

## புரட்சி கிரேடுகள்/பழைய பாடத்திட்டம்/Old Syllabus

இலங்கைப் பரீட்சைத் திணைக்களம்  
 Department of Examinations, Sri Lanka

**OLD**

**86 E I, II**

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 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2017 டிசெம்பர்  
**General Certificate of Education (Ord. Level) Examination, December 2017**

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

පැය තුනයි  
 மூன்று மணித்தியாலம்  
**Three hours**

**Health and Physical Education - I****Note :**

- Answer *all* questions.
- In each of the questions from 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.

- If you are working on controlling and improving the factors that affect your health and the health of your family and the society, you are contributing to
  - prevent the spread of diseases.
  - maintain a clean environment.
  - accomplish health promotion.
  - minimize accidents and disasters.
- Use the following information to answer questions 2 and 3.  
 Ravi :
  - A - is a skilled athlete who represents several teams in his school.
  - B - achieves high scores for mathematics and some other subjects.
  - C - is a popular student who holds several posts in various student associations.
  - D - is a well-disciplined student who is dedicated to religious activities.
- Ravi can be **best** described as,
  - an efficient and humble student.
  - a skilled and intelligent student.
  - a disciplined athlete.
  - a student having a total health.
- According to the above information, the statement which indicates that Ravi has developed his physical well-being is
  - A.
  - B.
  - C.
  - D.
- By reducing the risk of diseases and infirmity, increasing longevity and leading a happy and active life, an individual can improve his/her
  - total personality.
  - physical well-being.
  - quality of life.
  - mental well-being.
- Use the following table that lists the Body Mass Index (BMI) ranges of three individuals to answer questions 5 and 6.

Name	BMI Range
Rita	Less than 18.5
Shakthi	18.5 – 22.9
Vesmi	Greater than 27

- The individuals who should pay a special attention to maintain the correct weight for their height are
  - Rita and Vesmi.
  - Rita and Shakthi.
  - Shakthi and Vesmi.
  - Rita, Shakthi and Vesmi.
- The individual/s who is/are suffering from a nutritional problem caused by overconsumption of foods containing macro-nutrients is/are
  - Rita.
  - Vesmi.
  - Shakthi.
  - Shakthi and Vesmi.

- Use the following informations to answer questions 7 and 8.

Latha, who is a pregnant mother, has a son called Rana who is 15 years old. She also has two daughters Anna and Nina, who are 13 and 7 years old, respectively.

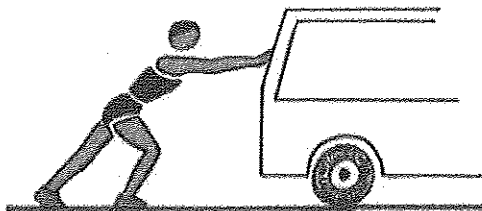
7. Out of them, the person/s who is/are in the stage of emerging secondary sexual characteristics and maturing reproductive organs is/are  
 (1) Rana. (2) Anna. (3) Rana and Anna. (4) Anna and Nina.

8. Latha's fourth child is in  
 (1) prenatal period. (2) neonatal period. (3) infant stage. (4) early childhood.

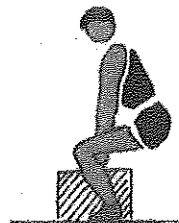
- Answer questions 9 and 10 using the following advices received by Rihanna after consulting a doctor.

"It is important to consume adequate amounts of carbohydrates, fats and proteins. You should also consume enough iron, iodine, calcium, phosphorous and vitamin A. Do not forget to take folic acid tablets given at the clinic. Seek medical advice before taking medicinal drugs within the first three months. Even though you are experiencing a loss of appetite, you must consume small quantities of food at regular intervals daily."

9. According to the above information, Rihanna is  
 (1) an adolescent female. (2) a lactating mother.  
 (3) a pregnant mother. (4) a woman suffering from a disease.
10. The micro-nutrients that the doctor has advised Rihanna to take include  
 (1) carbohydrates, proteins, fats, iron and iodine.  
 (2) iron, iodine, calcium, phosphorous and vitamin A.  
 (3) vitamin A, calcium, phosphorous, carbohydrates and proteins.  
 (4) fats, proteins, iodine, calcium and folic acid.
11. When a volleyball player is blocking the ball which is above the net after a hit by the opposing team, his wrist joints work as a  
 (1) ball and socket joint. (2) hinge joint.  
 (3) pivot joint. (4) gliding joint.
12. Select the correct statement about the two postures *a* and *b* shown in the following diagrams.



*a*



*b*

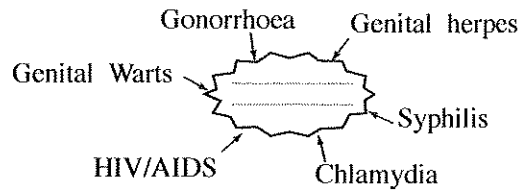
- (1) *a* is correct and *b* is incorrect. (2) *b* is correct and *a* is incorrect.  
 (3) Both *a* and *b* are correct. (4) Both *a* and *b* are incorrect.

- Use the following incident to answer questions 13 and 14.

"Today is a hot day. Wimal who was playing continuously sweated excessively. He had a headache and dizziness and fainted. He said his leg muscles were cramped."

13. Wimal has been subjected to  
 (1) a snake bite. (2) a burning injury.  
 (3) electrocution. (4) dehydration.
14. The above condition may have happened because Wimal  
 (1) did not do warm-up exercises.  
 (2) did not do cool-down exercises.  
 (3) lost body fluids and electrolytes as a result of excessive sweating.  
 (4) did not consume a nutritious breakfast.

15.



The **most** suitable words to fill in the blank of the above diagram are

- (1) Nutritional Deficiencies. (2) Communicable Diseases.  
(3) Non-communicable Diseases. (4) Sexually Transmitted Diseases.

16. Select the **incorrect** statement.

- (1) A large number of people in the society are unaware that they are infected with HIV because it takes a long time for symptoms to manifest.  
(2) HIV can be present in semen of an infected male and vaginal secretions and breast milk of an infected female.  
(3) HIV can be transmitted via saliva, tears, and sweat of an infected person.  
(4) Testing for HIV is done at all venereology clinics in government hospitals island-wide free of charge while maintaining confidentiality.

● Use the following information to answer questions 17 and 18.

Nisham, who was leading an unhealthy lifestyle, was hospitalized following a sudden chest pain. According to the views of doctors, he was suffering from a heart disease.

17. The system that has a direct involvement with the disease condition that Nisham contracted is

- (1) the digestive system. (2) the respiratory system.  
(3) the excretory system. (4) the circulatory system.

18. Consider the following functions.

P - Carrying oxygen from lungs to body cells and carrying carbondioxide produced within the cells to lungs

Q - Carrying nutrients from digested food to body cells and taking away waste materials produced within the cells

R - Protecting the body from diseases by destroying the harmful causative agents entering the body

From the above, the major functions of the body system that is directly involved in Nisham's disease condition are

- (1) P and Q only. (2) P and R only. (3) Q and R only. (4) all P, Q and R.

● Answer questions 19 and 20 studying the pairs of events A, B, C and D given below.

A - [ Identifying and controlling the human activities that cause landslides  
Prevention of accidents resulting from landslides

B - [ Developing positive inter-personal relationships  
Occurrence of problems related to mental stress

C - [ Adopting proper waste management practices  
Spreading of Dengue fever

D - [ Not limiting sexual relationships to only one trusted partner  
Contracting diseases related to the reproductive system

19. The pairs of events of which the **increase** of the first results in the **increase** of the second are

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

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

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

21. Four outdoor activities suggested by the students P, Q, R and S are given below.

P - Jungle crafts Q - Mountaineering R - Jungle exploration S - A walk

The student who has suggested the activity that is most suitable for studying biodiversity is

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

22. After taking all items required for the activity, you left early morning to explore a jungle and you want to find the direction of the north. The correct and the easiest way would be to

- (1) ask the teacher in charge.  
(2) place the compass on a flat surface and find north based on its indication.  
(3) lift the compass high and find north accordingly.  
(4) find north by looking at the sunset.

23. Study the following reasons.

A - To ensure the concept of fair play      B - To protect the rights of players

C - To ensure the safety of judges

Out of the above, the reason/s that has/have contributed to the implementation of rules and regulations in sports is/are

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

24. The running drill shown in this diagram, which has been taught to you by your Health and Physical Education teacher is

- (1) Running - A.              (2) Running - B.              (3) Running - C.              (4) Running - D.



● Use the three command types given below to answer questions 25 and 26.

Type 1: 'On your mark', 'Go'/sound of the starting pistol

Type 2: 'On your mark', 'Get set', 'Go'/sound of the starting pistol

Type 3: 'Go'/sound of the starting pistol

25. Athlete No. 10, who is the first runner of a 4 × 400 m relay, will receive

- (1) Type 1 command.                      (2) Type 2 command.  
(3) Type 3 command.                      (4) either Type 1 or Type 2 command.

26. The class consisting of events that receive Type 2 command only is

- (1) 10 000 m running, 4 × 100 m relay start and 800 m running.  
(2) 4 × 100 m relay start, 200 m running and 400 m running.  
(3) 100 m running, 200 m running and 800 m running.  
(4) 5 000 m running, 1 500 m running and marathon.

27. The sequence of the baton change between four players during a 4 × 100 m relay is given below.

- \* The first runner carries the baton in his right hand and passes it to the left hand of the second runner.
- \* The second runner carries the baton in his left hand and passes it to the right hand of the third runner.
- \* The third runner carries the baton in his right hand and passes it to the left hand of the fourth runner.

The baton change method that has been used among these athletes is the

- (1) inside pass.              (2) outside pass.              (3) mixed pass.              (4) visual change.

28. The following diagrams show two stances of athletes No. 45 and No. 54, who are participating in the shot put event.

According to the diagrams, it can be said that

- (1) the throw of athlete No. 45 is correct whereas the throw of athlete No. 54 is incorrect.  
(2) the throw of athlete No. 54 is correct whereas the throw of athlete No. 45 is incorrect.  
(3) throws of athletes No. 45 and No. 54 are correct.  
(4) throws of athletes No. 45 and No. 54 are incorrect.



Athlete No. 45



Athlete No. 54

29. While Athlete No. 92 was attempting to complete his jump in the triple jump event, his free leg touched the ground. If you are a judge, you will

- (1) mark the above jump as a 'No Jump'.              (2) mark the above jump as a successful attempt.  
(3) give the above athlete an additional jump.              (4) disqualify the above athlete from the event.

● Two duties that have been assigned to you at the school's inter-house sports meet are given below with diagrams of four competition areas. Use these information to answer questions 30 and 31.

Duties : I - Assist the judges at the long jump event

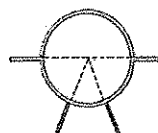
II - Direct the contestants of the discus throw event to the relevant competition area



①



②



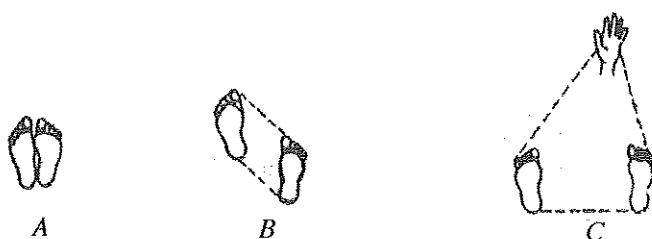
③



④

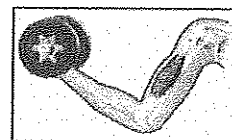
30. To complete Duty I, you should report to  
 (1) competition area No. ①. (2) competition area No. ②.  
 (3) competition area No. ③. (4) competition area No. ④.
31. The number of the competition area to which you should direct the contestants to complete Duty II is  
 (1) ①. (2) ②. (3) ③. (4) ④.
32. The event that was held for the first time in Olympia, Greece in 776 B.C. is  
 (1) Commonwealth Games. (2) South Asian Games.  
 (3) Asian Games. (4) Olympic Games.
33. In Olympic Games, a sprinter won the first place in his event. However, after being subjected to certain medical tests, his victory was annulled and he was banned from participating in sports. It was a disgrace to him as well as to his country. The above athlete may have been banned because he  
 (1) intentionally obstructed other athletes during his event.  
 (2) changed lanes during his event.  
 (3) consumed banned stimulants.  
 (4) did not to report to the event on time.

34. The postures of three athletes A, B and C are shown in the above diagrams.



The athlete/s who has/have the **most** stable posture/s is/are

- (1) A only. (2) B only. (3) C only. (4) A and B.
35. In an inter-house sports meet, the flags should be descended and handed over to the principal  
 (1) at the opening ceremony of the meet.  
 (2) while the events are being held.  
 (3) before the prize distribution.  
 (4) at the closing ceremony, after the prize distribution.
36. When an athlete is bending his/her elbow to lift a dumbbell as shown in the diagram, his/her hand acts as  
 (1) a Type I lever. (2) a Type II lever.  
 (3) a Type III lever. (4) Type I and Type II levers.



37. Compared to the knock-out method, one advantage of using the league method to organise a tournament is, it  
 (1) requires few equipment.  
 (2) is more economical.  
 (3) requires few officials.  
 (4) provides an opportunity for every team to compete with all other teams.
38. The energy system/s that is/are used by a well-trained 100m sprinter to generate energy for his/her event is/are  
 (1) the anaerobic system. (2) the aerobic system.  
 (3) anaerobic and aerobic systems. (4) the lactic system.

- Use the event pairs A, B, C and D to answer questions 39 and 40.

A - [Use of improper sports equipment  
 Occurrence of sport-related injuries]

B - [Engaging in Yoga exercises  
 Mental stress development]

C - [Use of banned stimulants in sports  
 Harmful effects to the body at later years]

D - [Development of flexibility in an athlete  
 Hindrance of joint movements]

39. The pairs of events of which the **increase** of the first results in the **increase** of the second are  
 (1) A, B. (2) A, C. (3) B, D. (4) C, D.
40. The pairs of events of which the **increase** of the first results in the **decrease** of the second are  
 (1) A, B. (2) A, D. (3) B, D. (4) C, D.

## புரட்சி கிரேடு/பழைய பாடத்திட்டம்/Old Syllabus

இலங்கைப் பரீட்சைத் திணைக்களம் Sri Lanka Department of Examinations	<b>OLD</b>	<b>86 E I, II</b>
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සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය **I, II**  
சுகாதாரமும் 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 volleyball teams of Ranminithenna school and our school went to the Provincial Tournament in the same bus and we were happy to make the journey together. Throughout the journey, some students were sitting, some were standing, and others were dancing. Ranminithenna team lost in the first round and was subsequently removed from the tournament. Led by Ravi, our team entered the final round undefeated and won the tournament. After that, we peacefully celebrated our victory. Kumara, a player from Ranminithenna team, scolded Nuwan, accusing that he was responsible for their defeat. At that point, Ravi reminded that athletes should always show their sportsmanship qualities.

The school's health society prepared a healthy lunch for all participants. While all of us were sitting together, having lunch, our teacher appreciated Ravi's leadership qualities. Our teacher also mentioned that Ravi is a thalassemia patient. On our way home, upon a request made by all of us, our bus stopped near Meda Oya. While running down the stream, Kumara slipped, fell and sprained his ankle. We carried him to a shade, allowed him to lie down on the ground and gave him first aid according to the correct procedure."

- Name the tournament method that was used in the provincial volleyball tournament and mention why the said tournament method has been given that name.
- Other than the game mentioned in the passage, write **two** games that belong to the same class of games, that are included in provincial tournaments.
- State **two** sportsmanship qualities that an athlete should have, as mentioned by Ravi.
- Write **two** leadership qualities that Ravi may have possessed that made the teacher to appreciate him.
- Provide **two** examples from the passage to show that the social skills of those teams have been developed.
- Name the major food groups that should be included in the healthy lunch prepared by the school's health society.
- State one non-communicable disease that is not mentioned in the passage and mention a preventive measure for the disease you stated.
- Considering the constituents of total health, state **two** facts that can be used to describe Kumara's behaviour.
- State the first aid procedure that the students followed when treating Kumara's sprained ankle.
- Mention **two** static postures the students have followed during the incident described in the passage.

(02 × 10 = 20 marks)

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

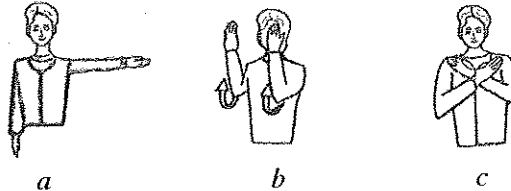
2. Mr. Darmaraja, who is leading a busy life, consumes foods such as pastries, Chinese rolls, cutlets, sausage buns and cola drinks for his main meals as a habit.
  - (i) Write **two** food components that are present in higher amounts in foods frequently consumed by Mr. Darmaraja. (02 marks)
  - (ii) State **three** diseases Mr. Darmaraja may contract, as a result of consuming such foods as a habit. (03 marks)
  - (iii) Explain giving reasons, **five** actions that can be taken to protect the nutritional value of foods during processing. (05 marks)
3. Provide facts under the following topics, to educate the community on Dengue fever that is spreading rapidly across Sri Lanka.
  - (i) The causative agent and the vector of Dengue fever (02 marks)
  - (ii) (a) Symptoms observed at the early stages of Dengue fever  
(b) The steps that should be taken immediately after observing the above mentioned symptoms (03 marks)
  - (iii) (a) Actions that should be taken to prevent the spreading of Dengue fever  
(b) Practices that should be followed by a patient after recovery from the Dengue fever (05 marks)
4. Explain briefly, how you would act to overcome the following challenges.
  - (i) You get to know that some villagers in your hometown have been trapped in their houses because of floods.
  - (ii) You are staying alone in your home and an unknown person comes and asks you to open the door, saying that he came seeking a donation.
  - (iii) Your obese friend asks you about the actions he/she can take to control his/her obesity.
  - (iv) You hear one of your neighbours scolding his elderly mother, asking her to leave the house.
  - (v) You see that your mother is taking your sister to tuition classes immediately after school on all five week days and on week-ends, to prepare her for grade five scholarship examination. (02 × 5 = 10 marks)

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

5. (i) The starter removed contestant No. 12 at the start of the 100 m sprint. State **two** offences that could have caused the removal of contestant No. 12 at the first instance of the race. (02 marks)
- (ii) Athletic events can be classified using different methods.  
Draw a suitable diagram to show the classification of track events using the following track events/event categories.  
100 m, 800 m, short distance, 10 000 m, long distance, 1 500 m, middle distance, 4 × 400 m relay, 400 m, 100 m hurdles, 5 000 m, marathon (03 marks)
- (iii) (a) Assuming you are a judge, describe your actions during the following instance.  
Contestant No. 49 who won the first place in hurdles event, took his/her foot outside of the hurdle when clearing each hurdle.  
(b) Describe **two** activities that can be used to train the beginner athletes of your school for javelin throw. (05 marks)
6. (i) One feature of each of the two muscle fibre types A and B are given below.  
A muscle fibres - Stored food (glycogen) content is greater when compared to B fibres  
B muscle fibres - Involvement in long-duration exercise is higher compared to A fibres  
State one other feature of each of the two muscle fibre types A and B, separately. (02 marks)
- (ii) (a) State **two** field events that you would recommend for an athlete who has more type A fibres mentioned in (i) above, in his/her arms and legs.  
(b) State one track event that you would recommend for an athlete who has more type B fibres mentioned in (i) above, in his/her legs. (03 marks)
- (iii) Manju is a well-trained athlete who is paying a special attention to his health.  
(a) State **two** changes that can occur in Manju's muscle fibres as a result of training.  
(b) State **three** actions Manju should take, to maintain the efficiency of his muscular system. (05 marks)

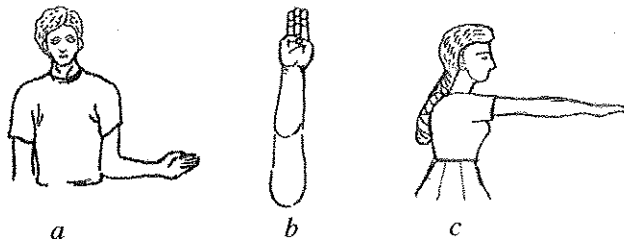
7. Answer only **one** question out of the questions **A, B** and **C**.

- A.** (i) Assume that you have been assigned the task of coaching your house's volleyball team. State the **two** main service methods that you will be teaching your team members. (02 marks)
- (ii) Using suitable diagrams, explain **two** activities that can be used to train the beginner volleyball players of your house for the 'blocking' skill. (03 marks)
- (iii) (a) Some hand-signals used by a referee during a school's inter-house volleyball match are shown below. Explain the occasions that require the use of each of the given signals.



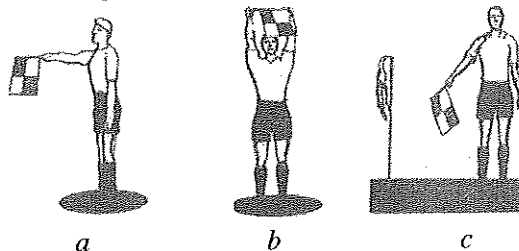
- (b) In a volleyball match between Northern and Southern provinces, player No. 5 of the Northern team blocked the ball and hit it above the net, towards the Southern team. After the hit, the ball landed on the ground of the Southern team's side. If you are a referee, explain how you would act during the above instance. (05 marks)

- B.** (i) Assume that you have been assigned the task of coaching your house's netball team. State **two** single-hand passing techniques that you will be teaching your team members. (02 marks)
- (ii) Using suitable diagrams, explain **two** activities that can be used to train the beginner netball players of your house for the 'attacking' skill. (03 marks)
- (iii) (a) Some hand-signals used by an umpire during a school's inter-house netball match are shown below. Explain the occasions that require the use of each of the given signals.



- (b) In a netball match between the North-Western and Central provinces, Wing-Attack (WA) of the North-Western team knocked against the Wing-Defence (WD) of the Central team at the centre third. If you are an umpire, explain how you would act during the above instance. (05 marks)

- C.** (i) If you have been assigned the task of coaching your house's football team, state **two** ways of 'stopping the ball', that you will be teaching your team. (02 marks)
- (ii) Using suitable diagrams, explain **two** activities that can be used to train the beginner football players of your house for the 'stopping the ball' skill. (03 marks)
- (iii) (a) Some signals used by the assistant referee during a school's inter-house football match are shown below. Explain the occasions that require the use of each of the given signals.



- (b) During a football match between the Eastern and North-Central provinces, a player of the North-Central team was in off-side position. If you are a referee, explain how you would act during the above instance. (05 marks)

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