

**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

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**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.

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**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 states that a muscle or muscle group must be taxed beyond that to which it is accustomed, or it won't develop.
- b. School Physical Education Programme helps to develop in children psychomotor, 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. Regular participation in physical activity can help a person live longer, is referring to \_\_\_\_\_ principle of physical activity.
- f. \_\_\_\_\_ is usually referred to a pursuit of one's wisdom.
- g. The three Olympic Motto are '*citius, altius, and \_\_\_\_\_*' (swifter, higher, stronger).
- h. The first ancient Olympic Games of 776 BC was based on \_\_\_\_\_ Culture.
- i. Women first made their appearance in the Olympic Games in Paris in \_\_\_\_\_.
- j. The next summer Olympic Games in 2020 will be held in the city of \_\_\_\_\_ in Japan.

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

- a. Developmental physical activities
- b. Range of motion
- c. Reversibility Principle
- d. Physically Educated Person
- e. Healthy habits
- f. Truce
- g. Tech Savvy
- h. Leisure Repertoire Theory

**Section B**  
**(80 Marks)**

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

**Question 3**

**(6+4+10= 20 marks)**

According to UNESCO, a Quality School Physical Education Programme is considered to be an **INVESTMENT**.

- a. Discuss **FOUR** consequences of the cost of not investing.
- b. Explain **FOUR** benefits of inclusive quality Physical Education Programme.
- c. Imagine that you are the Education Minister and that you have all the authority to promote quality physical education. Mention **FIVE** measures that you would like to implement to promote quality physical education policy in Bhutan and discuss each one of them in greater detail.

**Question 4**

**(5+5+10= 20 marks)**

One of the main aims of school Physical Education is to “develop a positive attitude towards physical exercise and healthy practices.”

- a. Discuss **FIVE** important points that you might do to help your students develop a positive attitude.
- b. Comment on the current attitude of general Bhutanese towards physical exercise and healthy practices.
- c. “Games are laboratories for value experiments.” Elaborate the statement and discuss how this would help achieve the vision of ‘Educating for GNH’ in the Bhutanese schools.

**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+ 15 (6x2.5) = 20 marks)**

“Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind.”

- a. Explain what do you understand by the term Olympic Movement.

- b. Prepare a detailed plan to inculcate the six basic elements (*tolerance, generosity, solidarity, friendship, non-discrimination and respect for others*) of Olympic ethics to your high school football team.

**Question 7**

**(5x4) = 20 marks)**

“If sports teams are viewed as formal organisations, then the coach’s role may be equated to that of management”.

The five most important aspects of a leadership in sports are:

- a. Training and instruction
- b. Democratic behaviour
- c. Autocratic behaviour
- d. Social support
- e. Positive feedback

Discuss what each one of these leadership behaviours mean to you and how you plan to follow these leader behaviours.