

CSEC® Physical Education and Sport

SYLLABUS SPECIMEN PAPER MARK SCHEME SUBJECT REPORTS Macmillan Education Ltd 4 Crinan Street, London, N1 9XW A division of Springer Nature Limited Companies and representatives throughout the world

www.macmillan-caribbean.com

ISBN 978-0-230-48226-5 © Caribbean Examinations Council (CXC®) 2020 www.cxc.org www.cxc-store.com

The author has asserted their right to be identified as the author of this work in accordance with the Copyright, Design and Patents Act 1988.

First published 2014 This revised edition published 2020

Permission to copy

The material in this book is copyright. However, the publisher grants permission for copies to be made without fee. Individuals may make copies for their own use or for use by classes of which they are in charge; institutions may make copies for use within and by the staff and students of that institution. For copying in any other circumstances, prior permission in writing must be obtained from Macmillan Publishers Limited. Under no circumstances may the material in this book be used, in part or in its entirety, for commercial gain. It must not be sold in any format.

Designed by Macmillan Education Limited Cover design by Macmillan Education Limited and Red Giraffe

CSEC® Physical Education and Sport Free Resources

LIST OF CONTENTS

CSEC [®] Physical Education and Sport Syllabus Extract CSEC [®] Physical Education and Sport Syllabus	3 5
CSEC [®] Physical Education and Sport Specimen Papers and Mark Schemes/Keys:	
Paper 01 – Section A	63
Кеу	70
Paper 01 – Section B	72
Mark Scheme	76
CSEC [®] Physical Education and Sport Subject Reports:	
May/June 2005	80
May/June 2006	86
May/June 2007	92
May/June 2008	100
May/June 2009	107
May/June 2010	114
May/June 2011	122
May/June 2012	129
May/June 2014	135
May/June 2015	142
May/June 2016	148
May/June 2017	154
May/June 2018	162
May/June 2019	168

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

Effective for examinations from May-June 2014



Published by the Caribbean Examinations Council

© 2012, Caribbean Examinations Council

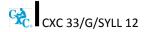
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form, or by any means electronic, photocopying, recording or otherwise without prior permission of the author or publisher.

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 Website: www.cxc.org

Copyright © 2012 by Caribbean Examinations Council The Garrison, St Michael BB14038, Barbados



Contents

RATIONALE	. 1
AIMS	. 1
CAREER CHOICES	. 2
SUGGESTED RESOURCES	. 2
CANDIDATE POPULATION	. 2
SUGGESTED TIME-TABLE ALLOCATION FOR TEACHING	. 3
ORGANISATION OF THE SYLLABUS	. 3
CERTIFICATION AND DEFINITION OF PROFILE DIMENSIONS	. 4
FORMAT OF THE EXAMINATIONS	. 5
REGULATIONS FOR PRIVATE CANDIDATES	. 6
REGULATIONS FOR RESIT CANDIDATES	. 6
RECOMMENDED TEACHING TIME AND STRATEGY	. 7
CORE	. 8
OPTIONS	. 13
MARK SCHEME FOR PRACTICAL SKILLS	. 38
SCHOOL-BASED ASSESSMENT	. 40
RESOURCE MATERIAL	. 49
GLOSSARY	. 50

