running. Many candidates earned two marks out of three marks and an unusual number scored zero. Candidates' performance in this part of the question was barely satisfactory as they could not distinguish between a definition of aerobic exercises as oppose to an anaerobic exercises. Overall, an average of 52.9 per cent of the candidates answered the entire question correctly.

Health and nutrition

Question 16

In Part (a), candidates were able to select from a list given, four items one could include in the menu for a balanced breakfast of an athlete in training. The majority earned full marks. Of the 2,895 candidates who attempted this question only 459 candidates earned 12 marks.

Part (b) (i) required candidates to name four kinds of nutrients which the human body needs for growth and development.

Part (b) (ii) required candidates to state the function(s) of each group of nutrients named in (b) (i). Overall 71.8 per cent of the candidates answered correctly.

Question 17

In Part (a), candidates were asked to state four valuable lessons one could learn from being a member of a sports team.

Candidates responded well and the majority had little difficulty earning full marks.

Part (b) required candidates to outline three features of the building that they would ensure were in place to accommodate a group of physically challenged people, whose physical education facility is being renovated. Candidates responded satisfactorily and equally in terms of gaining marks allocated between zero and two marks.

In Part (c), candidates' scores were evenly distributed between zero and two. Candidates are not aware that requirements of either the rules or the facilities and equipment ought to be specific for boys ages 10-12 years.

Overall, the correct responses among the candidates average 53.3 per cent.

Recommendations:

1. Based on the heavy involvement of our teachers at the national level, the team of Examiners would like to recommend:
 - That Physical Education and Sport be marked as soon as the CSEC Paper is sat in May to allow examiners to accompany National teams for example Regional Netball, Football and Cricket tournaments, Central American and Caribbean Games, World Youth Games and Olympic Games.
 - That all Ministries of Education within the region begin to consider having all High Schools operate on the Semester system. This would mean that all schools would close in May instead of June/July. Benefits:
 - a) Results would be delivered early. Students would have results available so as to move on for further education.
 - b) School dates would be aligned with Colleges and Universities.
 - c) More time could be spent on Summer Classes especially those who are preparing for CXC.
 - d) Teachers would be available to attend seminars, workshops especially those seminars attached to the various Championships and Games.
2. Teachers should help students to become more familiar with the syllabus so that students can fulfill the stated objectives, especially the School-Based Assessment. For the SBA, students must select an event, must choose a role to be carried out and record appropriately the entire procedure.
3. Candidates should take great care in responding correctly. As in Question 3, some responses did not name the two Caribbean countries who qualified to participate in World Cup football in the last decade. Instead they gave jargons like 'Reggae Boys' and 'Soca Warriors', which were not accepted.
4. Teachers should pay more attention to the History of Physical Education and Sport and encourage students to read the various periods such as Ancient and Modern periods.
5. All forms pertaining to Papers 02 and 03 should be carefully completed. Too many of these were incomplete.