

**Royal University of Bhutan
Paro College of Education
Spring Semester Examination - 2013**

B.Ed(P) IV – HPE in Upper primary (HPE 402)

Full Marks: 100

Pass Mark: 50

Time: 3 hours

Instructions:

In this question it contains two sections (**Section A and Section B**).

Section A is **compulsory** for all.

In section B there are five questions, select **ANY TWO** and write the answer.

All questions carry equal marks.

Diagram to be included whenever necessary

Section A (50 Marks)

Answer all the questions in this section.

Question: 1

- a. What do you understand by Health and Physical Education? (5)
- b. Give some reasons why Health and Physical Education is important in the schools? (10)
- c. Explain some of the principles of learning and teaching applied in Health and Physical Education? (10)

Question 2

- a. What are the major differences between HPE and games and sport? (10)
- b. What is somatotype? Discuss how these types of human bodies are suitable for field games? (8)
- c. “In this age of high technology, we often find that the motor development of elementary school children has not kept pace with their cognitive development and chronological age,” justify this statement. (7)

Section B (50 Marks)

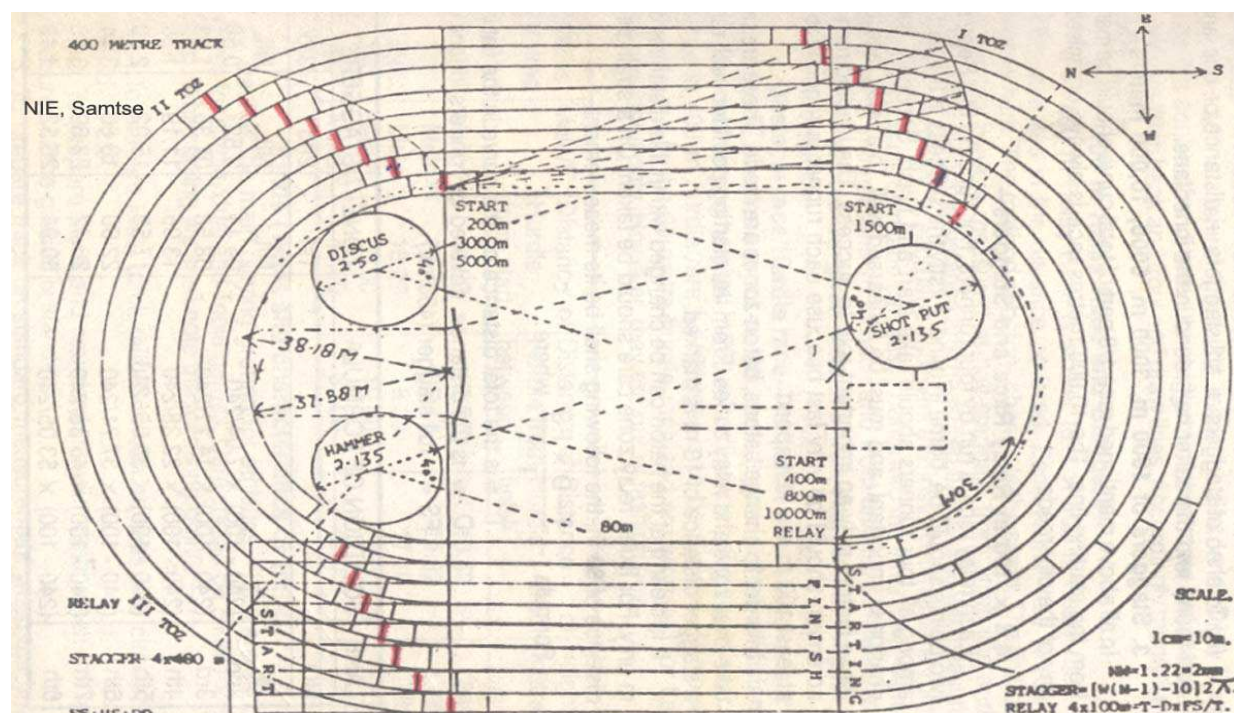
Answer any TWO questions from this section.

Question 3

- a. Define transfer of training? Find out the major differences between positive transfer and negative transfer in terms of Health and Physical Education. (7)
- b. Explain some of the factors which affect transfer of learning. (8)
- c. Why it is important for HPE educators to understand growth and development of children? (10)

Question 4

Use the diagram to answer the following questions:



- Discuss the need and the importance of track. (4)
- What are the characteristics of an ideal track? (6)
- 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 (2).
- In which of the track events do we use the diagonal distance? (2)
- What does “torso” crossing mean in athletics? (1)

Question 5

- Draw a fixture for the league cum knock out tournament for 15 teams. (15)
- How can we prevent injuries through skills and nutrition? (10)

Question 6

a. Define the following. (2x3)

- HIV
 - AIDS
 - Pandemic
- Explain the difference between viruses and bacteria. (2)
 - What is the difference between common cold and flu? (2)
 - Which is the strongest virus “HIV” or “FLU”? (2)

e.

A woman is 25 years old. She is one of the five people infected with HIV who came out in the open on the national television show on HIV by the Bhutan Broadcasting Service during the WORLD AIDS DAY in 2011.
“We are no different from those who aren’t infected.” she said.

Why did she say, “We are **no different from those** who are not infected”? Give reasons for this statement. (4)

f. Describe how you can teach how to wash hands and gargle to students. (4)

g. “Exercise is the best medicine.” What do you mean by this statement? (2)

h. Make an oral health care plan for students. (3)

Question 7

a. Explain fundamental movement skills and write the major differences between fine motors skills and gross motor skills. (6)

b. Why it is important to teach fundamental movement skills to children especially during their formative age? (9)

c. Sort out the movements into respective category of locomotors skill, body management skill (Stability) and object control (manipulative) from the list given below. (10)

Running, walking, leaping, jumping, catching, swinging, throwing, rolling, stooping, bending, twisting ,stretching, skipping , galloping, hopping, one hand strike, two hand strike, dribbling, strike, kick, trapping, balance,