

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2023(2024)
கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2023(2024)
General Certificate of Education (Ord. Level) Examination, 2023(2024)

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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. The newly appointed principal of Handagama Vidyalaya engages in the following activities.
- Creating a favourable school environment with the help of the surrounding community.
 - Developing competencies of students and developing favourable policies with the help of teachers.
 - Obtaining the required services to improve health of the school community.

With these activities, the principal is attempting to

- (1) improve the teaching-learning process of the students of the school.
(2) make the school environment attractive.
(3) improve the health of students.
(4) make the school a health promoting school.

- Answer questions 2 and 3 using the following information about two students.

Hakeem - Consumes junk food and instant food as a regular habit. Never engages in exercise.

Rani - Makes it a habit to engage in suitable exercises and consumes a balanced diet.

2. The colour of the region of the Body Mass Index (BMI) chart to which Rani belongs could be
(1) dark purple. (2) light purple. (3) green. (4) orange.
3. According to the BMI chart, Hakeem could belong to the
(1) dark purple or light purple region. (2) orange or yellow region.
(3) green or light purple region. (4) yellow or dark purple region.
4. Out of the following, what is an action that has not been taken by the government to provide a better health status for the Sri Lankan population?
(1) the high-quality health care service given to citizens for free. ✖
(2) establishing hospitals and health care clinics covering all regions of the country. ✖
(3) implementing immunization programmes at the national level.
(4) implementing a state policy to reduce the population density.

5. The food items that the four mothers A, B, C and D fed to their healthy neonates continuously for about six months are listed below.

A - Milk powder B - Breast milk C - Cow's milk D - Goat milk

Of these mothers, the mother who has given the food that meets all nutrient requirements of the child is

(1) A (2) B (3) C (4) D

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6. Rihanna is 13 years old. Ravi is 15 years old. Raja is 21 years old. Of these persons, those who are in adolescent stage are

- (1) Ravi and Raja only.
(3) Rihanna and Raja only.

(2) Rihanna and Ravi only.
(4) all Rihanna, Ravi and Raja.

Some symptoms of the micronutrient deficiencies diagnosed in the three persons P, Q and R through medical tests are listed below. Use this information to answer questions from 7 to 9.

- P - Has an enlarged thyroid gland. To
Q - Has night blindness. V. E. A
R - Is pale.

7. The disease condition that can be seen in person P is

- (1) thalassaemia. ✗
(3) goitre.

(2) anaemia. ✗
(4) haemophilia. ✗

8. The micronutrient that is deficient in person Q to cause the given disease condition could be

- (1) vitamin A.

(2) iodine.

(3) iron.

(4) calcium.

9. The most suitable food that can be consumed by person R to minimize his disease condition would be

- (1) gotu kola.

(2) butter.

(3) prawns.

(4) sprats.

10. The system that functions to bring oxygen from lungs and nutrients absorbed from the gastrointestinal tract into human cells, and take away wastes generated within cells for removal, is the

- (1) respiratory system.

(2) circulatory system.

(3) digestive system.

(4) excretory system.

11. Geetha, who is the monitor of Grade 11, is a friend of all her classmates. She is also a popular prefect. According to this informations, Geetha is a

- (1) student with good interpersonal skills.

(2) compassionate student. ✗

(3) student who is skilled in studies. ✗

(4) student having empathy. ✗

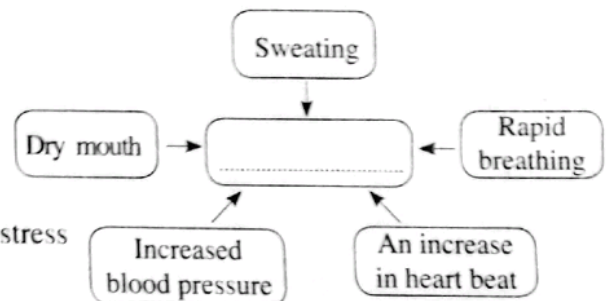
12. Select the option containing the most suitable topic to fill in the blank of the diagram.

- (1) The causes of bad emotions

(2) The causes of mental stress

(3) The effects of emotions

(4) The activities that should be controlled to manage stress



Answer questions 13 and 14 based on the following information.

Raja observed the following while looking at the heavy winds and rains from his home located at the foot of a mountain.

- Cracking of the slope
- Muddy water seeping from the slope
- The trunk of a tree on the mountain has bent

13. According to these observations, the accident that is most likely to occur is

- (1) a landslide.

(2) flood.

(3) a hurricane.

(4) a tornado.

14. In this occasions, Raja should

- (1) build a drainage that facilitates water flow. ✗

(2) go to that area and find out the reason for bending of the tree. ✗

(3) check the cracked places. ✗

15. The first thing that a first aider should do is

- (1) direct the patient for medical assistance immediately. ✗
 (2) find out the nature of the accident that the patient has faced.
 (3) give artificial respiration to the patient immediately. ✗
 (4) give the patient something to drink. ✗

16. Kumar appears to be frustrated because his best friend has moved to another school. He forgets facts related to learning and pays less attention to studies. Also, it can be seen that he has become inactive and rarely associates with others. The cause for these observations could be,

- (1) his emotions achieving a balanced state. ✗
 (2) collapsing of his bad interpersonal relationships. ✗
 (3) the impairment of his personality development. ✗
 (4) the mental stress he has encountered.

17. When you are picking your pen that fell on the ground and placing it on your desk, your elbow joint works as a

- (1) ball and socket joint. ✗
 (2) hinge joint.
 (3) gliding joint. ✗
 (4) pivot joint. ✗

18. A factor that will **not** impair the functioning of the muscular system is

- (1) nutritional deficiencies. ✗
 (2) incorrect postures. ✗
 (3) inadequate rest. ✗
 (4) engaging in exercise adequately.

19. What is the option that contains the correct statement about the postures shown in the diagrams A and B ?

- (1) Only the posture shown in diagram A is correct.
 (2) Only the posture shown in diagram B is correct. ✗
 (3) Both postures shown in diagrams A and B are correct. ✗
 (4) Both postures shown in diagrams A and B are incorrect. ✗



A ✓



B ✗

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

- A - [Pregnant mothers consuming balanced diets during the prenatal stage
 Delivering infants with deficiency symptoms ✗]
 B - [Minimizing the consumption of high-sugar foods
 Risk of developing diseases such as diabetes ✗]
 C - [Using the internet, social media and mobile phones wisely ✗ ✓
 Ability to avoid sexual molestation and abuse]
 D - [Competitive lifestyle and bad interpersonal relationships ✓
 Developing mental stress in a person]

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

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

21. An athlete jogged two rounds on a standard track to warm up. The distance that the above athlete ran is

- (1) 200 m. (2) 400 m. (3) 600 m. (4) 800 m.

22. The two major starting techniques used in running events are,

- (1) the standing start and the crouch start.
 (2) the standing start and the ~~short~~ start.
 (3) the standing start and the ~~medium~~ start.
 (4) the standing start and the ~~elongated~~ start.

400 x 2
= 800m

31. Select the **incorrect** statement out of the following statements.

- (1) The flexibility and elasticity of muscles can be increased through training. ✓
- (2) An individual's performance can be increased by engaging in exercises. ✓
- (3) The range of motion of the arm will be reduced by the ball and socket joint. 360°
- (4) Heart muscles will be strengthened by long-term training.

32. The compound that is produced in the mitochondria to provide energy for muscle contraction is

- (1) adenosine triphosphate (ATP).
- (2) adenosine diphosphate (ADP).
- (3) creatine phosphate (CP).
- (4) glucose.

33. Out of the following programmes conducted in a school, the Physical Education programme that provides the most opportunities to display the skills of students is

- (1) Kalā Ulela.
- (2) a shramadāna programme to clean the school.
- (3) the inter-house sports meet.
- (4) a religious programme.

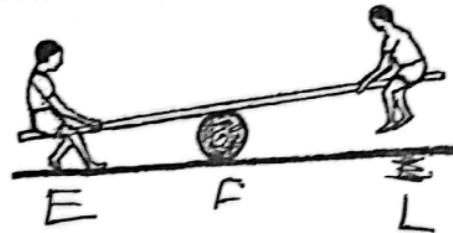
34. When an object is released or projected into the air, the object is called a projectile. Of the following events, the event in which the athlete's body acts as a projectile is

- (1) the marathon. ✗
- (2) hurdles running.
- (3) 100 m running. ✗
- (4) 800 m running. ✗

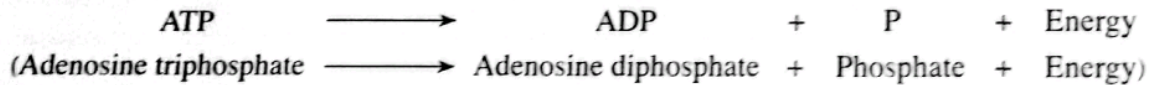
35. The diagram shows two children playing on a seesaw.

This seesaw acts as

- (1) a type I lever.
- (2) a type II lever.
- (3) a type III lever.
- (4) type I and II levers.



36. The following equation shows how energy is generated for motor activities.



The energy required to convert ADP back to ATP is produced by

- (1) anaerobic respiration only. ✗
- (2) aerobic respiration only. ✗
- (3) anaerobic and aerobic respiration.
- (4) external respiration only. ✗

37. To be used as a fuel source for motor activities, excess glucose is stored as glycogen in

- (1) the liver only.
- (2) muscles only.
- (3) the liver and muscles.
- (4) the stomach and the intestine only.

38. The health-related physical fitness quality that directly contributes to maintaining good health of a person is

- (1) agility. ✗
- (2) reaction speed. ✗
- (3) power. ✗
- (4) body composition.

39. In a 100 m × 4 relay event held on a standard track, the runner/runners who should run on the lane assigned to the respective team is/are,

- (1) the 1st runner only.
- (2) the 1st and 2nd runners only.
- (3) the 1st, 2nd and 3rd runners only.
- (4) all four runners.

40. The athlete who won a gold medal for Sri Lanka at the women's 800 m running event of the 19th Asian Games held in Hangzhou, China is,

- (1) Tharushi Karunaratne.
- (2) Nadeesha Dilhani.

1. The Health Promotion Committee and the SP organized a one-day workshop under the theme "Let's win the challenges of adolescence". Students of nearby schools also participated in the event. The principal, who started the workshop, welcomed the gathering and explained that they will be undergoing numerous changes because adolescence is a transitional phase.

After that, the Medical Officer of Health (MOH), who was also a member of the group, presented the findings of the group activity. Students were guided to discuss within their groups, the changes they had to face because of these changes, and how they acted to overcome these challenges, and present the findings.

The MOH then further explained the facts such as the student's creativity, and a liking to associate with peers respectively, as examples for physical, mental and social changes that occur in adolescents, using the student findings as well. He also pointed out the issues faced by them such as problems with adults and problems caused by inappropriate use of social media, and how competencies such as correct decision making should be improved to resolve these problems.

In the evening, the Sports Committee organized some organized games such as volleyball, several recreation games, and a campfire to display the skills of adolescents. In the end, the students who were happy about participating in all activities sang songs and dismissed after concluding the workshop.

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

- (i) State **two** physical changes that can occur in adolescents in addition to the change mentioned by the MOH.
 - (ii) Write **two** mental changes that occur in adolescents in addition to creativity.
 - (iii) State **two** social changes in addition to the social change mentioned in the case, that can be seen in adolescents.
 - (iv) State **two** challenges/problems other than the problems mentioned in the case, which will be faced by the adolescents due to numerous changes they undergo.
 - (v) Write **two** competencies other than correct decision making that should be developed in adolescents to overcome the various challenges they are facing.
 - (vi) Write **two** organized team games other than volleyball, that can be played by adolescents.
 - (vii) State **two** characteristics of recreation games that the adolescents participated in.
 - (viii) Write down **two** facts that the Sports Committee should pay attention to, when organizing the campfire.
 - (ix) In addition to the facts mentioned in the case, write **two** benefits that the adolescents can gain by participating in a campfire.
 - (x) Write **two** favourable personal qualities that will be developed in adolescents by engaging in sports.
- (02 × 10 = 20 marks)

Part I

Answer two questions only.

2. Total health of people in poor countries and countries affected by war is deteriorating due to reasons such as diseases, weaknesses, and the lack of proper nutrition. (02 marks)
- (i) Explain 'Total Health' according to World Health Organization. (03 marks)
- (ii) State **three** challenges in addition to above-mentioned challenge, that will be a threat to maintaining total health. (05 marks)
- (iii) Practising correct food habits is one lifestyle that helps to maintain total health. Write **five** other lifestyles that lead to total health. (05 marks)
3. Two instructions that were included in an article prepared under the topic "Let's Consume Healthy Foods" are listed below. Answer the following questions based on this information.
- Pesticide application should be stopped two weeks before harvesting the crops.
 - Refrain from consuming spoiled food.
- (i) Write **two** occasions other than food production where attention should be paid to, regarding food protection. (02 marks)
- (ii) Explain **three** methods by which you will identify spoiled food when you go to the market to buy food. (03 marks)
- (iii) (a) State **two** causes of food spoilage. (05 marks)
- (b) State **three** harmful effects of consuming spoiled food.
4. Briefly explain how you would act to overcome the following challenges successfully.
- (i) You observe that your younger sister/brother spends most of the time looking at the mobile phone.
- (ii) Your friend tells you that he/she is afraid to sit for G.C.E.(O/L) Examination although he/she studied well.
- (iii) You observe that your brother/sister, who is an adolescent, often engages in disputes with adults.
- (iv) You come to know that there is a Dengue patient in a neighbouring house.
- (v) Your friends invite you to pay a visit to your Grade 1 teacher who is retired now, to check his/her health.

(02 × 5 = 10 marks)

Part II

Answer two questions only.

5. (i) Write down separately, the **two** tournament types that use the following formulas to prepare the draws.

(a) $n - 1$ (b) $\frac{n(n-1)}{2}$

n = Number of teams participating in the tournament.

(02 marks)

- (ii) Mention **one** benefit and **two** drawbacks of the tournament type that uses the formula in question 5. (i) (b) to determine the number of matches. (03 marks)
- (iii) Seven teams participated in the provincial volleyball tournament this time. The organizing committee conducted the tournament according to the method that uses the formula in question 5. (i) (a) to determine the number of matches. Write **five** possible reasons for selecting this method. (05 marks)

6. Events and player numbers of several Under-18 athletes who participated in National School Games are given in the following table. Answer the questions based on this information.

Player No.	Events
34	100 m running
45	Shot put
56	High jump
67	1500 m running
78	Javelin throw
89	Long jump

- (i) Write down separately, the muscle fibre types that most likely to be present abundantly in legs of player No. 34 and No. 67. (02 marks)
- (ii) Of the above events, write down separately, **two** field events that use the anaerobic method to produce energy, and **one** track event that uses the aerobic method to produce energy for the event. (03 marks)
- (iii) Design and explain an activity that is suitable to train new athletes in your house, who will be participating in the long jump event. (05 marks)
7. Answer only **one** question from the questions A, B and C.
- A. (i) Two hand signals used in refereeing volleyball matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals. (02 marks)
- (ii) State **three** instances in volleyball where the referee will award a service and a point to the opponent team as a penalty for an offence. ** Rakhon / fouls * Player fouls* (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the setting skill for new players who are training for volleyball. (05 marks)
- B. (i) Two hand signals used in umpiring netball matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals. (02 marks)
- (ii) State **three** instances in netball where the umpire will award a penalty pass or a shot to the opponent team as a penalty for an offence committed by players. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the bounce pass skill for new players who are training for netball. (05 marks)
- C. (i) Two hand signals used in refereeing football matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals. (02 marks)
- (ii) State **three** instances in football where a referee will show a red card for committing a foul by a player. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the dribbling skill for new players who are training for football. (05 marks)

* * *