



CARIBBEAN EXAMINATIONS COUNCIL

# CSEC<sup>®</sup> Physical Education and Sport

SYLLABUS  
SPECIMEN PAPER  
MARK SCHEME  
SUBJECT REPORTS

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## **CSEC® Physical Education and Sport Free Resources**

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## **Physical Education and Sport**

The study of Physical Education and Sport not only allows students to work individually and cooperatively in the theoretical and practical components of the subject but also assists them in developing critical life skills. As a curricular inclusion, it provides students of varying abilities with experiences that facilitate physical, social, intellectual, cultural, spiritual and emotional growth. Skills related to decision making, problem solving and critical thinking and the use of sport technology are acquired by students undertaking a course of study in Physical Education and Sport.

The Physical Education and Sport syllabus is made up of a Compulsory Core and three Options to be completed during the two-year course of study. Each candidate must do the Compulsory Core and three sports from at least two different Options.

### **Compulsory Core**

1. History and Development of Physical Education and Sport
2. Anatomy and Physiology
3. Fitness and Performance
4. Health and Nutrition
5. Trends and Social Issues

### **Option A**

- a) Dance
- b) Gymnastics
- c) Martial Arts/Combative Sports
- d) Swimming
- e) Track and Field/Athletics

### **Option B**

- a) Badminton
- b) Golf
- c) Squash
- d) Table Tennis
- e) Tennis

Option C

- a) Basketball
- b) Cricket
- c) Football
- d) Hockey
- e) Netball
- f) Rugby
- g) Volleyball
- h) Softball/Baseball



**CARIBBEAN EXAMINATIONS COUNCIL**

**Caribbean Secondary Education Certificate®**

**CSEC®**

**PHYSICAL EDUCATION AND  
SPORT SYLLABUS**

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Correspondence related to the syllabus should be addressed to:

The Pro-Registrar  
Caribbean Examinations Council  
Caenwood Centre  
37 Arnold Road, Kingston 5, Jamaica

Telephone Number: +1 (876) 630-5200  
Facsimile Number: +1 (876) 967-4972  
E-mail Address: [cxcwzo@cxc.org](mailto:cxcwzo@cxc.org)  
Website: [www.cxc.org](http://www.cxc.org)

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The Garrison, St Michael BB14038, Barbados



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