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இலங்கைப் பரீட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம்
Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka

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අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2020
கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2020
General Certificate of Education (Ord. Level) Examination, 2020

සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය I, II
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

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.

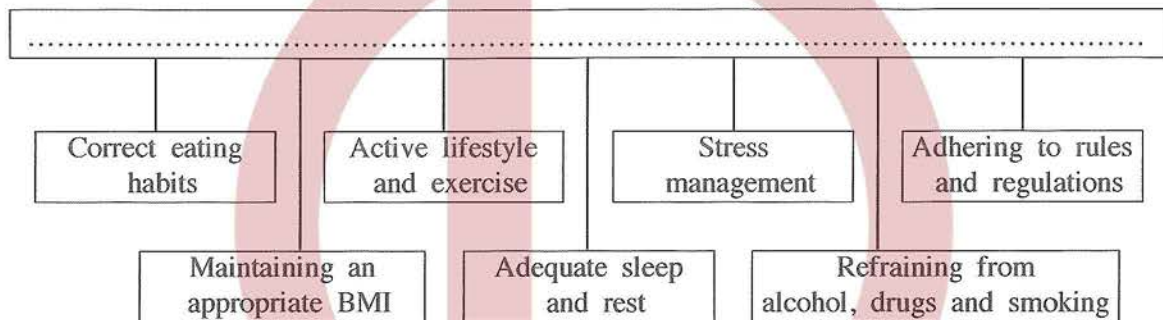
- Kumar, a handsome, popular athlete who is good at his studies, is leading his life according to religious beliefs. Accordingly, Kumar can be described as
 - a skilled athlete.
 - a popular athlete.
 - an athlete free of diseases.
 - a healthy athlete.
- The principal of Handagama Vidyalaya conducted a shramadana with parents, teachers and villagers to disinfect the school premises. According to health promotion strategies, this activity belongs to
 - formulate the policies.
 - build a health promoting environment.
 - obtain community participation.
 - receive the required services.
- A person who is living happily and actively while minimizing the risk of contracting illnesses and deformities is attempting to
 - preserve the quality of life.
 - lead a healthy life.
 - lead an enjoyable life.
 - lead a peaceful life.
- A sprinter starts running forward in response to the sound of the pistol. The major organ systems that contribute to this action are
 - muscular, skeletal, and respiratory systems.
 - nervous, muscular, and circulatory systems.
 - muscular, skeletal, and circulatory systems.
 - nervous, muscular, and skeletal systems.

[see page two]

- The following table lists the colours that represent the different nutritional statuses in a Body Mass Index (BMI) chart. Answer questions 5 – 7 based on this information.

Nutritional status	Colour
Wasting	Orange
Normal weight	Green
Overweight	Light purple
Obesity	Dark purple

5. The colour that represents the nutritional status of an individual with a BMI of 29 could be
 (1) orange. (2) green. (3) light purple. (4) dark purple.
6. The BMI of a person belonging to the orange zone of the chart could be
 (1) 17.5. (2) 22. (3) 27. (4) 28.5.
7. A person with good physical fitness belongs to the
 (1) dark purple zone. (2) light purple zone.
 (3) green zone. (4) orange zone.
8. Select the option that contains the most suitable theme to fill in the blank of the following diagram.

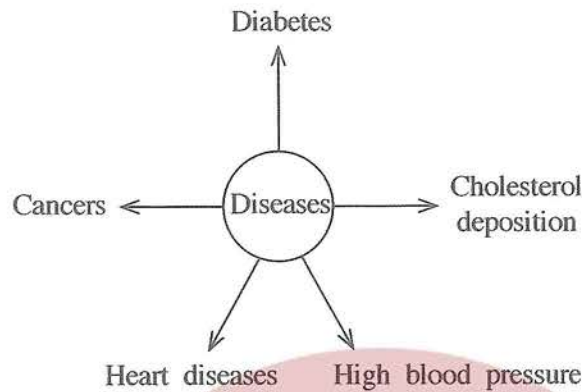


- (1) A lifestyle suitable to maintain total health
 (2) The actions that should be taken to develop total personality
 (3) Factors required for an active lifestyle
 (4) Actions that should be followed to promote health
9. What is the tube in which food travels from mouth to stomach by peristaltic movements during the digestion process?
 (1) Duodenum (2) Oesophagus (3) Small intestine (4) Large intestine
10. While engaging in a physical activity, an athlete rotates his arm 360 degrees at the shoulder joint. Accordingly, his shoulder joint acts as a
 (1) hinge joint. (2) pivot joint.
 (3) ball and socket joint. (4) gliding joint.
11. A person is suffering from the following symptoms.
- High fever
 - Dry cough
 - Painful itching of throat
 - Difficulty in breathing
 - Runny nose
 - Dry throat
- The above person could be suffering from
 (1) whooping cough.
 (2) COVID-19.
 (3) tuberculosis.
 (4) diphtheria.

[see page three]

12. The most important action that should be taken to prevent the spread of Dengue fever is
- (1) destroying mosquito breeding grounds.
 - (2) using mosquito nets and mosquito repellents.
 - (3) fumigating the home garden and the environment.
 - (4) wearing clothes that cover the body.

13. Several non-communicable diseases are listed in the following diagram.



The major cause for contracting the above-mentioned diseases is,

- (1) excessive consumption of food rich in sugar.
- (2) excessive consumption of food rich in fats and oils.
- (3) excessive consumption of food rich in salt and chillie.
- (4) careless lifestyle.

14. Some information about a certain disease is given below.

- This disease weakens the immune system.
- The infection can be detected using ELISA and Western Blot tests.
- The infection is caused by a virus growing only in living cells.

This disease could be

- (1) genital warts.
- (2) HIV/AIDS.
- (3) gonorrhoea.
- (4) syphilis.

15. As a trained first-aid, the first thing that you should do when you come across a patient with breathing difficulties would be,

- (1) taking the patient to the nearest hospital.
- (2) bringing a doctor immediately.
- (3) taking actions to get the assistance of neighbours.
- (4) giving artificial respiration according to the correct procedure.

16. Nishi is 27 days old. Kavi is 3 years old. The choice of answer containing the stages of life of these two persons in the correct order is

- (1) infant stage and late childhood.
- (2) neonatal stage and early childhood.
- (3) prenatal stage and infant stage.
- (4) infant stage and early childhood.

17. All of us had crabs for lunch. After sometimes itching, rashes and red eyes were evident in my sister. The above conditions could have been developed in my sister due to

- (1) a food allergy.
- (2) food spoilage.
- (3) food adulteration.
- (4) food poisoning.

18. When Cheka saw an elderly person who could not cross the road by himself, realising his need she quickly went to him and helped him to cross the road. The quality of Cheka that was evident at this incident is

- (1) empathy.
- (2) sympathy.
- (3) kindness.
- (4) sensitivity.

[see page four]

19. Low birth weight is defined as an infant born weighing

- (1) 1.5 kg or less. (2) 2.0 kg or less.
(3) 2.5 kg or less. (4) 3.0 kg or less.

● Study the pairs of events A, B and C and answer question 20.

- A - [Giving proper immunization to children
Children contracting some infectious diseases
B - [Subjecting to mental stress for a longer period
Increased risk of developing mental illnesses such as depression
C - [Chewing betel, smoking, and consuming alcohol as a habit
Tendency to develop cancers in the digestive system and the respiratory system

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

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

21. A runner who is taking part in the 1500 meter event should take

- (1) the bullet start. (2) the medium start.
(3) the elongated start. (4) the standing start.

22. A starter gave the following three commands to start some events.

- On your mark ● Get set ● Go/Sound of the pistol

The events that the starter could have started are

- (1) 1500 m running and 200 m running.
(2) 4 × 100 m relay and 800 m running.
(3) 4 × 100 m relay and 4 × 400 m relay.
(4) 1500 m running and 3000 m running.

23. When organizing an inter-house sportsmeet, which of the following is **not** a task of the main organising committee?

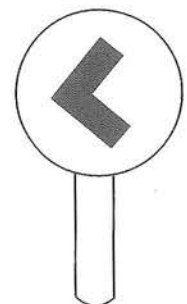
- (1) Planning the events.
(2) Conducting the events.
(3) Preparing all documents required for the events.
(4) Controlling all activities related to the sportsmeet.

24. To find the directions, a jungle explorer should carry a

- (1) compass. (2) road map. (3) torch. (4) mobile phone.

25. A referee showed me the Posting board given in the diagram while I was taking part in a race walking event. He showed this to indicate that

- (1) both of my feet were not in contact with the ground.
(2) one of my feet was not in contact with the ground.
(3) I have bent my knees while walking.
(4) I have been disqualified from the event.



26. During running and walking, the balance is maintained by,

- (1) maintaining the centre of gravity at a lower position.
(2) widening the supporting base.
(3) leaning the body forward.
(4) moving hands and legs in opposite directions.

- The following table lists some events of four female athletes. Answer questions 27 – 29 based on this information.

Athlete No.	Events took part
15	Long jump, tripple jump
26	High jump
37	Pole vault
48	110 m Hurdles

27. Of these female athletes, the number/s belonging to the athlete/s who has/have taken part in vertical jumps is/are

(1) 15. (2) 26. (3) 15 and 48. (4) 26 and 37.

28. Athlete No. 48 has taken part in

(1) a horizontal jump. (2) steeple chase.
(3) a track event. (4) an obstacle run.

29. The number/s belonging to the athlete/s who has/have participated in horizontal jumps is/are

(1) 15. (2) 26. (3) 15 and 48. (4) 26 and 37.

- Athletes A, B, C, and D of the 4 × 100 m relay team show the following abilities related to receiving and passing the baton. Answer question No. 30 and 31 based on this information.

A – Good at receiving the baton
B – Good at receiving and passing the baton
C – Good at passing the baton
D – Good at receiving and passing the baton

30. Of these athletes, the athlete who is the most suitable to start the relay is

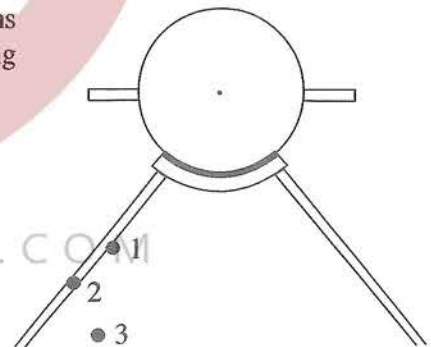
(1) A. (2) B. (3) C. (4) D.

31. The athletes who are most suitable for the first and second changing zones are

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

32. Denoted by 1, 2 and 3 of the following diagram are the positions where the shot landed at the three attempts of a thrower during a shot put event. Of these throws, the correct landing/s is/are

(1) 1 only.
(2) 3 only.
(3) 1 and 3 only.
(4) 1, 2 and 3.



33. The nutrient that should be taken much by the players who are engaging in sports such as football that require more endurance compared to other players is

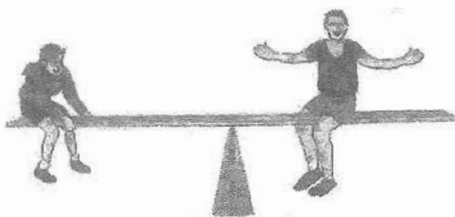
(1) carbohydrates. (2) proteins. (3) lipids. (4) vitamins and minerals.

34. The supporting leg of the ballet dancer shown in the diagram acts as



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

35. Consider the following statement and the reason related to the activity which is shown in the diagram given below.



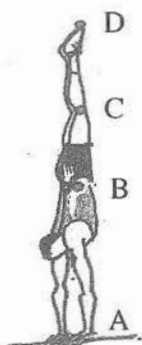
Statement – The seesaw in the diagram is balanced on the pivot.

Reason – The forces acting on the right and left sides of the center of gravity of the seesaw (which is on the pivot) are equal.

Select the correct answer choice regarding the statement and the reason.

- (1) The statement is correct while the reason is incorrect.
- (2) The statement is incorrect while the reason is correct.
- (3) The statement and the reason are correct.
- (4) The statement and the reason are incorrect.

36.

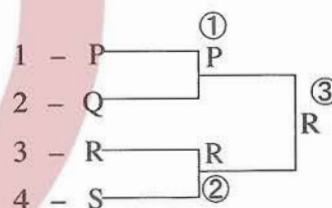


When a gymnast is doing a handstand as shown in the diagram, his centre of gravity is located at point

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

37. The fixture of a volleyball tournament of four teams P, Q, R and S, which was prepared after a draw among the four teams, is shown in the diagram. This draw is prepared

- (1) correctly according to the league method.
- (2) incorrectly according to the league method.
- (3) correctly according to the knockout method.
- (4) incorrectly according to the knockout method.



38. The combined event/s in which both male and female participants are competing is/are

- (1) Pentathlon.
- (2) Decathlon.
- (3) Pentathlon and Heptathlon.
- (4) Heptathlon and Decathlon.

- Study the pairs of events A, B and C and answer question 39.

- A - [Using banned performance enhances in sports over a long period
Risk of causing harmful effects to the body]
- B - [Watching the television while sitting daily for longer periods
Ability to improve health-related physical fitness]
- C - [Practising the correct running drills
Developing speed]

39. 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) B only.
- (3) A and C.
- (4) C only.

40. The city and the country in which the 2020 Olympic Games were planned to be held, but could not be held due to the COVID-19 pandemic are

- (1) Tokyo, Japan.
- (2) Beijing, China.
- (3) Sydney, Australia.
- (4) London, England.