

PRINCIPAL EXAMINER'S REPORT



BOTSWANA
EXAMINATIONS
COUNCIL

BSSE PHYSICAL EDUCATION 2025

PAPER 1: WRITTEN PAPER

General Comments

The work presented by candidates was neat and eligible. Most of the centres did very well in section B3 clearly showing great understanding of leisure and recreation module but struggled when it comes to energy systems just like the previous cohorts. They also failed to access the application questions showing a need to emphasise more on high order questions. All questions were well attempted by all candidates.

Comments on Individual Items

Section A

- 1 The question was poorly done. Candidates were to state one type of physical exercise. Most of them were giving examples of physical activities like jogging, walking, gymnastics instead of low intensity and high intensity exercise.
- 2 The question was poorly done. Candidates were asked to give two factors that a coach should consider when designing a training program. Most of the candidates were giving the components of a training session and training principles instead of giving factors such as age, gender etc.
- 3 (a) The question was well done by majority of candidates; they were asked to give a term for destructive and disorderly behaviour by sports fans. They responded by giving hooliganism or spectator violence.
(b) The candidates did very well in this question, they were able to come up with various correct responses on how to control hooliganism.
- 4 (a) The question was poorly done. Most of the candidates were giving either Aerobic and Anaerobic energy systems. They failed to be specific to the 400 m race activity that was given.
(b) This question was poorly done. The candidates were asked to state the predominant energy system used for a 400 m sprint, they defined the system and most of the reasons they gave were for type II muscle Fibbers, like faster, highly intensive. They also described the food fuels.
- 5 The question was well done; candidates were able to give varied correct interpersonal skills developed during a recreational activity. However, there were some candidates who gave incorrect statements such as friendship, company etc
- 6 The question was well done; candidates were asked to give two examples of a recreational facility. They gave varied correct responses such as courts, playing field, swimming pools, games room etc but some gave incorrect responses by giving natural resources examples such as rivers, hills etc.
- 7 The question was fairly done. Candidates were asked to give two ways in which one can prevent hypokinetic diseases. Most of the candidates failed to give the diet part and were only able to give the response of exercise.

Section B1

- B1 (a)** The question was well done. Candidates were asked to state two skill related fitness components. Those who failed to get the answers gave Health Related fitness components like flexibility, muscular endurance etc.
- (b) (i)** The question was fairly done; candidates were asked to give one reason for chest compressions in cardiopulmonary resuscitation (CPR) treatment. Most candidates gave answers like to jump start the heart, mouth to mouth to start breathing, transportation of oxygen etc. Those who got it wrote to keep blood flowing to vital organs.
- (ii)** The question was well done; candidates were asked to give two situations in which CPR can be applied. Candidates were able to get one point out of two, the most common responses were choking, suffocation, drowning and heart attack. Candidates who failed the question wrote shock and difficulty in breathing.
- (c) (i)** The question was well done; candidates were asked to calculate a BMI of an 18-year-old male. Very few candidates failed to round the answer correctly. Some did not square the height, they multiplied 1.6m by 2 instead of multiplying 1.6 m by 1.6 m.
- (ii)** The question was fairly done, candidates were asked to draw three conclusions from the provided table, most of the candidates made conclusions using flexibility and endurance. Candidates were able to get at least two marks out of three, those who got it wrong copied table 1.2 which shows the fitness norms. Some candidates did not understand the question; they did not use both results from the two tables to draw a conclusion.
- (d) (i)** The question was fairly done, candidates were given a picture and were asked to state the type of muscle contraction, those who got it wrong wrote isotonic and isokinetic instead of isometric contraction.
- (ii)** The question was poorly done, candidates were asked to describe isometric contraction majority could not get a mark out of two marks, they were describing the isotonic muscle contraction instead of isometric. Some described the given picture.
- (e) (i)** The question was well done, candidates were asked to give the training method in the diagram, those who failed the question wrote continuous method and fartlek instead of circuit training.
- (ii)** The question was poorly done; candidates were asked to state two advantages of circuit training. Those who got a mark gave answers like improving fitness and both the aerobic and anaerobic energy systems. Those who got it wrong wrote no equipment is needed and it is easy to do.
- (f)** The question was fairly done, candidates were asked to fill in the missing bones, classification and function. Candidates were able to get three marks out of four marks, they managed to give flat bones like ribs, sternum, cranium and they also managed to give the long bone. Most of the candidates failed to give the functions of the bones.



Section B2

- B2 (a) (i)** The question was poorly done the candidates failed to define sport. Most of the candidates were defining physical activity, recreation and game
- (ii)** The question was fairly done; candidates were able to get at least one correct response, common responses were health, fitness and entertainment. They were asked to give two benefits of participating in sports. Those who did not access it gave holistic statements such as physical, mental or social benefits.
- (b)** The question was poorly done. Most of the candidates could not match the sports bodies with their level of participation. A handful were able to link FIFA to international level while incorrect mismatching was for BFA matched with regional or international.
- (c)** These question was Well done. Candidates were asked to give three social factors that can affect participation in sports other than media. Candidates were able to give varied responses such as education, gender etc but some did not get it as they gave injury and repeated factor of media.
- (d)** The question was fairly done. Most of the candidates were able to state two side effects of doping. The most common responses were addiction and heart diseases while most candidates who got it wrong were giving consequences that will happen to the sport or the individuals career.
- (e)** The question was poorly done. Candidates were asked to give two ways in which corruption can affect sport. They gave other forms of cheating as answers like bribery or what will happen to sports. They were also addressing individuals instead of the institution of sport.
- (f) (i)** The question was fairly done. The candidates were asked to give two ways in which a performer can manage their anxiety in sport performance. Those who did not get it were giving physiological responses to anxiety.
- (ii)** The question was fairly done. Candidates were asked to give two examples of extrinsic motivation. Those who did not get it correct were defining motivation or giving examples e.g. an athlete being encouraged by a friend, fan, family. They did not give tangible examples such as medals, certificates.
- (g)** The question was well done. Candidates were asked to give two ways which the private sector can promote sports. They gave varied correct responses. The most common responses were providing sponsorship, education, provide facilities etc. Those who got it wrong were giving responses such as charging entrance fee.
- (h)** The question was poorly done. Candidates were asked to state two types of media. Majority of those who got it wrong were giving examples of media, such as newspaper, magazines instead of the types being print and electronic.

Section B3

- B3 (a)** The question was well done; candidates were asked to define the term leisure some. candidates who got the answer wrong were defining recreation instead of leisure.

- (b) The candidates were able to access this question as majority were able to get two marks out of three marks, most answers given were making fire, shelter and sourcing for water. Candidates were asked to state three survival skills and those who got it wrong wrote first aid kit, cooking and swimming.
- (c) (i) The question was well done; candidates were asked to identify the numbers that correspond to activities being performed recreationally. Most of the candidates were able give activities to display recreational characteristics. Those who got it wrong gave numbers with sporting activities.

(ii) The question was well accessed by most of the candidates, they were asked to give two ways that one can protect the environment during recreational activities and most of them wrote picking up litter and avoid deforestation. Those who failed the question gave burying and burning litter and afforestation.
- (d) It was well done, candidates were asked to give three ways of promoting physical recreation and common answers were education, advertising, hosting events and provision of facilities.
- (e) The question was poorly done, candidates were asked to name two social factors that can influence participation in recreational and adventure activities, most of them wrote media, religion and economic status. Those who got it wrong wrote environment and age,
- (f) The question was poorly done, candidates were asked to show two differences between sport tourism those who managed to get it wrote winning/ no winning, set rules/ no rules, organized/not organized candidates got a mark while majority got zero. Candidates displayed lack of understanding of sports tourism.

PAPER 2: PRACTICAL TEST

General Comments

Centres were ready for this Examination as they had all the necessary documentation and equipment ready. The centre teachers were also available to offer the necessary assistance to the examiners and control candidates and displayed positive attitude to their examination.

Most of the facilities were dilapidated only the newly built centres had good facilities which made the marking exercise run smoothly. The poor state of facilities in most of the centres had forced the centres to seek assistance from private companies and this contributed to delays as the examiners had to move from one point to the other.

Generally, most of the centres had observed safety standards throughout the country except for long jump. A number of candidates had sustained injuries because of the poor landing pits. However, some centres did provide soft landing for candidates and enough mattresses for high jump. Some centres came prepared as they brought along fully equipped First Aid boxes.

Attire- most of the candidates across the country were well dressed except for the footwear, candidates were playing with school shoes or bare footed.

Identification- was well done across the country as centres were able to provide enough bibs that were numbered with contrasting colours. This made it easier for examiners to track and identify candidates in game situations.

The activities were guided by the examination and for this year the question included Invasion Games, Gymnastics/Swimming and Jumps. The most predominant activities chosen by candidates were Football and Netball, Gymnastics and Long jump.

However, there appeared to be lack of guidance from centre teachers as the whole centre would choose only one activity showing lack of exposure in other activities and also displaying similar floor plans in Gymnastics.

Medical Issues- Some candidates were not able to sit for the exam because of various medical conditions such as pregnancies, injuries and sick off. Most of the centres provided such covering letters and sick off notes and communicated with BEC. Some absentees were a result of indiscipline and or suspensions.

Comments on Individual Items

Gymnastics- There was clear lack of guidance as most of the candidate's floor plans were brief, lacking linking movements, diversity and too much repetition of skills. Most of the Centres provided enough matts that allowed a floor and space utilization. Most of the skills displayed were basic and very few were doing advanced rotation movements. The quality was also lacking. Inappropriate attire was seen in most of the centres throughout the whole country as candidates used non gymnastics attire.

Swimming- Very few candidates chose swimming. This may be due the fact that government schools do not have swimming pools and the cost of maintaining such facilities. Those that choose swimming were mainly doing it in the private facilities with limited access. Most of the candidates did not do well in swimming



because of poor timing due to lack of practice. They failed to swim the set standard of 25m, they recorded very poor times.

Athletics- Most of the candidates across the country had chosen Long jump. This may be attributed by lack of equipment for High jump and Triple jump. Those who chose Triple jump could hardly land in the pit. The examination had disadvantaged the candidates who had challenges of body type e.g., those who are heavy cannot do Long or High jump so such candidates recorded poor results. Sub-standard pits across the country were very common as there was a lot of improvising. Most of the male candidates did relatively well in Long jump while females struggled.

Invasion Games- The most common games were Netball and Soccer. The skills across the country were enough and explicit to showcase what the candidate can do. The general performance was above average. Most of the candidates were poorly dressed especially the footwear as they played barefooted. Very few Centres did Handball and Rugby.

PAPER 3: PROVIDER BASED ASSESSMENT

General Comments

The provider bases assessment workbooks were of relatively good standard with most of the Centres adhering to the recommended structure layout of the workbook. The workbooks were neat and legible enough for easy moderation. Most of the Centres had candidates work typed.

Comments on Individual Items

Introduction

This part of the workbook was well done as most of the candidates were able to provide their demographic data e.g., age and gender. Most of the Centres were able to carry out fitness tests for baseline data but few Centres failed as they picked skills related fitness tests as opposed to health-related fitness tests. Conditions and lifestyle were well done by Centres. Most of the Centres were able to compare baseline data with norms and were able to come up with the problems but failed to explain why it is a problem.

Design

Most of the Centres did not do well in this part of the workbook. Most candidates included a warm-up and cool-down section in their programs; however, the detail and relevance were lacking. The activities selected for both the general and specific warm-up were often irrelevant to the main training component of the session. Additionally, time allocation was inconsistent — some candidates allocated excessive time to the warm-up, reducing time for the main session, while others provided too little time to effectively prepare the body. The same issues applied to the cool-down, where several candidates allocated more time to the cool-down than to the warm-up, which disrupted the overall session balance and was not justified by training principles.

Candidates demonstrated an understanding that overload could be achieved by increasing time/duration. However, this was applied inconsistently. Progression in duration was not evident from week to week, and candidates did not vary overload through intensity, frequency, or type.

Progressive overload was lacking for the entire 8-week period. Most candidates repeated the same sets, reps, duration, and intensity each week without planned increases or variations to challenge the body over time. Training lacked specificity to the problem identified. Activities and exercises chosen were often general and did not directly relate to the physical demands of the activity the program was designed for.

While most candidates were able to list various training methods appropriate to their goal, there was a disconnect between theory and application. Candidates would apply only one method in the entire 8-week program while others had programs that were of four weeks and others of twelve weeks.

Implementation

Most of the Centres fairly did well in the implementation part of the workbook. Candidates were designing the wrong training programmes, lacking details on training methods and training principles e.g., poor understanding on the principle of warm up and cool down. Most Centres were able to adhere to the prescribed 8-week training period and carried out their quarterly reports on fortnight basis and the also managed to compare the Baseline data with Final score. However, some Centres have under prescribed or



over prescribed the implementation period and could not carry out their quarterly reviews well and comparison of the Baseline data with Final Score was a challenge. Some candidates could attain their goals while others claimed they attained the goals after only achieving the 'Very Good' norm yet the standard of excellence was not attain

Evaluation

Candidates were expected to interpret their results, outline their challenges and achievements, and provide recommendations that addressed the identified problem. Most candidates handled this section reasonably well. However, the recommendations component was poorly executed, as many suggestions were not relevant to solving or sustaining improvement of the identified problem. The interpretation of results was also weak, with some candidates either omitting it entirely or failing to compare and contrast their findings. In contrast, the sections on challenges and achievements were generally well addressed by most candidates.