

The Royal University of Bhutan  
Paro College of Education  
Spring Semester Examination – 2012

**B.Ed(P) IV – HPE in Upper Primary (HPE402)**

**Full mark: 100**

**Pass mark: 50**

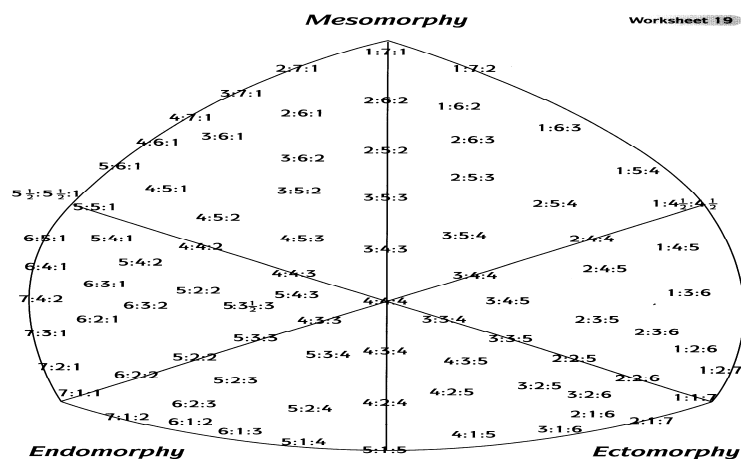
**Time: 3 hours**

**Instruction:**

*Answer any **FOUR** questions out of eight. All the questions carry equal marks.*

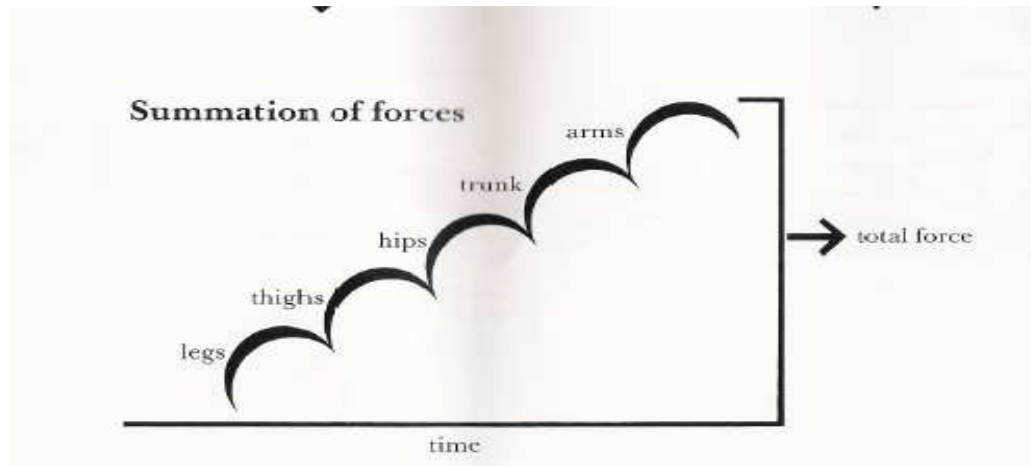
**Question 1**

- a. Define the term somototyping and explain three domains of it? (5)



- b. How can we classify our body using Sheldon and carter system? (5)
- c. Why do some women transform to endomorph after the delivery? (5)
- d. What do you understand by growth and development? (5)
- e. Why it is important for HPE educators to understand growth and development of children? (5)

## Question 2



- Discuss on the application of “Summation of forces” for any sports discipline? (6)
- Differentiate motor skills and motor learning? (5)
- What are the basic factors of effective motor skill learning? (5)
- What are the laws of motion? Illustrate from the Physical or sport education point of view (6)
- Plan a lesson to teach the fundamental movement skills? (5)

## Question 3

- State the importance of studying sport medicine administration? (5)
- Define the terms: (10)
  - Lightning safety
  - Dispensing prescription medication.
- Define the following (10)
  - Cold stress
  - Heat illness
  - Weight loss dehydration.

## Question 4

- What factors need to be considered while planning HPE lessons? (10)
- Discuss the difference between inclusion method and practice method in HPE? (10)
- Explain the need of observation sheet in reciprocal teaching method? (5)

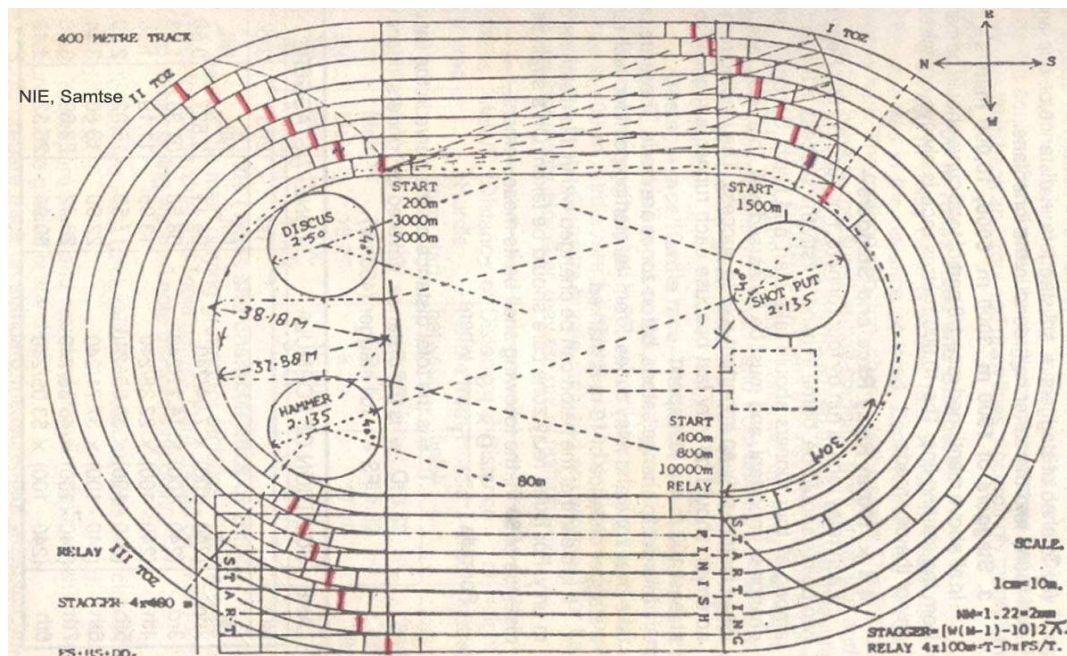
### Question 5

- a. Explain formative assessment in HPE. (5)
- b. Analyze the importance of checklist and rubric in HPE. (10)
- c. Analyze the importance of observing Head, trunk and leg in giving feedback to the children during teaching learning process of fundamental movement skills. (10)

### Question 6 (1+ 24)

- a. What do you know about SEPEP?
- b. Make decision on the following:
  - i. Intentional foul is committed by the defender within the penalty area (football)
  - ii. A player commits five personal fouls (basketball).
  - iii. How will you decide a tie in long jump (track and field).
  - iv. A defender taking the goal kick nets into his on goal post (football).
  - v. A player touches the net after the spike of a ball (Volley ball).
  - vi. A goal scored from the kick off by the centre forward (football).
  - vii. A basket ball player nets into his own basket (basketball).
  - viii. A busted ball netted into the post (football).
  - ix. Which time would you record out of the three timings recorded in the 100 meters sprint (track & field).
    - a. 9.23.    b. 10.02    c. 11.00
  - x. A coach entering into the field and charging during the ball in the play (football).
  - xi. A libero (the free man) coming to the front line and trying to spike and block (volleyball).
  - xii. Two sprinters on the point of crossing the finishing line complete the line at the same time but both of them completes with different stance .One with the foot and the other with the torso (body) (track & field).
  - xiii. Simulation in the opponent's penalty area (football).

**Question7** (Draw track in the answer script)



- Discuss the need and the importance of track? (5)
- What are the characteristic of ideal track? (5)
- Look at the 200 meters track :  
Calculate the full stagger distance for four lanes using the formula from above. (10)
- Shade in blue the takeover zone with 5 meters of acceleration and baton changing. (3)
- In which of the track events do we use the diagonal distance. (2)

**Question 8**

- What do you understand by the word tournament and discuss the types of tournament? (9)
- How do you fix the byes and seeding in the tournament? (7)
- Draw a fixture for the knock out tournament 11 teams. (9)