



**ZIMBABWE SCHOOL EXAMINATIONS COUNCIL**  
General Certificate of Education Ordinary Level

**GEOGRAPHY**  
PAPER 1 Multiple Choice

**4022/1**

**JUNE 2019 SESSION**

**1 hour 15 minutes**

**1:50 000 Survey Map is enclosed with this question paper.**

**Additional materials:**

Multiple Choice answer sheet

Soft clean eraser

Soft pencil (type B1 or HB is recommended)

**TIME** 1 hour 15 minutes

**INSTRUCTIONS TO CANDIDATES**

**Do not open this booklet until you are told to do so.**

Write your name, centre number and candidate number on the answer sheet in the spaces provided unless this has already been done for you.

There are **forty** questions in this paper. Answer **all** questions. For each question, there are four possible answers, **A, B, C** and **D**. Choose the **one** you consider correct and record your choice in **soft pencil** on the separate answer sheet.

**Read very carefully the instructions on the answer sheet.**

**INFORMATION FOR CANDIDATES**

Each correct answer will score **one** mark.

A mark will **not** be deducted for a wrong answer.

Any rough working should be done in this booklet.

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**Ernest Clarke (M.A., B. Sc.),Jennifer M.  
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80 150 meters 300 800 meters a session the effects of a 6 week plyometric training program on agility michael g miller 1  
jeremy j herniman 1 mark d ricard 2 christopher c cheatham 1 and timothy j

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min core workout 20 min strength training if you re looking for an effective high jump workout plan that can level up your  
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web jun 3 2020 do you target different disciplines on different days yes monday tuesday thursday and friday are full days  
and on wednesday and saturday i only train in the morning it s pretty complex

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web jan 29 2013 below is a complete workout for jumpers that will increase your jumping height there are three phases off  
season pre season and in season and two versions one for high school athletes and