

Autumn Semester Examination – 2018
Royal University of Bhutan
Paro College of Education

Module: PSA101 (Sports Studies 1 - Introduction to PE, Sports & Fitness Education)

Program: Diploma in Physical Education and Sports Coaching

Level: 1

Writing Time: Three Hours

Full mark: 100

Instruction:

Do not write for the first 15 minutes. This time is to be spent in reading the questions. This question paper consists of two Sections– Section-A and Section-B. You must read the instructions for each section carefully and ensure how many questions are required to be answered from each section. Also you must note the marks allocated for writing each answer and spend your time accordingly.

Section A

Section A – Fill in the Blanks and Short Answer (20 marks)

Question 1 Fill in the blank with appropriate words. Write only the question number and the answer in the answer sheet provided (e.g. a. Physical Education). (1 x 10 = 10marks)

- a. _____ principle asserts that developmental physical activity throughout life helps significantly to maintain the density of a human bones.
- b. School Physical Education Programme helps to develop in children affective, cognitive and _____ educational domain.
- c. Historically Physical Education Programme was popularly known as _____.
- d. The degree of stability or mobility is referred to as _____.
- e. Reversibility principle affirms that _____ conditioning is inherently reversible in the human body.
- f. _____ is usually referred to a pursuit of one's wisdom.
- g. The three Olympic Motto '*citius, altius, and forties* refers to _____, _____, and _____.
- h. The first ancient Olympic Games of _____ BC was based on Greek Culture.
- i. Women first made their appearance in the Olympic Games in Paris in _____.
- j. The next summer Olympic Games in _____ will be held in the city of Tokyo in Japan.

Question 2 Define/write short notes on any of the following FIVE terms (2 x 5= 10 marks)

- a. Positive feedback
- b. Range of motion
- c. Selflessness
- d. Olympism
- e. Healthy habits
- f. Truce
- g. Tech Savvy
- h. Social Ecological Model

Section B **(80 Marks)**

Direction: Answer any **Four** of the **Five** sets of questions in this section.

Question 3

(4+(4x4=16))= 20 marks)

‘Competitive sports do not have a good reputation today, particularly in the areas of ethics and values’.

- a. Mention four important points that you think are relevant to support the above statement.
- b. Discuss each of these points in terms of how you as a coach would address such inherent problems associated to sports.

Question 4

(4+8+8= 20 marks)

‘Physical education uses physical activity to produce holistic improvements in a person’s physical, mental, and emotional qualities’

- a. Define the term Physical Education in your own words.
- b. Identify and discuss four key differences between physical education and sports.
- c. As a Physical Education and Sports coach, you are invited to provide a talk on the importance of healthy lifestyle to a group of your students’ parents who are mainly uneducated. Prepare a 200 word talk that you would like to deliver to these parents

Question 5

(4+6+10= 20 marks)

Philosophy is defined as “a system of guiding life”.

- a. Why do you need to have a coaching philosophy?
- b. Self-awareness, self-esteem and self-disclosure are three important aspects of a self that one must understand before developing a coaching philosophy. Explain each of these terms in your own words.
- c. Assume that you have completed your Diploma studies from Paro College of Education and that you have taken up the post of a high school coach. Discuss your personal coaching philosophy based on your objectives and beliefs.

Question 6

(5+5+10 = 20 marks)

One of the important aspects of Olympic Values is promotion of ‘peace and harmony between nations’.

- a. Explain what do you understand by the term Olympic Values.
- b. List the six basic elements of Olympic ethics
- c. Explain how you as a sports coach can promote ‘peace and harmony between nations’.

Question 7

(4+8+8 = 20 marks)

‘It is important for a sports coach to be a democratic leader’.

- a. Define what you mean by a democratic leader?
- b. Identify four key aspects of a democratic leader and discuss how you plan to show these leadership skills to your athletes.
- c. Mention and discuss four leadership skills that athletes learn from sporting situations that they could apply in their daily life.